

Soups, Salads, Casseroles and Meats Lecture

Summary

Students will be introduced to soups, salads, casseroles and meats.

Main Core Tie

Dietetics and Nutrition 1

[Strand 5 Standard 1](#)

Additional Core Ties

Dietetics and Nutrition 1

[Strand 2 Standard 2](#)

Dietetics and Nutrition 1

[Strand 5 Standard 2](#)

Dietetics and Nutrition 1

[Strand 5 Standard 3](#)

Time Frame

1 class periods of 70 minutes each

Group Size

Individual

Life Skills

Thinking & Reasoning

Materials

- Bell Ringer Card for each student
- Soups, Salads, Casseroles and Meats PowerPoint Presentation
- Soups, Salads, Casseroles and Meats Study Guide

Intended Learning Outcomes

Students will be able to identify the following:

- Meats and poultry products
- Lean vs. fatty cuts of meats and poultry
- Inspection and grading of meat and poultry
- How bone affects serving size
- Proper cooking temperatures to meats
- Appropriate cooking methods dry vs. moist
- Nutrients found in meats

Instructional Procedures

Teacher and student step-by-step instructions are found below in the "Soups, Salads, Casseroles and Meats Lecture Lesson Plan" attachment.

Assessment Plan

Have the students actively take notes on their study guides throughout the lecture. The students will

keep their completed study guides to review and prepare for the unit test. Answer any questions they may have to help them better understand the information presented. here will be no homework for this lesson.

Bibliography

[Foods and Nutrition II Curriculum Guide](#)

from the Utah State Office of Education

Authors

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