

Beef Lab

Summary

Students will have an opportunity to choose from two different beef recipes to make in class.

Main Core Tie

Dietetics and Nutrition 1

[Strand 5 Standard 1](#)

Time Frame

1 class periods of 70 minutes each

Group Size

Small Groups

Life Skills

Thinking & Reasoning, Communication

Materials

- Bell Ringer Card for each student
- Food needed for lab (see lesson plan for details)
- Salisbury Steak Recipe
- Cheesy Meatball Skillet Recipe
- Lab Sheets

Intended Learning Outcomes

Students will be able to prepare a beef product.

Instructional Procedures

Teacher and student step-by-step instructions are found below in the "Beef Lab Lesson Plan" attachment.

Assessment Plan

As the students are cooking, assess their cooking skills with measuring, safety, following directions and working well together as a group. Fill out the lab sheet and give each kitchen a grade for the experience.

Authors

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