

Cream Based Soup Lab

Summary

The students will learn how to make a cream based soup.

Main Core Tie

Dietetics and Nutrition 1

[Strand 7 Standard 3](#)

Time Frame

1 class periods of 70 minutes each

Group Size

Small Groups

Life Skills

Thinking & Reasoning, Communication

Materials

- Bell Ringer Cards for each student
- Food needed for lab (see lesson plan for details)
- Delicious Ham and Potato Soup Recipe
- Lab Sheets

Intended Learning Outcomes

- Students will be able to apply and prepare a bechamel based soup.
- Students will also be able to explain and identify that the thickening agent for a bechamel sauce is a roux.

Instructional Procedures

Teacher and student step-by-step instructions are found below in the "Cream Based Soup 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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