

Stock Based Soup Lab

Summary

The students will learn how to make a stock 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)
- Chicken Noodle Soup Recipe
- Lab Sheets

Intended Learning Outcomes

Students will apply and prepare a liquid from cooking meat, poultry, fish and vegetables using a mirepoix.

Instructional Procedures

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

Assessment Plan

As 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

[Vikki Masters](#)