

Teen Food Lab

Summary

Students will learn how to make homemade tacos.

Main Core Tie

Dietetics and Nutrition 1

[Strand 2 Standard 1](#)

Time Frame

1 class periods of 70 minutes each

Group Size

Small Groups

Life Skills

Thinking & Reasoning, Communication

Materials

- Bell Ringer for each student
- Food needed for lab (see lesson plan for details)
- Tacos Recipe
- Lab Sheets

Intended Learning Outcomes

Students will learn how to make homemade tacos.

Instructional Procedures

Teacher and student step-by-step instructions are found below in the "Teen Food 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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