

Health Concerns Lab

Summary

Students will cook to a few recipes specially designed for people with health concerns.

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)
- Fruit Salad Recipe
- Broccoli Salad Recipe
- Lab Sheets

Intended Learning Outcomes

Students will learn how to make a few recipes that meet specific health concerns.

Instructional Procedures

Teacher and student step-by-step instructions are found below in the "Health Concerns 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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