

# 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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