

Milk and Dairy, Day 3

Summary

A comprehensive four day unit on the study of milk and dairy products, preparation guidelines and techniques, selection and care of dairy products.

Main Core Tie

Food And Nutrition

[Strand 4 Standard 3](#)

Time Frame

1 class periods of 90 minutes each

Group Size

Small Groups

Materials

Hand outs:

Lab planning sheets

Potato soup lab sheets

Mostly About Milk

Soup Study Sheet

Demonstration if time available:

1/2 can soup per class

saucepan

placemat

soup bowl

plate

soup spoon

napkin

compare the difference in size between a teaspoon, soup spoon and a tablespoon

Ingredients needed per unit to prepare the lab:

2 tbs. butter

2 tbs. flour

1/4 tsp. salt

1/8 tsp. pepper

1 cup milk

1/2 can cream of mushroom soup

2 potatoes

1 stalk celery

1/4 onion

1/2 cup yellow cornmeal

1/2 cup flour

1 tbs. sugar

2 tsp. baking powder

1/4 tsp. salt

1/2 cup milk

2 tbs. shortening

1/2 egg
Extra butter
honey, jelly and jam optional.

Background for Teachers

The teacher needs to have a basic understanding of milk and milk products, the different types available, how to use and prepare correctly, selection and care of milk products.

Student Prior Knowledge

The student needs to know the different types of milk products and their characteristics, how to use and prepare milk and milk products, and select and care for dairy products.

Intended Learning Outcomes

The student will demonstrate how to select and prepare milk and milk products, identify a standard serving size for milk and milk products, explain terms associated with milk and milk products and practice how to use and care for these dairy foods. They will discuss soups and the proper etiquette when eating soup. They will prepare a complete meal making a cream soup using a white sauce as its base and some corn bread muffins.

Instructional Procedures

Depending on time, orally give the "Soup Riddle" Hand out the study sheet on soups. Lecture and talk about soups so the students can complete their soup study sheet. Go over the types of soup, food value, method of serving soup, and garnishes for soups.

If you have time, call for a volunteer to properly eat some soup in front of the class. Talk about the manners and etiquette when eating soup.

Lab: Potato Soup and Corn Bread. Should have at least one hour to complete lab. Review the recipe again with the students.

One person will prepare the 1 cup white sauce. If anybody was absent from the day before, they only way they can get credit is they make it for their unit or another unit today. Have it checked off. After the white sauce has thickened, stir in 1/2 can cream of mushroom soup shared by two units. Turn heat on stove to low and let sit until ready to use.

One or two people will wash, peel, cut vegetables and put on stove. Cover vegetables barely with water, salt and pepper. Bring water and vegetables to a boil, then turn heat down and continue to cook until tender. Test with a fork.

One person will half the recipe for the corn bread and prepare.

When combining white sauce mixture and vegetables, drain vegetables if they want a thick soup; leave water in vegetables if they want a runny soup and add vegetable water back to desired thickness if not sure.

Make sure corn bread and soup are done at the same time. Eat and evaluate lab, clean up units, turn in papers before the end of class.

Students can work on Mostly About Milk with any extra time.

Authors

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