

Vegetable Lab

Summary

A vegetable lab using common preparation methods for vegetables: au gratin, minimum water method, broiled, panfry, frozen, and stuffed--to be shared and evaluated with the class.

Main Core Tie

Food And Nutrition

[Strand 5 Standard 4](#)

Time Frame

1 class periods of 90 minutes each

Group Size

Small Groups

Materials

Handouts:

Vegetable experiment

vegetable lab

lab planning sheet

Ingredients needed for the entire lab to prepare all of the given recipes:

Broccoli

1 bunch broccoli

2 tbs. margarine

2 tbs. flour

1 cup milk

1/2 cup cheese

Banana Squash

banana squash

1 tbs. instant onion

1/4 tsp. salt

1/4 tsp. dill weed

1 tbs. margarine

1/2 cup sour cream

Tomatoes

3 tomatoes

6 tbs. salad dressing

6 tbs. parmesan cheese

Carrots

4 carrots

3 tbs. margarine

Peas

1 pkg. frozen peas

4 tbs. water chestnuts

2 tbs. canned mushrooms

2 tbs. margarine

dash salt

Zucchini
3 zucchini
3/4 cup croutons
6 tbs. mushrooms
1 tbs. margarine
3/8 tsp. salt
dash pepper
6 tbs. cheese
Mushrooms
12 mushrooms
1 tbs. green onions
1 tbs. margarine
2 tbs. bread crumbs
1/4 tsp. dill weed
1/16 tsp. salt
1/16 tsp. Worcestershire sauce
Artichoke
artichoke
mayonnaise
butter
red wine vinegar
(Amounts may vary depending on the size of class)

Background for Teachers

The teacher needs to have a good understanding about vegetables, how to select and care for them and the preparation guidelines to preserve the nutrients, color, flavor and texture.

Student Prior Knowledge

The student needs to know the importance of vegetables in the diet and how to select and prepare them to preserve the nutrients, color, flavor and texture.

Intended Learning Outcomes

The student will evaluate and prepare vegetables using a different method of cooking to preserve the nutrients, color, flavor and texture.

Instructional Procedures

Collect the Vegetable Experiment Lab evaluation and questions from the previous class.

Lab experiment evaluation: Take a few minutes to read aloud and go over the answers to the questions from the vegetable experiment. Talk about the experiment.

Vegetable Lab: The ingredients needed to prepare the lab should be organized, measured and cut and placed together for each individual recipe on the supply table. Hand out the vegetable lab recipes.

Read and explain the different methods and identify the different vegetables being used for the lab.

Assign each unit one or two recipes to prepare.

Identify the time all vegetables need to be prepared and ready to serve buffet style for the class. They will need to plan their time accordingly to be done on time. Allow enough time for the students to prepare, eat and evaluate all of the vegetables and clean-up before the end of class.

I like to prepare an artichoke in the microwave or pressure cooker for the students to try served with melted butter or mayonnaise with the other vegetables.

Optional activities: Prepare a relish plate with dip with different vegetables for the students to munch on during the lab.

During the evaluation, I encourage all the students to try all of the vegetables.

Authors

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