

# Family Life Cycle - Children's Lab

## Summary

Creating and preparing a variety of healthy foods for children that provide adequate nutrients for optimum growth and development.

## Main Core Tie

Dietetics and Nutrition 1

[Strand 2 Standard 1](#)

## Time Frame

1 class periods of 90 minutes each

## Group Size

Small Groups

## Materials

Handouts:

Lab Planning Sheet

Foods for Children Lab

Children Wordsearch

Ingredients needed for the lab:

Determine which recipes the students will be assigned to prepare and have those ingredients grouped together and ready for lab.

## Background for Teachers

The teacher needs to know the nutritional needs of children and choose a variety of foods for the students to prepare that are healthy and yet interesting and inviting for children in taste, color, texture, shape, size and temperature.

This lab should be fun for the students to prepare these children foods.

## Student Prior Knowledge

Knowing the nutritional needs of children according to the Food Guide Pyramid.

## Intended Learning Outcomes

The student will identify guidelines in preparing foods for children in preparing a variety of nutritious foods that are interesting and inviting for children in taste, color, texture, shape, size and temperature.

## Instructional Procedures

To reinforce the lab on children's foods, hand out the wordsearch for the students to find the word as it applies to children to help remember the words as they associate with the nutritional needs of children. This activity can be worked on if they have time during the lab.

Hand out the recipes and the lab planning sheet to the students. Assign each unit a different recipe to plan and prepare for the class to share at the end of the hour. Identify a time when all of the foods needs to be done. Explain and go over the recipes that will be prepared.

All of the ingredients that are needed for the lab should be grouped together, measured, cut and placed out on the supply table to be used by the students.

Allow the students time to prepare the recipes. Walk around, help and assist as needed.

At the designated time, place all of the foods together for the students to sample and eat. Explain what each unit prepared and the student may want to write in comments next to the recipe whether or not they like it or not.

Have the students evaluate and complete their lab sheet. Turn in before leaving.

The students need to clean up with everything in order before the bell.

#### Authors

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