

Casserole Lab

Summary

A lecture and lab explaining the qualities of a casserole, identifying the different kinds, the function of the ingredients and foods used in the preparation of the casserole.

Main Core Tie

Dietetics and Nutrition 1

[Strand 3 Standard 2](#)

Time Frame

1 class periods of 90 minutes each

Group Size

Small Groups

Materials

Handouts:

Casserole Study Sheet

Casserole Lab Recipes

Ingredients needed for Lab: Identify the recipes you would like the students to prepare for this lab depending on preferences and money to purchase supplies. I have each unit in the class prepare a different recipe and then all recipes are served buffet style for all to sample and enjoy.

If they prepare a recipe using chicken, I precook the chicken before class to save time or you could purchase canned chicken.

I might also precook the rice if I think they won't have time to cook it.

Background for Teachers

The teacher needs to know the basics about casseroles: what they are, how to prepare them, the qualities or advantages in preparing a casserole, the use of the major ingredients and their function, the parts of a casserole and the nutrients one will get from eating a casserole. (Due to the time element of the class period, this lab requires a lot of time to prepare, bake and eat the casseroles. You may find it will be helpful to plan the lab a day ahead and also give the lecture the day ahead to be sure they have ample time to prepare and evaluate.)

Student Prior Knowledge

The student will need to know what a casserole is, the different parts that make up a casserole, the qualities or advantages of serving casseroles, the nutritional value of the ingredients in the casserole and demonstrate how to prepare a casserole properly.

Intended Learning Outcomes

The student will learn what casseroles are, how to identify the parts that make up a casserole, identify the qualities and advantages to serving a casserole, identify the foods and their function when used in a casserole and demonstrate how to prepare a casserole properly.

Instructional Procedures

Hand out to the students the Study Sheet on Casseroles. Take about 10 - 15 minutes and talk about

Casseroles using the notes from the Casserole Lecture.

Lab experience: (Because casseroles are not always a favorite for some students, try to be very positive when talking about casseroles and have some good recipes for the students to prepare)

Hand out the Lab Planning Sheets and the recipes to be used in the lab. Assign each unit a recipe to complete. Go over and explain the recipes.

Prior to class, have the ingredients on the supply table grouped together by recipe for the students to easily measure and obtain to be used in their unit.

Give the students a time frame to work with to prepare their recipe, clean up, set the table and have prepared hot and ready to serve. Walk around the lab and help and assist as needed to prepare the casseroles.

At the designated time, all casseroles need to be in assigned place with serving utensil to be tasted and evaluated by students. I explain which casserole is which and then invite the students to come and sample each of the casseroles. They may want to make comments on their own recipes whether they like or dislike the different casseroles prepared.

Allow enough time for the students to eat and clean up thoroughly before leaving. Check the stove tops and pans to make sure they are clean. (I will half a recipe to minimize any waste)

Authors

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