

# FACS: Why do I need a recipe? (Nutri/Food)

## Summary

Students learn from hands-on application why a recipe is important (especially when working in a lab setting together).

## Main Core Tie

FCS 6th Grade

[Strand 1 Standard 1](#)

## Time Frame

1 class periods of 45 minutes each

## Group Size

Small Groups

## Life Skills

Communication

## Materials

Bread, cheese, butter, frying pan, turner, plates.

## Background for Teachers

Have lab groups prepared ahead of time.

## Student Prior Knowledge

None... it actually works best if they've never been in a kitchen before.

## Intended Learning Outcomes

Students will recognize the purpose of using recipes when cooking.

## Instructional Procedures

Have students go back to their kitchens.

Tell them they are going to be making grilled cheese sandwiches as a group.

Don't give them any instructions on how to make a grilled cheese sandwich. Let them try to figure it out as a group.

As they argue, tell them they have to work it out as a group. (Unless it gets really ugly).

After the lab, have them outline the problems they ran into as a group and list these on the board.

Discuss the purpose of a recipe with the class and give them examples of good recipes from cookbooks to look at.

## Strategies for Diverse Learners

Students can help each other while in the kitchen.

## Assessment Plan

Give the students credit for following lab rules and procedures. They should also get some credit for

positively participating in their group.

Bibliography

college friends

Authors

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