

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

[DESIRAE RODEN](#)