

# FACS: Measuring for Foods Lab

## Summary

To be a successful cook you must have the correct measurement procedures learned.

## Main Core Tie

FCS 6th Grade

[Strand 1](#)

## Time Frame

2 class periods of 45 minutes each

## Group Size

Large Groups

## Materials

Worksheets found under attachments, supplies for the lab of choice listed below.

## Background for Teachers

### MEASURING LAB

Have the students make one of the two labs to practice measuring techniques (oatmeal munchies, and muddy buddies)

Due to the nature of this being the first food lab experience in the CTE Core program, it might be good to take some time to go over the following items as necessary. Explain:

- How to complete the lab sheet (you may want to make an overhead transparency or use your projector to show the lab sheet to the students).

- That lab sheets are an important planning tool that prevent wasted time and wasted food.

- That this procedure will be used every time they have a food preparation lab.

- That labs are designed as leaning experiences, not just snack time.

- That students must show their finished product to you to evaluate before they eat it.

- How to complete the brief evaluation section on the lab sheet after the product is made.

- The importance of measuring carefully so they have a quality product to enjoy.

- The ingredients in the chosen recipes that are high in nutrition and why.

These two recipes were selected because of the amount of measuring involved and the short time required to complete the labs.

## Student Prior Knowledge

Cooking terminology and basic math.

## Intended Learning Outcomes

Students will learn measuring equivalents, how to measure, and will produce a tasty product.

## Instructional Procedures

As the teacher you will need to set up a demonstration lab for measurements. This demonstration lab can be a fruit freeze or you may demonstrate the oatmeal munchies lab in order for students to understand that only through the correct measurements will their lab turn out correctly.

### Assessment Plan

Observe students ability to measure correctly in labs and also in demonstration.  
The teacher will evaluate the finished product that students cook in the lab.

### Bibliography

Recipes came from Utah FACS website

### Authors

[Natalie Hancock](#)

[Jill Petersen](#)