

Cooking Labs and Recipes

Summary

The students will understand the importance of food and nutrition through cooking lab experiences.

Main Core Tie

FCS Exploration

[Strand 7 Standard 4](#)

Time Frame

8 class periods of 45 minutes each

Materials

Recipe Print-Outs

Ingredients according to the recipes chosen.

Instructional Procedures

Students will make foods in the lab setting to show an understanding of MyPyramid and the Dietary Guidelines. Recipes are all based on MyPyramid as much as possible. All recipes can be completed in 45 minute class periods and are attached below.

Authors

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