# Beef Lab

# Summary

Students will have an opportunity to choose from two different beef recipes to make in class.

## Main Core Tie

Dietetics and Nutrition 1

Strand 5 Standard 1

#### Time Frame

1 class periods of 70 minutes each

# **Group Size**

**Small Groups** 

# Life Skills

Thinking & Reasoning, Communication

#### Materials

Bell Ringer Card for each student Food needed for lab (see lesson plan for details) Salisbury Steak Recipe Cheesy Meatball Skillet Recipe Lab Sheets

# Intended Learning Outcomes

Students will be able to prepare a beef product.

## Instructional Procedures

Teacher and student step-by-step instructions are found below in the "Beef Lab Lesson Plan" attachment.

## Assessment Plan

As the students are cooking, assess their cooking skills with measuring, safety, following directions and working well together as a group. Fill out the lab sheet and give each kitchen a grade for the experience.

## **Authors**

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