

# Stock Based Soup Lab

## Summary

The students will learn how to make a stock based soup.

## Main Core Tie

Dietetics and Nutrition 1

[Strand 7 Standard 3](#)

## Time Frame

1 class periods of 70 minutes each

## Group Size

Small Groups

## Life Skills

Thinking & Reasoning, Communication

## Materials

- Bell Ringer Cards for each student
- Food needed for lab (see lesson plan for details)
- Chicken Noodle Soup Recipe
- Lab Sheets

## Intended Learning Outcomes

Students will apply and prepare a liquid from cooking meat, poultry, fish and vegetables using a mirepoix.

## Instructional Procedures

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

## Assessment Plan

As 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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