

Family Life Cycle - Breakfast Lab

Summary

Preparing a complete breakfast meal to meet the age appropriate guidelines and nutritional needs of children, adolescents, teen athletes, adults and aging adults as recommended by the Food Guide Pyramid.

Main Core Tie

Dietetics and Nutrition 1

[Strand 2 Standard 1](#)

Time Frame

1 class periods of 90 minutes each

Group Size

Small Groups

Materials

Handouts:

Lab planning sheets

Breakfast Menu for the Different Ages of the Family Life Cycle

Ingredients needed for each lab:

Decide on what recipes will be prepared and make sure the ingredients are grouped together on supply table for the students to use during the lab. You may have some recipes of your own that you would like to use.

Additional ingredients for this lab:

Salsa, Ketchup, Butter, Syrup

Background for Teachers

The teacher needs to have a basic understanding of the changing nutritional needs of individuals as they go through the different stages of the life cycle.

This lab was developed with some imagination to have the students within each unit prepare a different food that would be application for a different age within the life cycle together as one breakfast.

Student Prior Knowledge

Understand the changing nutritional needs of individuals through the life cycle by planning and preparing meals to meet their nutritional requirements as outlined in the dietary guidelines and food guide pyramid.

Intended Learning Outcomes

The students will plan and prepare nutritional foods to meet the requirements according to the dietary guidelines and the food guide pyramid for all ages within the life cycle.

Instructional Procedures

Handout the lab planning sheet and the recipes to be used for the lab. Assign each of the units a recipe to be prepared and served together buffet-style at a designated time.

Go over the lab and the recipes and identify why this recipe would be suitable for this particular age of the life cycle. (You may need to use your imagination)

The ingredients needed for the lab should be organized and grouped together prior to class for the students to use during the lab. As the students are preparing the recipe, walk around and help and assist as needed to get the recipes done on time. The students will set their tables and clean up as they go.

Monkey Bread - applicable for all ages.

Breakfast Frittata's - applicable for adolescents, teen athletes, adults and possibly children and aging adults.

Bran Muffins - with the fiber in the all-bran, it would be applicable for all ages.

Chile Egg Puff - teen athletes, adults (high in protein).

Cottage Cheese Pancakes - applicable for all ages. (very high in protein unlike most pancakes)

Granola - with the fiber in the granola, it would be applicable for all ages.

Applesauce - applicable for ages, especially aging adults and children.

When ready to serve, have the food out and identify what each recipe is. The student may want to write comments as to whether or not they like the recipe for future reference. Have the students serve themselves, eat and evaluate, and clean up before the end of class.

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