

# FACS: Cooking - Measuring (Nutri/Food)

## Summary

To be a successful cook, one must first learn to measure correctly.

## Main Core Tie

FCS 6th Grade

[Strand 1](#)

## Time Frame

2 class periods of 45 minutes each

## Group Size

Small Groups

## Life Skills

Thinking & Reasoning, Communication, Employability

## Materials

Worksheets, supplies for the lab of choice.

## Background for Teachers

### MEASURING LAB

Let the students make one of the recipes (oatmeal munchies or easy oatmeal bars) to practice using the measuring techniques.

Since this will be the first food lab experience, it might be good to take some time to go over the following items as necessary. Explain:

- a. How to complete the lab sheet (you may want to make an overhead transparency of the lab sheet to use for reference as you give instructions).
- b. That lab sheets are an important planning tool that prevent wasted time and wasted food.
- c. That this procedure will be used every time they have a food preparation lab.
- d. That labs are designed as leaning experiences, not just snack time.
- e. That students must show their finished product to you to evaluate before they eat it.
- f. How to complete the brief evaluation section on the lab sheet after the product is made.
- g. The importance of measuring carefully so they have a quality product to enjoy.
- h. 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.

## Intended Learning Outcomes

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

## Authors

[Utah LessonPlans](#)