

Outline of Cook'n Application in Courses

Lesson plans for each course and its corresponding standards and/or objectives could be pre-installed or downloaded directly into Cook'n.

Foods and Nutrition 1

S.1 O.3: With Cook'n, students become familiar with measurement abbreviations and can use the recipe scaling feature to learn about how measurements change dependent upon serving size.

S.1 O.4: Cook'n provides exposure to the hundreds of recipes included in the software and helps students become familiar with basic-food preparation terms, as they see them in context.

S.3 O.1-3: Students can demonstrate knowledge of dietary guidelines and healthy eating patterns by using the Cook'n nutritional analysis tools and by altering recipe ingredients in order to meet specific health objectives.

S.4-6: Students can demonstrate understanding of food principles and techniques by using Cook'n to form or alter recipes to get specific dietary outcomes (e.g. How can this recipe be improved to contain more Vitamin A?).

Foods and Nutrition 2

S.1 O.5: With Cook'n, students become familiar with measurement abbreviations and can use the scaling recipes features to learn about how measurements change dependent upon serving size.

S.2 O.4: Students can use the nutritional analysis tools to identify nutrients in salads and incorporate principles from MyPlate.

S.3-4: Students can use Cook'n as a tool to organize their food preparation efforts and learn more about the nutritional implications of their cooking.

S.6: Students can use Cook'n to plan meals and then use the shopping list features to budget for their meals.

S.7-8: Students can use Cook'n as a tool to organize their food preparation efforts and learn more about the nutritional implications of their cooking.

Food Service/Culinary Arts

S.4 O.3: Cook'n automatically scales recipes and adjusts serving sizes. Customized conversion guide could be included in Cook'n.

S.4 O.4: Cook'n automatically calculates the estimated cost of any recipe, meal, or menu.

S.4 O.6: Students can use the menu planning feature in Cook'n to create menus and analyze a menu's nutrition.

ProStart I

S. 4 O.5: Cook'n automatically scales recipes and adjusts serving sizes

S.4 O.6: Cook'n automatically converts between customary and metric measurement units

S.4 O.9: Cook'n automatically calculates the estimated cost of any recipe, meal, or menu.

S.5 O.19: Plan meals in Cook'n and then the program will analyze the nutritional density

S.5 O.20: Cook'n contains the nutritional information directly from the label for thousands of food products