UNIT: NUTRITION AND FOOD  
TOPIC: Reading a Recipe  
TIMELINE: 1 week

OBJECTIVES:

1. Students will explain various cooking terms.
2. Students will measure liquid and dry ingredients correctly.
3. Students will double a recipe.
4. Students will explain the purpose of recipe ingredients.
5. Students will compute correct equivalents.

MOTIVATORS:

1. CLASSIFY COOKING TERMS: Explain cooking terms. (page 5)
2. COUNTRY RECIPES: You may wish to place these funny recipes on a transparency for the class to see. They are merely meant to be a fun introduction to the importance of recipes. (page 6)
3. EQUIVALENTS QUIZ: Give the students this pre-test on equivalents. (page 7)
4. FOODS LAB GUIDELINES: Review the basic rules of a classroom laboratory. (pages 8-9)
5. FOR PERFECT RESULTS: Explain the basics about recipes and why we use them. (pages 10-11)
6. MEASUREMENTS FLASH CARDS: Make a set of flashcards from the information given on this sheet. (page 12)
7. CHECK MODULE #20--FOOD PROCESSING TECHNICIAN: Involve the entire class in the use of this module. (page 13)
8. HOW TO DOUBLE A RECIPE: Explain how to double recipes. Prepare Apple Crisp for the students to taste. (pages 14-15)
9. APPLE CRISP RECIPE: You may wish to use this sheet as a model for students to follow as you prepare the Apple Crisp. (page 16)

INDIVIDUALIZED ACTIVITIES:

1. SCRAMBLED COOKING TERMS: Students will unscramble the word and give the correct definition. (pages 17-18)
2. THE MEASURING MATCH: Students will match terms with their correct definitions. (pages 19-20)

3. DOUBLING A RECIPE: A worksheet to practice doubling and measuring. (pages 21-22)

4. FUNCTIONS OF INGREDIENTS: Students will read the student guide and complete the worksheet that deals with the functions of various ingredients. (pages 23-26)

REVIEW AND TEST:

1. READING A RECIPE REVIEW GAME: Students will complete the game to review for the test. (pages 27-29)

2. READING A RECIPE TEST: Students will complete the test. (pages 30-33)

CHALLENGE PROJECTS:

1. HOME COOKING: Students will make recipes at home. (page 34)

SUMMARY:
There are many basic types of information required to be able to prepare a recipe correctly. Terms, measuring, functions of ingredients, and following directions are all important steps in the process.

RESOURCES: