
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)

READING A RECIPE OVERVIEW, continued

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:
