

FRUITS AND VEGETABLES UNIT OVERVIEW

The intent of the Fruit and Vegetable Unit is to allow student mastery by preparing a variety of foods. The recipes used progress from simple to complex. It is expected that each student will independently obtain the ingredients, utensils and equipment needed for each recipe, and prepare the recipe by following each step in the directions. If the student meets all the following criteria, they pass off the recipe, place a sticker on the chart, and choose the next recipe in sequence.

The Fruit and Vegetable Group is the second unit prepared. The recipes included were selected from a variety of resources and revised to the present format. This unit is more expensive because single serving-sized cans of fruits and vegetables are used in the planned labs.

The selection and order of recipes were evaluated by the teachers and sequenced from simple to complex allowing the student to master different techniques. Each student must completely master the recipe without assistance before moving on to the next recipe. The peer tutor observes to collect data and records the information on a generic data sheet using the following prompts:

+	correct
v	verbal prompt
m	model prompt
p	physical prompt

The markings are recorded and dated for comparison.

- 1) Get the proper supplies.
- 2) Measure correctly.
- 3) Demonstrate the proper use of equipment.
- 4) Use the stove/oven/microwave appropriately.
- 5) Follow the steps in the recipe.
- 6) Practice safety rules.
- 7) Set the table with the proper place setting.
- 8) Use appropriate table manners.

The other steps listed on the generic data sheet need to be evaluated; however, incorrect procedures will not inhibit the student from passing off the recipe. If time allows, a student can redo a single recipe during the classtime. There may not be enough time to eat both products during that class period.

Student progress is checked off on a chart by placing a sticker in the appropriate space. This provides a visual positive reinforcement for all to see. As mentioned before, this also assists the teacher in the preparation of

the necessary ingredients ahead of the students. Since all students work on different recipes, one must be very organized to be prepared with food and recipes needed each day. In addition, it is suggested that some items be purchased in quantity and bagged into smaller portions to use with many of the recipes ie., frozen fruit, vegetables, French fries, Tator Tots.

It is felt that students should only start two new recipes per day. Sometimes there is extra time available in class but not enough to prepare another recipe. Therefore, have worksheets to use ie., crossword puzzles, word searches.