

## **SAMPLE DEMONSTRATION INTRODUCTION OF CLASS RULES**

Following introduction of teachers and classmates, demonstrate **POPOVER VEGGIES** (recipe on page 10) and pass the finished product for students to sample.

**NOTE TO TEACHER:** While demonstrating explain how to:

1. Have oil hot.
2. Practice safety.
3. Test for doneness.
4. Prevent splattering and bubbling over.
5. Clean up efficiently.

This should be a model demonstration, done by the teacher (preferably in a lab coat) to set a professional tone in the classroom. Explain teacher expectations of students for future demonstrations and illustrated lecture.

It is a good idea to do the vegetable demo the first day and then ask them if they enjoyed it and enjoyed eating. Explain that in order to cook and eat in the lab, rules must be established and that you will go over the rules the next day. You might have time to do it the same day after the demonstration.

Tell students that, because there are so many of them and only one of you, it is necessary to establish rules, so that everyone has a chance to enjoy the class and learn. This is the reason for rules.

Explain that some rules are school rules, already decided by the administration. Some rules are designed specifically for safety and sanitation. Other rules monitor the grading system for parents. All rules are designed to make this class the best one in the school. Go on to talk about school rules, class rules, etc.

Note: This is a good time to organize and integrate FCCLA (Family, Community, and Career Education).

## POPOVER VEGGIES

### DIRECTIONS:

Beat just until smooth:

- 1 cup milk
- 1 tablespoon melted butter or margarine
- 1 cup all-purpose flour  
(you may substitute 2/3 cup fine whole-grain flour and 1/3 cup all-purpose flour)
- 1/4 teaspoon salt

Add, one at a time, but **do not overbeat**:

- 2 eggs

Cut a variety of vegetables into bite-size pieces. Dip veggies into the batter and deep fat fry until puffy and golden brown. Remove from batter with tongs and drain on paper towels.

**Suggested vegetables:** onions, broccoli, cauliflower, parsnips, zucchini, sweet potato, peppers, carrot, eggplant.

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