

FOODS AND NUTRITION II – BEEF LAB

OBJECTIVE: Identify and prepare meats and/or poultry products.	STANDARD: Demonstrate food preparation techniques and nutrition of meats and poultry.
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MOTIVATOR	DESCRIPTION: Bell Ringer Question	MATERIALS: Bell Ringer Cards
TIME: 5 min.		
CONTENT: <div>1. Have the students answer the following question on their bell ringer cards, “Name the three grades of beef.” (Select, Choice, Prime)</div> <div>2. Have the students return their cards to the class basket.</div>		

ACTIVITY 1 (Cooperative)	DESCRIPTION: Beef Lab	MATERIALS: <u>Food needed for one class (4 kitchens):</u> Ground beef – 4 lbs. Onions - 1 Saltine crackers – 20 Eggs - 4 Italian dressing – ½ c. Vegetable Oil – 1 Tbsp. Beef bouillon cube – 2 Barbeque Sauce – ½ c. Sour cream – 1 c. Worcestershire sauce – 1 tsp. Cheddar cheese, shredded – 1 c. Stuffing mix for chicken – 1 pkg. Pepper – ¼ tsp. <u>Handouts for students:</u> <i>SALISBURY STEAK RECIPE</i> <i>CHEESY MEATBALL SKILLET RECIPE</i> <i>LAB SHEETS</i>
TIME: 60 min.		

CONTENT: 1. Explain to the class that they will be making two different beef recipes. a. Kitchens 1 and 3 will be making the Salisbury Steak. b. Kitchens 2 and 4 will be making the Cheesy Meatball Skillet. 2. Kitchens 1 and 2 will share their final product with each other while kitchen 3 and 4 will do the same.

PROCESS QUESTIONS: 1. What type of meat will lessen the fat content in these recipes?

REFERENCES:

None

SUMMARY:

There are many types of beef recipes out there. Choose ones that meet your family's nutritional needs and a recipe that they will enjoy.

STUDENT EVALUATION:

As the students are cooking, assess their cooking skills with measuring, safety, following directions and working well together as a group. Fill out the lab sheet and give each kitchen a grade for the experience.

TEACHER EVALUATION:**OPTIONAL ACTIVITY:**

If time allows, have the students adjust their recipes (on paper) and make them low-fat. Instruct the students to justify their changes.