

# Soups, Salads, Casseroles and Meats Lecture

## Summary

Students will be introduced to soups, salads, casseroles and meats.

## Additional Core Ties

Dietetics and Nutrition 1

[Strand 6 Standard 2](#)

## Time Frame

1 class periods of 70 minutes each

## Group Size

Individual

## Life Skills

Thinking & Reasoning

## Materials

- Bell Ringer Card for each student
- Soups, Salads, Casseroles and Meats PowerPoint Presentation
- Soups, Salads, Casseroles and Meats Study Guide

## Intended Learning Outcomes

Students will identify:

- Classifications of salad dressings
- Structure, arrangement, and service of salad
- Nutrients found in salads
- Classifications of salads

## Instructional Procedures

Teacher and student step-by-step instructions are found below in the "Soups, Salads, Casseroles and Meats Lecture Lesson Plan" attachment.

## Assessment Plan

Have the students actively take notes on their study guides throughout the lecture. The students will keep their completed study guides to review and prepare for the unit test. Answer any questions they may have to help them better understand the information presented. There will be no homework for this lesson.

## Bibliography

[Foods and Nutrition II Curriculum Guide](#)  
from the Utah State Office of Education

## Authors

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