

# Soups, Salads, Casseroles and Meats Lecture

## Summary

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

## Main Core Tie

Dietetics and Nutrition 1

[Strand 7 Standard 3](#)

## Additional Core Ties

Dietetics and Nutrition 1

[Strand 7 Standard 4](#)

Dietetics and Nutrition 1

[Strand 7 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:

The two basic types of soup

How soups may be served as different parts of a meal

Proper storage of soups

The five Mother sauces used in standard home and restaurant cooking.

## 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 note 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 one homework for this lesson.

## Bibliography

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

Authors

[Vikki Masters](#)