Soups, Salads, Casseroles and Meats Lecture

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

Main Core Tie
Food And Nutrition II
Strand 5 Standard 1

Additional Core Ties
Food And Nutrition II
Strand 2 Standard 2
Food And Nutrition II
Strand 5 Standard 2
Food And Nutrition II
Strand 5 Standard 3

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 be able to identify the following:
- Meats and poultry products
- Lean vs. fatty cuts of meats and poultry
- Inspection and grading of meat and poultry
- How bone affects serving size
- Proper cooking temperatures to meats
- Appropriate cooking methods dry vs. moist
- Nutrients found in meats

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. Here 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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