Beef Lab

Summary
Students will have an opportunity to choose from two different beef recipes to make in class.

Main Core Tie
Food And Nutrition II
Strand 5 Standard 1

Time Frame
1 class periods of 70 minutes each

Group Size
Small Groups

Life Skills
Thinking & Reasoning, Communication

Materials
- Bell Ringer Card for each student
- Food needed for lab (see lesson plan for details)
- Salisbury Steak Recipe
- Cheesy Meatball Skillet Recipe
- Lab Sheets

Intended Learning Outcomes
Students will be able to prepare a beef product.

Instructional Procedures
Teacher and student step-by-step instructions are found below in the "Beef Lab Lesson Plan" attachment.

Assessment Plan
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.

Authors
Vikki Masters