Stock Based Soup Lab

Summary
The students will learn how to make a stock based soup.

Main Core Tie
Food And Nutrition II
Strand 7 Standard 3

Time Frame
1 class periods of 70 minutes each

Group Size
Small Groups

Life Skills
Thinking & Reasoning, Communication

Materials
- Bell Ringer Cards for each student
- Food needed for lab (see lesson plan for details)
- Chicken Noodle Soup Recipe
- Lab Sheets

Intended Learning Outcomes
Students will apply and prepare a liquid from cooking meat, poultry, fish and vegetables using a mirepoix.

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

Assessment Plan
As 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