

Vegetables

Summary

Students will evaluate what happens when vegetables are cooking in different solutions. They will see the effect of color change on cooking vegetables.

Main Core Tie

Food And Nutrition

[Strand 5 Standard 4](#)

Time Frame

1 class periods of 45 minutes each

Group Size

Small Groups

Materials

Lab sheets, instructions for students, broccoli, red cabbage, vinegar, baking soda.

Background for Teachers

Gather supplies for the students. Be sure they understand the procedure they are to be doing. Teachers need to understand the acid and base test and the color changes listed in the lesson plan for all four types of colors.

Intended Learning Outcomes

Students will gain an understanding of the effect on cooking vegetables.

Instructional Procedures

The students will be given a procedure to follow. It will be a vegetable and a solution for cooking. After the cooking time the students will observe what has happened to the color change in the vegetables after cooking them in either an acid or base solution.

Assessment Plan

Look over their observation sheets and ask the students what they have learned.

Bibliography

Janice Wuckert (Oquirrh Hills Middle) "Guide to Good Food"

Authors

[Robin Lewis](#)