

FACS: Reading A Recipe (Nutri/Food)

Summary

This homework assignment allows students to demonstrate their cooking skills to their families.

Main Core Tie

FCS 6th Grade

[Strand 1](#)

Group Size

Individual

Life Skills

Thinking & Reasoning

Materials

Worksheet for students.

Background for Teachers

BASIC RULES FOR CHOOSING A RECIPE

Introduce the students to the guidelines for choosing a recipe. Discuss the reasons for these guidelines as you present them. This should lead to the definition of a recipe.

RECIPE: a set of directions for preparing a food product

A recipe is a kind of plan, or blueprint, to guide you as you cook. Recipes tell you what ingredients to use and how to put them together.

BASIC RULES FOR CHOOSING A RECIPE When you choose a recipe, ask yourself these questions:

1. Will the food appeal to the family or guests as well as to you?
2. Do you have all the needed ingredients?
3. If not, can you stay within your budget if you have to buy more groceries?
4. Do you have enough time to make the recipe?
5. Do you have the cooking skills required to make the recipe?

Student Prior Knowledge

Basic cooking terms and how to select and make a recipe.

Intended Learning Outcomes

Students will select a recipe and make it at home.

Instructional Procedures

Have the students take home the assignment "I CAN Read a Recipe!" (attachment). It is usually a good idea to give them a weekend plus a few days to complete the work, in case parents need to go purchase supplies. Remind students that the assignment need not be costly, but it must be made from scratch and the evaluation must be completed by both parent and student.

Authors

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