

# Abbreviations, Substitutions, Equivalents Review Lab

## Summary

The students will apply and demonstrate in a practical lab test what they have learned from their previous classes by reading and preparing an acceptable food product together as a unit making Chocolate Drop Cookies. They will need to know measuring, cooking terms, abbreviations, equivalents, substitutions, altering a recipe, and location of equipment in the unit.

## Main Core Tie

Food And Nutrition 1

[Strand 2 Standard 2](#)

## Additional Core Ties

Food And Nutrition 1

[Strand 2 Standard 1](#)

Food And Nutrition 1

[Strand 2 Standard 3](#)

Food And Nutrition 1

[Strand 2 Standard 4](#)

## Time Frame

1 class periods of 90 minutes each

## Group Size

Small Groups

## Materials

Handouts:

How to Tackle a Recipe

Three Forms for Writing a Recipe

Practical Test Lab Assignment

Ingredients needed for each separate unit:

1/4 cup oil

1/2 cup sugar

1 egg

4 1/2 tbs. cocoa

1 1/2 tbs. fat

1 tbs. + 1 tsp. powdered milk

1 cup flour

1 1/2 tsp. baking powder

1/8 tsp. salt

1/2 tsp. vanilla

1/4 cup nuts (opt.)

Powdered sugar opt.

Paper plate with each unit number marked for evaluation

## Background for Teachers

The teacher needs to know cooking terms, abbreviations, equivalents, substitutions; how to alter recipe amounts by halving, doubling or by a fourth.

### Student Prior Knowledge

The student needs to know how to read and follow a recipe. He/she must know cooking terms, abbreviations, equivalents, substitutions and how to alter recipe amounts.

### Intended Learning Outcomes

The student will identify and demonstrate the use and care of equipment by using appropriate abbreviations, cooking terms, equivalents, and measuring; and calculate recipe-size adjustments while preparing a given recipe.

### Authors

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