FACS: Why do I need a recipe? (Nutri/Food)

Summary
Students learn from hands-on application why a recipe is important (especially when working in a lab setting together).

Main Core Tie
FACS 6th Grade
Strand 1 Standard 1

Time Frame
1 class periods of 45 minutes each

Group Size
Small Groups

Life Skills
Communication

Materials
Bread, cheese, butter, frying pan, turner, plates.

Background for Teachers
Have lab groups prepared ahead of time.

Student Prior Knowledge
None... it actually works best if they've never been in a kitchen before.

Intended Learning Outcomes
Students will recognize the purpose of using recipes when cooking.

Instructional Procedures
Have students go back to their kitchens.
Tell them they are going to be making grilled cheese sandwiches as a group.
Don't give them any instructions on how to make a grilled cheese sandwich. Let them try to figure it out as a group.
As they argue, tell them they have to work it out as a group. (Unless it gets really ugly).
After the lab, have them outline the problems they ran into as a group and list these on the board.
Discuss the purpose of a recipe with the class and give them examples of good recipes from cookbooks to look at.

Strategies for Diverse Learners
Students can help each other while in the kitchen.

Assessment Plan
Give the students credit for following lab rules and procedures. They should also get some credit for
positively participating in their group.

Bibliography
college friends

Authors
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