

Lesson 4: Cooking Lab



Lesson Highlights

Objective

Student will:

- Apply information learned from reading and following instructions.
- Use cooking vocabulary terms and methods to prepare and cook ingredients to make soup for their class.
- Use scientific method to predict results of and evaluate their final product.

Curriculum Connections:

- Science
- Math
- Language Arts

Student Skills Developed:

- Science Skills-scientific method for making observations; organizational skills
- Language Skills-reading a recipe and following directions; use vocabulary terms and methods to prepare and cook ingredients
- Math Skills-double the size of the recipe

Activity:

Students will complete the Scientific Method worksheets

www.sciencebuddies.com/mentoring/project_scientific_method.shtml.

Explain that the scientific method is a way to make scientific observations. The students will ask the question “What will happen to the ingredients when they are cooked? Will they be hard, soft, or crunchy? Will they lose their nutrients?”

Explain that the students have done the background research by eating various foods in the past. Have students construct their Hypothesis. The Procedure will be their following the directions in the recipe.

Conduct the Cooking Lab. Divide students into cooking groups. (No more than 6 students per group recommended) Divide the number of students in the class by six to decide how many recipes of the stew you will need. It is recommended that ingredients be prepared and then combined in several large kettles rather than a kettle for each group. Note: A serving size is 2 cups (16 oz.).

Hand out Cooking Lab sheets and recipes for each student.

Have students wash their hands (recommended hand washing technique) www.washinghands.net/posters

Have students sanitize the work surfaces.

Hand out the ingredients for the recipes. (Students can be divided into pairs or groups for each ingredient and prepare it according to instructions on the recipe).

Each group should have the equipment needed for their food preparation or take their food item to the appropriate preparation station. (Specific food preparation stations can be organized in different locations in the classroom and students can report to the correct station for their food item.)

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Have students prepare their ingredient(s) and add them to the kettle.

While the Stew is cooking, have students clean up the food preparation areas.

Have students use their recipes to figure how much of each ingredient is needed to double the size of the recipe. For students in grades with higher math skills, the students could use the grocery store tapes to figure out what it would cost for a single serving of the Stew. This can be done while they eat their Stew.

Lead the students in a discussion to finish their Scientific Method Worksheets.

Materials Needed:

- Student Scientific Method Worksheet
www.sciencebuddies.com/mentoring/projects/scientific-method.shtml
- Food ingredients listed in the recipe
- Electric frying pan or stove and skillet
- Napkins
- Cleaning Supplies
 - hand soap
 - dish soap
 - wash cloths
 - drying towels