

Area—Nutrition and Wellness

Project—Adapting Recipes for Quantity Cooking

Standards

SD FACS Standards

FCS 6.3.1

Apply various dietary guidelines in planning to meet nutrition and wellness needs.

SD Mathematics Standards

Math 8.M.1.1

Students are able to apply proportional reasoning to solve measurement problems with rational number measurements.

Project

As an individual or member of a team, you will choose a recipe that would be appropriate for your school lunch program, meet the guidelines of your food service, and adapt the recipe to serve the students in your school.

What will you do?

1. Choose a recipe suitable for your school's food service program. Interview your food service director to get his/her approval for the recipe.
2. Convert the measurements in the original recipe to serve the number of students in your school. Use textbooks or other resources to help make the conversions correctly. Be sure you use the simplest form of the measurement (e.g. 48 t. would be most easily measured as 1 cup).
3. Show your converted recipe to your food service director for their input. Make any corrections or adjustments needed.
4. Plan a complete menu around your chosen recipe. Use the guidelines your food service director uses to meet the federal school lunch program criteria for a school lunch. This website can also provide guidelines for planning school lunches:
<http://schoolmeals.nal.usda.gov/Recipes/menuplan/02CHAP2.pdf>
5. Format the recipe in computer-generated form for presentation to your teacher and food service director.

What will you need?

Recipe books

Recipe equivalents charts or textbooks

School lunch program guidelines from food service director
or from the Internet

How will you be evaluated?

Project rubric

Created by Jean Clarke, Emery High School, SD, 2005