

Area—Nutrition and Wellness

Problem—Adjusting Recipes

Standards

SD FACS Standards

FCS 6.3.2

Prepare nutritious and aesthetically pleasing foods that meet the health and wellness needs of family members based on available resources.

SD Mathematics Standards

Math 7.M.1.1

Students are able to select, use, and convert appropriate units of measurement for a situation including capacity and angle measurement.

Problem

Student will use accurate measurements and conversions in a food preparation lab.

What will you do?

1. Adjust the chosen recipe and convert to appropriate units of measurement.
2. Prepare the recipe using accurate measuring techniques and equipment.

What will you need?

Recipe of your choice to fit lab experience

(The recipes may be made larger or smaller to fit class needs.)

Ingredients for lab

Measuring equipment

Lab facility

Recipe conversion checklist

Resources

Recipe equivalent charts

How will you be evaluated?

Recipe conversion checklist

Foods lab evaluation (if teacher wishes)