



Grade 10 Sample Lesson Plan: Top Chef

SOLs

- Identify family health habits and behaviors as they relate to promotion of health and wellness.

Objectives/Goals

- Using the MyPlate template provided, the student will create and cook a dinner that features healthy ingredients from all 5 food groups *that they enjoy*.

Materials

- Food Group Nutrition Presentation (PowerPoint)
- Food Safety Article
- Student Assignment and Rubric
- My Plate Template
- Example of nutritional information (.jpg)
- Example of Final Assessment: Top Chef for a Day (PowerPoint)

Procedure

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| Step 1 | Go over information about food groups in the Food Group Nutrition PowerPoint presentation | <u>Essential Question?</u> |
| | | <u>Why is it so important to have the recommended amount of food from each food group?</u> |
| Step 2 | Read the article on Food safety | <u>Essential Question?</u> <u>What are some of the risks of not engaging in food safety guidelines</u> |

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| | | <u>when preparing our food?</u> |
| Step 3 | Your task: Using the MyPlate template provided, you are to create a DINNER that features healthy ingredients from all 5 food groups that you enjoy the taste of. Your portion sizes should reflect daily recommended serving-sizes in accordance with www.MyPlate.gov , which should match your Mind Map. When determining ounces/cups, remember dinner is only one of your 3 daily meals. | |
| Step 4 | On front of plate: <ul style="list-style-type: none"> • Dinner items printed out/drawn (as close to scale as possible) to reflect correct portion sizes. Printed in color or colored pencils are used to add realistic color to food items. • Label to accompany each food item on your plate. | |
| Step 5 | On reverse-side of plate: <ul style="list-style-type: none"> • Estimated calories in your meal • Your recommended daily caloric intake (found on www.Calorieking.com) List of ingredients needed to cook/prepare your meal | |
| Step 6 | Top Chef for a Day <ul style="list-style-type: none"> • Conceptualize, shop for, and prepare a healthy & balanced dinner that you will actually cook for your family. | |
| Step 7 | <ul style="list-style-type: none"> o Using your ideas from the MyPlate, MyMeal assignment, you will conceptualize food items, shop for ingredients, cook then serve your meal, and finally reflect on the entire experience. o Must include all 5 food groups, be budget conscious (estimate your budget then confirm with parents: \$10/\$15/\$30), and take into account likes/dislikes of your family members. <ul style="list-style-type: none"> ▪ Make a list of the ingredients you'll need for your meals (remember to budget \$) <p>Make sure you talk to your mom/dad/whoever does grocery shopping and ask to come along and pick out your ingredients. (Compare options: food labels vs price)</p> | |

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| <p><u>To hand in (through Google Slides):</u></p> <ul style="list-style-type: none">○ <u>Menu</u> (organized, descriptive, ingredients included) *Imagine you're serving your dish at a restaurant! *5 pts.○ <u>Pictures:</u> Ingredients, you cooking in action, your finished meal, and serving your meal to family (talk to teacher in advance if pictures are a problem) *10 pts. <p><u>Reflection of the experience:</u> (Successful? Struggles? Did your family like it? Could you see yourself cooking this meal again? What does the future hold for you and cooking meals for yourself / your family?) *10 pts.</p> | |
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References

- Melanie Lynch, M.Ed. State College Area High School
- <https://www.choosemyplate.gov/>