



Grade 9 Sample Lesson Plan: Unit 13 – Top Chef

SOLs

- **9.1.B** Identify guidelines for sleep, rest, nutrition, and physical activity.
- **9.1.G** Describe the importance of health habits that promote personal 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

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>

		<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	<p>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.</p> <p>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.</p> <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>	

	<p><u>To hand in (through Google Slides):</u></p> <ul style="list-style-type: none">o <u>Menu</u> (organized, descriptive, ingredients included) *Imagine you're serving your dish at a restaurant! *5 pts.o <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/>