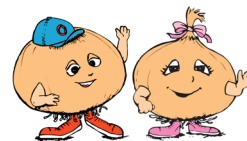


Lesson 3: Layers of Nutrition and Recipe Conversion



Lesson Highlights

Objective

Student will:

- Understand the nutritional value of one serving of Portuguese Sausage and Onion Stew.
- Understand and apply measuring equipment and terminology in the recipe.
- Define and understand terms used in preparation of and cooking ingredients in the recipe.

Curriculum Connections:

- Science
- Reading/Writing
- Mathematics

Student Skills Developed:

- Science Skills-nutritional value of one serving size; understand preparation and cooking terms used in the recipe
- Reading/Writing Skills-read, record, and understand nutritional information for recipe ingredients
- Mathematic Skills- will have an understanding of the utensils used to measure in food preparation

Materials Needed:

- *Student Nutrition Facts Worksheet* <http://kidshealth.org>
- Nutrition labels from recipe ingredients for Portuguese Sausage and Onion Stew
- Vocabulary list
- Cookbooks for vocabulary definitions
- Access to computers for vocabulary definitions

Getting Started:

Give the students the vocabulary list for terms used to prepare and cook ingredients. Students can find definitions for cooking terms in cook books or at www.how-to-cook-gourmet.com/culinary-terms.html

The teacher should go over the vocabulary terms with the students to be sure they understand the terminology. (The teacher could demonstrate the terms if possible.)

Vocabulary:

sliced / cubed / diced / minced / crushed / sauté / boil / simmer / crumble

Activity:

Have students complete the *Nutrition Facts worksheet*. Distribute the Onion Stew recipe to the students. Hand out labels for the ingredients for the Stew recipe. (Students can be divided into cooking groups to collect their information). Have students use their Nutrition Facts sheet <http://kidshealth.org/> to collect the nutritional information from each ingredient and add them together to find the combined nutritional value of one serving of the stew. Help the students evaluate the nutritional value of the stew. Give the students the vocabulary list for terms used to prepare and cook ingredients.

