Lesson 3: Onion Stew

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 [https://blog.ciachef.edu/culinary-terms/](https://blog.ciachef.edu/culinary-terms/)

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 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.