

Kitchen Nutrition Math

The effectiveness of this project has made special education students aware of the difference between healthy foods and snacks and low nutrition or junk foods. Most of them are able to prepare a simple food item either from scratch or a simple boxed product. The students have been introduced to vegetables and fruits to add color to their diet. The value of this project is shown in the enthusiasm to participate.

Curriculum/State Standard

The mastery of fractions is an IEP (individual education plan) goal for each special education student. Nutrition is a life skill that needs to be experienced.

Overview

The project began with hands-on cutting and pasting of pictures of foods from the Food Pyramid, followed by practice in measuring with individual sets of measuring cups and spoons and concluded with at least 20 cooking sessions. The worth of the project will hopefully continue at home with the help of an adult to prepare some of the recipes each student has written on 4" X 6" note cards.

Objectives

- The student will become familiar with the Food Pyramid and the number of servings that should be eaten daily.
- The student will measure dry and liquid ingredients and learn to master fraction and whole number concepts.
- The student will measure ingredients and follow a simple recipe to prepare a nutritious meal.

Materials

A home economics room setting or a kitchen setting is a requirement. We used a home economics room that had three stoves, counters, and sink areas. The setting must include kitchen utensils, a stove, and refrigerator. Each student was given a set of measuring spoons and cups to practice measurement. The ingredients for each recipe were purchased prior to the cooking experience.

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6-8

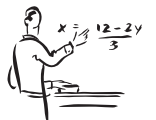
GRADE LEVEL



ARTS



LANGUAGE



MATH

Misc

MISCELLANEOUS



SCIENCE



HISTORY



SOCIAL STUDIES

14

MONTHS

\$650

TOTAL BUDGET



THIS WINNING LESSON PLAN WAS SUBMITTED BY:

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“Kitchen Nutrition Math” project continued...

Readiness Activity

The students discussed nutritious and non-nutritious foods prior to the cooking experience. They viewed a video of safety in the kitchen and discussed proper kitchen hygiene.

Strategies/Activities

The students read grocery ads and selected items from the Food Pyramid or in the basic food groups to create nutritious balanced meals.

The students cut out pictures/words from grocery ads and product packages to create a giant Food Pyramid for the classroom bulletin board.

The students used measuring spoons and cups to learn the simple fractions $\frac{1}{8}$, $\frac{1}{4}$, $\frac{1}{3}$, $\frac{1}{2}$, $\frac{2}{3}$, and $\frac{3}{4}$ to measure liquid and dry ingredients (such as rice, popcorn and water).

The students gained practice in writing fractions by copying recipes on index cards prior to the preparation of the recipe.

The students worked in groups of 4 or 5 with an adult to prepare recipes that required measurement of ingredients.

The students prepared a nutritious meal and served it to parents and staff members.

Culminating Activity

The students selected the menu for our dinner from the many recipes that we had prepared during the project. Some of the recipes they chose from were popcorn cake, orange julius, milk shakes, toasted cheese sandwiches, stir fry chicken and vegetables, yogurt cups, tacos, soft burritos, chili and chips, spaghetti, and macaroni and cheese.

The students were divided into groups of 4 or 5 with an adult and worked at one of three kitchen stations in the home economics room to prepare their portion of the meal. One group fixed the beverage, orange julius. The second group made the stir fry chicken and vegetables. The third group prepared a dessert of yogurt cups.

The entire group set the tables with disposable dinnerware prior to the luncheon, and all participated in the cleanup after the meal.

Evaluation

Each student created a personal food pyramid using pictures/words.

Each student demonstrated mastery of simple fractions by measuring ingredients.

Each student participated with peers to prepare a nutritious meal.

The teacher used a checklist to indicate mastery or needs improvement of each task.