

Food for Life: Student Chef Competition

Grades 9-12



Overview:

This lesson will challenge students to examine the national school lunch program and design an entree recipe that meets those requirements using spinach.

(Time Needed: 4-5 class periods with option to do additional work outside of class.)



Standards:

HUM-FL-7 Develop a nutritionally balanced diet for children in the different stages of childhood.

- 7.1 Identify the requirements for a nutritionally-balanced diet for the child in the different stages of childhood.
- 7.2 Determine the health effects of a diet lacking required nutrients.
- 7.3 Identify common factors that put a child at nutritional risk.
- 7.6 Determine how the school nutrition program meets the nutritional needs at different stages of childhood.

Objectives:

- Students will understand the benefit of the national school lunch program for children.
- Students will evaluate current school lunch menus to identify where more nutrients can be added.
- Students will research different recipes that could be made into entrees in their school cafeteria using spinach as an ingredient.
- Students will taste test recipes with students to determine which recipe should be chosen as the winner of the student chef competition and move on to the next level of judging.

Materials:

- School Lunch PPT - https://docs.google.com/presentation/d/1XHVF83AQRPN5xBjdb_5979WTQNrFxFw/edit?usp=sharing&ouid=102492812131679140055&rtpof=true&sd=true
- Video Overview of Student Chef Competition - <https://youtu.be/miYgZjghxQM>
- Recipe Entry Form
- Student Chef Competition Website - <https://snp.gadoe.org/SCE/Pages/Student-Chef-Competition.aspx>

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Outline:

- Engage: Students will do a chalk talk about the favorite school lunch meals offered and the least popular.
- Explore: Students will explore new recipes that utilize spinach as a main component.
- Explain: Teacher will explain the importance of the national school lunch program.
- Extend: Students will create their recipes, set up a taste test, and analyze the results.



Lesson Plan:

- Engage: Students will silently write their favorite and least favorite school lunch meals on the board, passing the marker to the next student until all students have answered. Students will then identify which meals represent different cultures and list other cultures that are part of their community. They will also look for patterns of meals that are popular.
- Explore: Let the students explore different recipes that they believe would be more appetizing while still being nutritious.
- Explain: Teacher will explain the importance of the national school lunch program using the powerpoint in the resources. The teacher will also explain the Student Chef Competition and show the informational video.
- Extend: Students will work independently or in groups to design a meal that meets the NSLP standards that also incorporates a half a cup of spinach.
- Evaluate: Students will evaluate the success of their project based on the results from their school taste test.