| **Lesson Guide** |
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| **Date:** | **Topic: Domestic** |
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| **Lesson:** |
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| Meal Planning |
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| **Materials:** |
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| Internet/computerpaper |
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| **Learning Objectives:** |
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| * Students will choose a food to prepare
* Students will find a recipe for their choice
* Students will check the pantry for ingredients
* Students will make a list of ingredients needed (ones the school does not have)
* Students will interact with peers
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| **Structure/Activity:** |
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| 1. Break students into small groups
2. Discuss with class about what makes up a meal (beverage, protein, vegetable/fruit, starch)
3. Have each group pick a meal they want to prepare
4. Look up what is needed for the meal (recipe/ingredients)
5. Students figure out what ingredients the school has and what needs to be purchased
6. Students prepare a shopping list
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| **Assessment:** |
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| Meal Planning Assessment |
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