| **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/computer  paper |
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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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