

Lesson Title: What's In Our Food? (Part 1)**Materials:**

Ingredients!

Standards:

PA FCS Standard 11.3.7 F: Hypothesize the effectiveness of the use of meal management principles (time management, budgetary considerations, sensory, balanced nutrition etc)

PA FCS Standard 11.3.9 F: Evaluate different strategies to obtain consumer goods and services

Objective:

Students will be able to read the ingredients for the foods they eat, and decide if it is better to make food at home or buy from the store

Opening

Pass out individual ingredients but don't explain where they are from. Have each person read their ingredient. Ask them what they noticed. Ask them if they have ever heard of these things before, or if they can go out and buy these things (should be no). Explain that these are some of the ingredients in ranch dressing that you buy at the grocery store. Today, we will be making our own ranch to see if we think it is better (economically, health, and taste wise) to make our own

Lesson Plan/Procedure/Activities

*Because cooking takes an entire period, the activity piece of this lesson will come in part 2.

**Do not let students try their food! We will taste in part 2, when we compare all aspects of our food.

1. Once students are ready, we will start making our own ranch dressing. Pass out materials and a recipe for homemade ranch. Have students decide who will add each ingredient. Also remember to remind students what they learned about measuring dry ingredients versus wet.

Ranch Veggie Dip Instructions (10 min):

Add ½ cup yogurt to your bowl

Add ½ cup cream cheese to your bowl

Add ½ tablespoon of chopped chives

Add 1 tablespoon parsley

Add ¾ teaspoons salt

Add a pinch of ground pepper (1/8 teaspoon)

Add a pinch of garlic powder (1/8 teaspoon)

Ranch Dressing Ingredients

Xanthan Gum	Modified food starch
Monosodium Glutamate	Disodium phosphate
Sorbic acid	Calcium Disodium EDTA
Disodium Inosinate	Disodium Guanylate