

**Lesson Title:** What's in Our Food? (Part 2)

*Note: This lesson can be adapted to use any in-season foods and make a homemade version to compare to a store bought one. For example, in the winter months we will make kale chips using kale from our garden and compare that to store bought chips.*

**Materials:**

Worksheet  
Ranch ingredient list

**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:**

Remind students of some of the ingredients in the store-bought ranch dressing. Explain that today we will learn to identify the ingredients in our food by reading food labels. We will also compare our homemade ranch to store-bought by doing a taste test, and looking at the cost of both to see which is cheaper.

**Lesson Plan/Procedure/Activities**

- Look at ingredient list
- Look at cost
- Do a taste test
- Reflect on "Would you rather buy ranch or make it at home?"

1. Hand out the ingredient chart/worksheet as well as a copy of the ranch dressing ingredients. Give students 5 minutes to fill out the chart for hidden valley ranch.
2. Then hand back out the recipe for our homemade ranch. Have students fill out the other half of the worksheet.
3. Only when they have completed their worksheet can they do the taste test. Have them try the dip with a range of vegetables that are locally, seasonally available in the garden (cucumber, tomato, carrot, broccoli). Make sure to mention that this is the stuff that is available in the summer.
4. Give students the cost breakdown of their homemade ranch and list the store price on the board.
5. Now that they have all the information they need on taste, cost, price and difficulty, have them reflect on the following question: "Would you rather buy ranch dressing or make it at home? Why or why not? Consider the price, energy to make them, and nutrition facts." Have them write their answers on the reflection portion of their worksheet.
6. If there is time, have some students share out their answer.

**What's in Our Food?**

*Although this project is funded in part by the Environmental Protection Agency, it does not necessarily reflect the opinion or position of the EPA*

- Using the ingredient list you have at your table, list in the table below what is in store-bought Hidden Valley Ranch dressing. After you make your own “ranch” vegetable dip, list those ingredients as well.

<b>Hidden Valley Original Ranch Dressing</b> <b>(store bought ranch dressing)</b>	<b>Homemade Ranch Vegetable Dip</b>

- We tried a few different seasonal (grow in this season) vegetables with our homemade “ranch.” Which did you like best and why?

3. Reflection: Consider the price, taste, nutritional value, and energy it takes to make homemade “ranch” and store bought ranch. Would you rather buy or make your own ranch? Why or why not?