

Food Safety & Nutrition AMI Lesson Suggestions

Kristin Herring, PCSSD

Monday- we have a "google meet" class to go over details of that week's food lab project. At this time, I will either do a food demonstration or show them a TikTok video that I have created of me cooking.

Tuesday- they have to go to the kitchen and decide what they will cook for the project (the first week was anything that required at least 3 ingredients. Each week, I will change what they are required to cook (i.e., convenience food, use an appliance, meal, dessert, etc. depending on how long we are doing this but I plan to continue doing this each week we are AMI). After they figure out what ingredients they will use, they have to type out the recipe on the form provided and they have to include all the parts of a good recipe.

Wednesday: They have to analyze the recipe. I taught them how to do this first semester and they have had lots of practice.

Thursday: They follow their recipe and video with their phone or chromebook (all students have a chromebook). They also take a picture of the final product. They edit the video into a 60 second summary on their Chromebook or they make a 60 second TikTok video. Funny: yesterday, one of my students posted her TikTok and said that if it went viral, her teacher would give her an A for the rest of the 9 weeks. I didn't say that but it was funny and tons of people enjoyed watching it.)

Friday: They have to complete the google form evaluation.

Saturday: Everything has to be turned in, in google classroom.

I post it all on Monday and go over it in our google meet. They have free reign on how & when they get it done throughout the week, but I provide the schedule for students who need that.

If you want to use this, that is fine, but please create your own documents. I included pictures of the google form that I created that asks students to evaluate themselves and upload a picture of the final product. I have enjoyed reading their evaluations.

The first week that I did this we had a zoom meeting instead of a google meet and it was on Tuesday instead of Monday, so I will make changes to fit what our district is asking us to do now with Google Meet, etc. I include attachments and what is on the attachment because our district has some up some controls since we are home and I'm not sure you will be able to access the attachments. So, if you can't open the attachment, I have pasted what is in it so you can read through it. The screenshots of the google form should open.

[Copy of AMI Week of March 30: Prepare a Food D...](#)

AMI Week of March 30: Prepare a Food Dish At Home

Objective: Students will apply techniques of food safety while preparing a dish at home using what is in the pantry, refrigerator, and/or freezer at their home.

Standards: 1. Demonstrate practices and procedures that assure personal and workplace health and hygiene. 2. Examine the care and uses

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of equipment and appliances for food processing. 3. Assess the process of workflow to determine where contamination may occur, and ways to prevent contamination. 4. Describe foodborne illness, contaminants, and allergens. 5. Describe ways to protect food from contamination. Practice the process for cleaning and sanitizing within a home kitchen or food service establishment. 10. Apply concepts of buying, preparing, serving, and eating food. Demonstrate proper table manners in public and private settings.

Instructions: You will be preparing a dish at home and creating a TikTok Video to demonstrate to me what you have done. If you do not have TikTok you can video with your Chromebook and edit it down to 1 minute. The key is to follow each day by day set of instructions in order to get all 100 points for this project. The dish that you prepare may go along with the rest of a meal, it may be a snack, it may be the main course, but you will have to create 1 dish that uses at least 3 ingredients in your kitchen. **PLEASE, FOLLOW THE DIRECTIONS EACH DAY TO GET ALL OF YOUR POINTS!!!**

Day 1: Google meet at assigned time depending on class. We will go over the project for the week.

Day 2: Determine what food is in your kitchen in order to prepare a food dish that requires at least 3 ingredients. [You will need to type up the recipe in the google doc that I included in the assignment called "Title of Recipe"](#). If you find a recipe, create your own, or ask someone for a recipe, that is fine, but you **MUST** type out the recipe in the doc I provided and give the following information: Title of Recipe, Servings that it Yields, Ingredients with amounts of each (ex. 1/4 cup mayonnaise) and list of step by instructions numbered. Be sure to include temperature settings for stove and/or oven (example turn in oven low heat or Set oven temperature to 350°)

Day 3: [Analyze the recipe that you typed on the Title of Recipe" form.](#) Use the instructions given in google classroom. Use the highlighter in your google doc to highlight appropriately. **Colors do matter.** If you do not use the correct colors and highlight everyone that you are to highlight, you will not receive a good grade. **(25 points)**

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Day 4: Follow the recipe and create your dish while videoing. Be sure to take a final picture of your dish with your CHROMEBOOK before you eat it. You will need to video **YOU** making the dish. You can have someone video for you since you will be making the dish. I want to see the ingredients, the measuring, the preparing, and the tasting. Make sure you are seen in the video!!! You will be creating a TikTok if you have the app. If you do, then video with your phone. If you do not have TikTok, video with your Chromebook. Edit the video down to a 60 second summary video. Be sure you keep everything that I asked to see. Then make it into a 60 second TikTok if you have TikTok. If you do not have a TikTok, edit it to a 60 second video on your Chromebook. Put your video in google classroom and turn it in. If it will not let you put your video/TikTok in google classroom, email it to me and Mark the assignment as completed or Turn in the assignment in google classroom. **To make a TikTok video 60 seconds, move the 15 second slider to the right. (25 points)

Day 5: Evaluate yourself using the google form: "Analyze At Home Dish Preparation" TURN IN THE ASSIGNMENT IN GOOGLE CLASSROOM BY SATURDAY! (25 points)

[Copy of Analyze a Recipe](#)

Analyze a Recipe Instructions

Open the recipe that you typed for this project. Using the google doc highlighter, highlight each part of the recipe correctly. You MUST use the correct highlighters for me to count it correct.

1. Read your recipe!!! *This is the most important part of analyzing a recipe*
2. Title of Recipe--**UNDERLINE & MAKE SURE IT IS RED**
3. Amount of each ingredient--highlight in GREEN. Remember it is just the amount not the name of the ingredient. For example: $\frac{1}{4}$ cup flour

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4. **Yield --Highlight in PINK.** Remember: the yield is how many servings it makes. For example: Yields: **4 servings**
5. **Food prep terms -Highlight in YELLOW--ACTION VERBS** Remember these are all of the action verbs in the instructions that do not include pre-tasks. For example: **Combine, mix, stir, fold, line, flip, whip, dip, dice, melt, dredge, pour, simmer, boil, add**
6. **UTENSILS, EQUIPMENT, AND COOKWARE NEEDED--HIGHLIGHT IN BLUE**
Remember these are all of the pieces of equipment, cookware, and/or utensils needed to be successful when cooking. For example: **skillet, spatula, rubber scraper, mixing bowl, blender, toaster,**
7. **PRE-TASKS--Highlight in ORANGE** Remember these are all of the things that you have to do before you can start preparing your dish. They are listed in the ingredients and/or at the beginning of the instructions. For example: **melt, preheat, dice, cut, thaw**

Copy of Title of Recipe: _____

Title of Recipe: _____

Number of
Servings Recipe
Yields: _____

Ingredients: Tell the ingredient and the amount of each ingredient example-- 1 cup flour or ½ cup water

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Instructions Include step by step instruction in your recipe, just like I do when we are in the lab. Number them and type them in red. Be sure to include temperature settings for the stove or oven if you are using them. example--Turn the stove to medium heat OR Preheat the oven to 350°

1.

 [Screenshot 2020-04-02 at 10.59.14 AM - Display ...](#)

 [Screenshot 2020-04-02 at 10.59.22 AM - Display ...](#)

 [Screenshot 2020-04-02 at 10.59.33 AM - Display ...](#)

 [Screenshot 2020-04-02 at 10.58.58 AM - Display ...](#)

NOTE for access to links, please contact

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