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| ***Teacher:***  Mrs. Karen Price | ***CTE Course Name:***  LIFETIME NUTRITION (B) | | ***Room No.:***  C-126 |
| ***Unit Title****:* | | ***Lesson Title: Special Diets Meal Preparation*** | |
| ***Lesson Date****:*  APRIL 13-17 20-24 2015 | | ***Meeting Time/Period:***  2nd,4th and 6th | ***Grade Levels:***  9 – 12 |
| ***What is the lesson objective? TEKS 130.242 1c,2c, d,5g***   * ***TLW:*** Describe the skills needed for productivity in meal preparation. . * Determine effective use of finances when buying foods. * Demonstrate slicing, dicing, marinating, and baking for meals. * Practice table setting with the all the appropriate supplies. * Demonstrate the proper hand washing, sanitation of counters and table setting procedures. * Demonstrate preparing an attractive meal plate. | | | |
| **DOW NOW**   * Describe at least 5 skills needed for good productivity. TUESDAY * Identify at least 4 ways of proper communication when eating at the table. THURSDAY | | | |
| * Determine the proper utensils to be used when given 2 meal scenario. MONDAY | | | |
| * Why is grooming and appearance important? FRIDAY   **DIRECT TEACH**  Display an informal place setting for or’ devours: Which one is correct and explain why? Do you eat them with utensils? TUESDAY  Demonstrate preparing an attractive meal plate. Identify the proper table setting techniques including the name of each piece for a formal, informal or casual dining. THURSDAY  Demonstrate the proper way to get the server’s attention. How long should you wait for your food to arrive? ( appetizers, drinks and meal) Which direction should you pass bread, butter or lemons at the table? How do you evaluate the server’s work for a tip? How much should you tip the server? What is gratuity added to your total bill? Why? MONDAY AND WEDNESDAY  Demonstrate preparing an attractive meal plate. FRIDAY | | | |
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| **INDEPEDENT PRACTICE**     * Discuss and practice how to use techniques for safety in the lab. Food, kitchen stove, counter, sink and all small appliances. Review the steps to proper hand washing, dish washing, food storage and table setting procedures. TUESDAY   `   * Explain how last minute meals cost more. What are the consequences of poor planning? Structured Conversations Give examples of 4 last minute meals. THURSDAY * Demonstrate knowledge of meal preparation using abbreviated measurements in a recipe. Practice measuring water, rice, oatmeal, brown sugar, macaroni and seasonings. MONDAY AND WEDNESDAY * Prepare a meal using Slice, Marinate, Cook, Mix and Bake terms to complete the meal. FRIDAY | | | |
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