Lesson Plan

Course #1— Foundations of Culinary Arts Education

Instructor:	Unit 2: Knowledge of Nutrition	GPSs:
Culinary Expert:		CA-ICA-9 a, b, c, d. CA-CAI-8 a, b, d. CA-CAII-7 a, b, c, d.

Performance Objectives	Learning Activity	Time
and		
Culinary Arts		
Endorsement standards		
505-3063		
	Essential Question(s): 1) List the six major classes of nutrients. 2) How does	
#2. Knowledge of	knowledge of nutritional principles apply to cooking and menu planning?	
Nutrition		
	Transfer In: In the previous unit we covered lesson planning for Culinary Arts	
(i) The program shall prepare	Education. The remaining units of this course will provide you with the essential	1 min
candidates who demonstrate	knowledge and skills that are needed to develop and implement the Culinary Arts	
and apply knowledge of	curriculum. The first of these units will examine basic nutrition principles.	
nutrition principles	r r	
applicable to cooking.	Set Induction: Project a PowerPoint slide with an "empty" food pyramid and ask	10 mins
	participants to explain how to fill in the food pyramid with the major food groups.	10 111110
	participants to explain now to infinitio food pyramia with the major food groups.	
	Objective/Learning Outcomes:	
	Candidates will:	
		3 mins
		5 1111115
	Define the following terms: serving size, portion control, recommended	
	serving size, and balanced diet.	

 Explain how knowledge of nutrition fits into healthy meal preparation and menu planning. Learning Activities: Whole Class Activity Instructor will present Nutrition Basics PowerPoint presentation. The presentation will introduce participants to a) the six major food groups: proteins, carbohydrates, fats, vitamins, minerals, and water, b) nutrient contributions of vitamins, minerals, and c) nutrient variability within a group, and d) daily recommended intake. 	30 mins
 Proteins Carbohydrates Fats Vitamins Minerals Water 	
2. Small Group Learning Activity Divide participants into groups of 3 or 4. Participants will work in small groups to prepare menu for a multi-course nutritious meal that fulfills the following nutritional guidelines: healthy portion size, nutrient variability, and correct proportional nutritional intake (See Handout #1 Menu Plan for Multi-Course Nutritious Meal)	30 mins
3. Whole class learning activity— Each of the small groups from the previous activity will present their menu plan for a nutritious multi-course meal to whole class. Class participants will rate the each small group's menu plan using the rating scale rubric provided by the instructor. (See Handout #2—Menu Plan Rating Scale)	30 mins

	 Closure: Why is it important for Culinary Arts educators to apply knowledge of nutrition principles to their instruction? List some ways that you will apply knowledge of nutrition principles to the Culinary Arts courses that you will teach? What is something that impressed you about the menu plans presented by your peers today? 	10 mins
	Transfer Out: In this unit we examined basic nutrition principles, in the next unit we will review professional kitchen equipment.	1 mins
		Total = ~ 2 hours
Evaluation and	Menu Plan for Nutritional Meal Rating Scale	
Assessment:		
Materials and	Handout #1—Menu Plan for Nutritious Multi-Course Meal, Handout #2—Menu	
Resources:	Plan Rating Scale	