**Daily Lesson Plan for:** 2.05 Understand procedures, equipment, and cooking methods in food preparation.

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<th>Course: Food 1</th>
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**Topic of Lesson:** Farm to table

**VBCPS Objective:** The student will be able to: Understand the ability to pick items out of a garden, take them into the kitchen and cook them.

**VA SOL:** Guides for selecting and using cutting tools/equipment are:
- Choose the correct tool for the job.

**Materials:** Computer, projector, whiteboard

**Key Terms:**

**Procedure:**

*Warm-up/Preparation for Learning: (15 minutes per day)*

- What basic procedures and examples for cleaning and storage are most important to assist in preparing safe food?
- What basic procedures and equipment should be used for successfully measuring dry, solid and liquid ingredients?
- What basic procedures and equipment should be used for accurately and safely cutting/preparing ingredients?
- What basic procedures and equipment should be used to mix ingredients?
- What basic procedures and methods should be used for successfully cooking foods?

**Directed Assistance/Learning Activity: (15 minutes)**

Alice world explaining the different measuring cup and spoon sizes.
Closure/Reflection on Learning: ( minutes)

Practice at home measuring using the knife technique.

Assessment/Evaluation:

Following day quiz on the measurements.

Assignment:

- To review the specific equipment used for mixing foods, refer to activity 2.02A and 2.02B, “Kitchen Equipment, Uses, and Care.”
- For descriptions of specific mixing procedures, refer to activity 2.03L and 2.03M, “Mixing and Cooking Terms.”

Measuring lesson plan.a2w