Grade 9 Sample Lesson Plan: Unit 13 – Top Chef

SOLs

- 9.1.B Identify guidelines for sleep, rest, nutrition, and physical activity.
- 9.1.G Describe the importance of health habits that promote personal wellness.

Objectives/Goals

- Using the MyPlate template provided, the student will create and cook a dinner that features healthy ingredients from all 5 food groups that they enjoy.

Materials

- Food Group Nutrition Presentation (PowerPoint)
- Food Safety Article
- Student Assignment and Rubric
- My Plate Template
- Example of nutritional information (.jpg)
- Example of Final Assessment: Top Chef for a Day (PowerPoint)

Procedure

<table>
<thead>
<tr>
<th>Step 1</th>
<th>Go over information about food groups in the Food Group Nutrition PowerPoint presentation</th>
<th>Essential Question?</th>
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<tbody>
<tr>
<td></td>
<td>Why is it so important to have the recommended amount of food from each food group?</td>
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<tr>
<td>Step 2</td>
<td>Read the article on Food safety</td>
<td>Essential Question?</td>
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<td>What are some of the risks of not engaging in food safety guidelines</td>
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<td>Step 3</td>
<td>Your task: Using the MyPlate template provided, you are to create a DINNER that features healthy ingredients from all 5 food groups that you enjoy the taste of. Your portion sizes should reflect daily recommended serving-sizes in accordance with <a href="http://www.MyPlate.gov">www.MyPlate.gov</a>, which should match your Mind Map. When determining ounces/cups, remember dinner is only one of your 3 daily meals.</td>
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| Step 4 | On front of plate:  
• Dinner items printed out/drawn (as close to scale as possible) to reflect correct portion sizes. Printed in color or colored pencils are used to add realistic color to food items.  
• Label to accompany each food item on your plate. |
| Step 5 | On reverse-side of plate:  
• Estimated calories in your meal  
• Your recommended daily caloric intake (found on [www.Calorieking.com](http://www.Calorieking.com))  
List of ingredients needed to cook/prepare your meal |
| Step 6 | Top Chef for a Day  
• Conceptualize, shop for, and prepare a healthy & balanced dinner that you will actually cook for your family. |
| Step 7 | Using your ideas from the MyPlate, MyMeal assignment, you will conceptualize food items, shop for ingredients, cook then serve your meal, and finally reflect on the entire experience.  
• Must include all 5 food groups, be budget conscious (estimate your budget then confirm with parents: $10/$15/$30), and take into account likes/dislikes of your family members.  
• Make a list of the ingredients you’ll need for your meals (remember to budget $)  
Make sure you talk to your mom/dad/whoever does grocery shopping and ask to come along and pick out your ingredients. (Compare options: food labels vs price) |
<table>
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<tr>
<th>To hand in (through Google Slides):</th>
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| 1. **Menu** (organized, descriptive, ingredients included)  *
  Imagine you’re serving your dish at a restaurant! *5 pts.  |
| 2. **Pictures:** Ingredients, you cooking in action, your    *
  finished meal, and serving your meal to family (talk to    *
  teacher in advance if pictures are a problem) *10 pts.     |

**Reflection of the experience:** (Successful? Struggles? Did your family like it? Could you see yourself cooking this meal again? What does the future hold for you and cooking meals for yourself / your family?) *10 pts.

**References**
- Melanie Lynch, M.Ed. State College Area High School
- [https://www.choosemyplate.gov/](https://www.choosemyplate.gov/)