



“BONE UP FOR HEALTH”
LESSON PLAN: RECIPE CONCEPT DISCOVERY

Session Objectives and Outcomes

Students will be able to:

- ☺ Describe the recipe concept they prepared, and how it could be adapted with seasonal produce.
- ☺ Explain why the dish they prepared is rich in calcium.
- ☺ Describe the most interesting calcium related nutrition fact they learned from preparing their dish.
- ☺ Develop consensus on recipe ingredients for their own Recipe Contest Submission
- ☺ Share the recipe concept with family at home.

Additional Documents

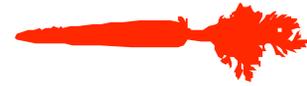
- Recipe Half Sheets - Breakfast and Lunch
- Recipe Evaluation Guide
- Recipe Templates – Breakfast and Lunch

Additional Planning

At Least 1 Day Before the Session:

- Print enough Recipe Half Sheets, and Recipe Evaluation Guide and 2 Recipe Development Scoresheets for each student.
- Make sure all the ingredients and equipment the students will be using to make their recipes are available at the site.
- Plan for computer and internet access to introduce the contest and show the video





Pre-Session Contest Introduction

(At the end of your last session before you start the recipe contest)

- 1. Recipe contest introduction** *(20 minutes)*
 - Show the “Bone Up for Health Recipe Contest” video
 - Discuss what it means to create a recipe
 - Review the recipe options
 - Explain that one team will select a breakfast option to test and the other team a lunch option
 - They will need to make their selections TODAY, at this session so instructor can have the ingredients for the actual recipe development sessions
 - Explain that they will develop their recipes in a two-step, two session process
 - The next class they will test their selected breakfast and lunch recipes
 - At the end they will look at the recipe template and consider they ingredients that want to have for the 2nd recipe development session to come up with their own version of the recipe
 - In session two they will try out their version and finalize their own recipes for the contest

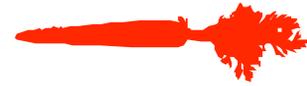
Session 1 Recipe Development Outline

- 1. Divide into Teams** *(5 minutes)*
 - Assign your two TBC teams to their selected breakfast or lunch recipe selected at the previous session from the list of recipe concept options provided.
 - Review and discuss the selected recipe concepts and review the Bone Up for Health Contest Guidelines with each team.
 - Group reads through recipe together. Ask: What intrigues you about this recipe? Identify the food groups used. Comment on the sources of calcium (e.g. dairy, leafy greens, fish).
 - Teams retrieve their ingredients and equipment.
 - Explain to the students that they are also responsible for giving a short verbal presentation using the facts on the back of the Recipe Half Sheet at the end of making the dish – just as in previous TBC classes.



Bone Up for Health

A SchoolFood Calcium Rich Recipe Contest



2. Provide the Same Time Structure for a Regular Battle

- ➔ Students will prepare the recipe in total for 30 minutes (or less)
 - This includes preparing the Mise en Place, cooking the recipe, and plating the final dish in tasting dishes so each student is able to have a taste.
- ➔ The student will take 10 minutes to prepare a short verbal presentation using the facts on the back of the Recipe Half Sheet.
- ➔ Talk about the nutrition content (especially regarding the calcium content of the dish) and cultural background of the dish as students prep.

3. Instructor Guides Each Group Presentation

- ➔ Use the Recipe Evaluation Guide to ask each team discussion questions about the recipe they chose to make.
- ➔ Have each recipe scored using the Recipe Development Score Sheet by each student (e.g. each student will use the sheet to evaluate their own recipe and the one prepared by the other team).
- ➔ Use the scoresheets to consider improvements for their own recipe.
- ➔ Review the recipe templates that correspond with their chosen recipes.
- ➔ Have a discussion on the possible ingredients for their next session when they will test and finalize their recipe contest submissions.

4. Final Plans Discussed for the Contest the Following Week

- ➔ Make final decision on which ingredients each team will want to explore for their recipe the following week.

5. Family Dinner (15 minutes)

- ➔ Everyone sits and eats together.
- ➔ Tally the battle scores.

6. Students Clean Up (10 minutes)

- ➔ Wash dishes.
- ➔ Sanitize.
- ➔ Inventory pantry ingredients, supplies and equipment.

7. Debrief (5 minutes)

- ➔ Discuss the plans for recipe development the next week so students are prepared.

8. Dismiss



Bone Up for Health A SchoolFood Calcium Rich Recipe Contest



“BONE UP FOR HEALTH” RECIPE CONTEST RULES & GUIDELINES

Contest Overview and Rules

- Each school will submit 2 recipes to the Bone Up for Health contest
 - 1 breakfast recipe
 - 1 lunch recipe
- Recipes incorporating ** tinned fish** will automatically get 10 bonus points (more challenging recipes)
- Recipes submissions are due by June 1st
- Recipes will be pre-screened by FamilyCook Productions chefs and dieticians in by June 10th to arrive at 4 finalists
- 6-8 recipe finalists will be judged by professional chef panel by June 25th
- 4 Winning school recipe will be selected: 1st and 2nd prize in the Breakfast category and 1st and 2nd prize in the Lunch category
- Winners and Prizes:
 - Will be featured on the FCP blog and Instagram with a photo of their team and recipe
 - 1st Prize: Each student from first prize schools will receive a Circulon Grill Pan prize and their own Chia Pudding Maker and Chia Seeds
 - 2nd Prize: Each student will receive an OXO Cooking Tool and their own Chia Pudding Maker and Chia Seeds
 - 2 Honorable Mention recipes’ schools will receive Chia Pudding Maker and Chia Seeds
- Winners will be interviewed for FamilyCook and The Dairy Council blogs and publications and featured on Instagram channels and other social media





Recipe Development Score Sheet

Visual Appeal

Does the color of the dish impact your decision?

Is there a balance of color in this dish?

Do you find this dish visually appealing? Why or why not?

Poor 1 2 3 4 5 Good

Notes: _____

Flavor

Is it balanced?

Is it addictive?

How likely would you choose this in the cafeteria line?

Poor 1 2 3 4 5 Good

Notes: _____

Nutrition Content

Is there added sugar?

Are there other healthy additions?

Are there other nutrients offered?

Poor 1 2 3 4 5 Good

Notes: _____

MyPlate Incorporation

Does this dish have all components of MyPlate?

What ingredients might be added to make this dish more nutritious?

Do you think there is a good balance between nutrition content and flavor? Why or why not?

Poor 1 2 3 4 5 Good

Notes: _____

(Session 2 only)

Inclusion for New Ingredients

How well are the new ingredients for your own version of your recipe incorporated into the dish?

Do you taste the ingredients that are different from the original dish?

Would you prepare the new ingredients added to the dish differently? If so, how?

Poor 1 2 3 4 5 Good

Notes: _____

Success of the Selected Ingredients

Why do you think the team chose to add these ingredients to the recipe?

Do you think the ingredients in this dish compliment one another? Why or why not.

What other or different ingredients would you add to the dish to make it taste better?

Poor 1 2 3 4 5 Good

Notes: _____

Total: _____ / 30