

Bone Up for Health

A SchoolFood Calcium Rich Recipe Contest



“BONE UP FOR HEALTH” LESSON PLAN: RECIPE DEVELOPMENT

Session Objectives and Outcomes

Students will be able to:

- 🍷 Explain the rationale for the version of the recipe they created.
- 🍷 Describe why they used the ingredients in combination that they did.
- 🍷 Explain why the dish they prepared is rich in calcium.
- 🍷 Share the recipe concept with family at home

Additional Documents

- Recipe Half Sheet
- Recipe Development Score Sheet and Recipe Contest Rules & Guidelines
- Final Recipe Templates (one for Breakfast, one for Lunch) with selected ingredients and amounts to be submitted to FCP by June 1st

Additional Planning

At Least 1 Day Before the Session:

- Print enough Recipe Half Sheets, Recipe Development Score Sheets for each student. Print at least 3 Templates for each group of students to use during the contest.
- Make sure all of the ingredients and equipment that the students selected in the previous session are available at the site.





Session 1 Outline

1. Meet in Teams (5 minutes)

- ➔ Students will split into the same groups they were in the previous week.
 - One Breakfast recipe development team
 - One Lunch recipe development team
- ➔ Teams retrieve their ingredients and equipment.

2. Groups will Discuss How they will Prepare the Ingredients per the Template (30 minutes)

- ➔ Students will assign roles within their own groups.
- ➔ Ensure that the students will season the recipe to taste as a group effort (need tasting spoons).
- ➔ Students will use their Recipe Development Score Sheets to evaluate their recipes and that of the other team.
- ➔ Use the previous timeframe – 30 min as a prep-time guide.
- ➔ Each team presents.
 - 10 min to make a verbal presentation about their recipe, their rationale for ingredients they used, any modifications they would make, calcium content of the dish, etc.
 - Uses the Recipe Development Score Sheet to ask the students discussion questions about the recipe they made.
- ➔ Opposite team will present their suggestions/comments of the dish.

3. Family Dinner (15 minutes)

- ➔ Everyone sits and eats together.
- ➔ Tally the scores from recipe evaluations.
- ➔ Have the judges, and then everyone else, give feedback. What was great and what could each team improve.
- ➔ Suggest students take their recipe home and prepare with their Family (OPTIONAL: . Give student instructions on how to access video for the *Family Food Critic Evaluation Form from the Make One Share One exercises in Sessions 4 and 7.*)

4. Finalize their Recipe in the Recipe Format Provided.

- ➔ Students will finalize the revised recipe they created by writing the ingredients used, portion sizes of the ingredients, prep time, cook time, yield, and steps of the recipe onto a fresh Recipe Template provided. This is done in a group effort between all members of each team.



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5. Submit the Recipe Format Sheet to FCP

- Students will submit their final version of the Recipe on a completed Recipe Template to FamilyCook Productions by June 1st.

6. Students Clean Up *(10 minutes)*

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

7. Dismiss



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“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