



Objective: Students will utilize ingredients which can be purchased with a WIC voucher to create nutritious balanced meals.

KNOWLEDGE



Prior Knowledge: Lessons on nutrients and/or nutrition in the life cycle. *Also a great way to bring together cultural & regional foods by drawing upon prior knowledge and available ingredients.



Resources: Computers, lab equipment and ingredients*. Judges optional



TIME

Timeline: block class 1 ½ hr, could easily split into two days



HOOK

Hook: Quick 3 minute research on what can be purchased in your state using a WIC voucher. Have a table set up with items which may be purchased including foods from each food group (see examples below). Give students a minute or two to review the items you have available and formulate an initial plan to create a meal of their choice in the allotted time (set a finish time).



Steps:

- Pass out plates (cafeteria plates are a fun addition) and allow students to shop for ingredients. Ask review questions and allow winners of each round to pick an item from the table to include in their meal. Then others are allowed an item, ie. 1 egg, apple or etc. Keep reviewing until students have selected food from each group to build their meal.
- Have students take a picture of their ingredients to compare and analyze to their final dish.
- Provide equipment and free access to spices and herbs with exception of salt (limit- 1 fast food pack would be ideal). Allow up to 1 tsp of butter or oil and/or 1 tsp. sugar. This keeps the focus on nutrition. Introduce a few new options after students have selected their items to increase creativity, problem solving and growth mindset (a strawberry or etc.). Allow students to barter or share ingredients.
- Encourage students to be flexible and allow them to change their original idea to make it better.
- Set cooking time.
- Walk around and interview students like on a cooking show to have them verbalize and process their steps. This allows for scaffolding and prompting to correct learning gaps.
- Judges are a great addition to create an authentic audience. Criteria: healthy well balanced meal, taste, texture, aroma and creativity.
- Have students take a picture of their final product and complete a reflection slide(as follows) or additional activity to evaluate and reflect on their lab and meal.
- Students could create a flipgrid describing their finished product, present to judges or share their dish with the class.
- HAVE FUN!

*A great way to use up random items you have on hand. Also, a great use of extra food items students waste from their breakfast and lunch (milk, juice, fruit & etc.)

**If you use this lesson or riff off of the idea I would love to see your pictures. #FCSStrongerTogether

Sample of grocery items



Food Reflections*

WIC CHALLENGE

Describe the Meal (think menu description)

Compare your meal to MyPlate. Explain if your meal was balanced and how it contributed to daily nutritional needs.

*If you were lacking items or had too many from a food group explain how you would change this. Also think about calories.

If you were going to do this challenge again would you make any changes? Explain your answer.

My takeaway away from this lab is...

Rating: _/5

*If you are unfamiliar with reflection slides search Erica Heitzig on the Family and Consumer Sciences Teacher facebook page to learn more! Wonderful resource and a game changer for my students.

