



All About Lasagna

[Resource #1](#)

[Resource #2](#)

[Resource #3](#)

Use the linked resources to help you answer the following prompts.

1. LASAGNA and/or LASAGNE: What's the difference in meaning?

2. Lasagna can be referred to as a pasta shape and a pasta dish. Describe the differences:

3. What are the 3 main components of lasagna? Provide examples of each along with the food group each represents.

Component	Example(s)	Food Group(s)
#1:		
#2:		
#3:		

4. There are two additional components that may make up lasagna. Name them and provide examples along with the food group each represents.

Component	Example(s)	Food Group(s)
#4:		
#5:		

5. Name the country and region that lasagna originated?

6. Describe the ingredients used to prepare pasta dough in the northern region.

7. Describe the ingredients used to prepare pasta dough in the southern region.

--

8. Tomatoes have always been a main ingredient in the preparation of lasagna. True or False (highlight the correct answer).

9. Describe what has to be present in the lasagna if using “no boil” noodles. Briefly explain why.

--

10. Besides an oven or microwave, what other household appliance could be used to cook lasagna? Describe how it would be done.

--

11. Which lasagna ingredients provide the following nutrients:

Carbohydrates	
Vitamins & Minerals	
Protein & Fats	

12. Identify four specific ways you could make lasagna healthier. Name the changes and substitutions, explaining how each affects our health.

--

Bonus:

- A. Name the cartoon character whose favorite food is lasagna.(1 pt.)

- B. Name the artist who sang the parody “lasagna” that was playing when you entered the room. (1 pt.)

--