

Casserole Lab Plan

Advanced Nutrition and Wellness

Names _____
Class Period _____ Kitchen # _____

List your original ingredient drawings:

- 1) Starch _____
- 2) Vegetables _____
- 3) Binder _____
- 4) Protein (Base) _____
- 5) Topping _____

Now do some brainstorming and recipe research. Do you need to trade with other groups? List some casserole ideas you have based on the above ingredients.

Trade with other groups to create a well-planned casserole. List the new ingredients:

- 1) Starch _____
- 2) Vegetables _____
- 3) Binder _____
- 4) Protein (Base) _____
- 5) Topping _____

What is the casserole you will be preparing tomorrow?

Meet with your teacher and go over recipe making any necessary alterations. List alterations below.

List grocery list below. Anything left out will not be purchased.

Summarize steps for day 1:

Summarize steps for day 2: