

Rachelle Barkus

SPIE Educators Internship 2009

Intern Site: Gallettos Ristorante

Lesson Plan

Curriculum: Foods and Nutrition 1-2, How to Sautee

Instructional Strategies: The students will use beans and a sauté pan. The students will walk around the classroom and “sauté” the beans.

Objectives:

The student will be able to keep all the beans in the pan

The students will be able to sauté without using any utensils

The student will be able to explain in detail the technique of sautéing

Activities:

Students will be asked what it means to sauté. They will be given the correct definition. Students will be given the pan and 10 beans and told to sauté without being given a demonstration. After a period of 3 minutes the students will count how many beans they have left in their pan. Students will then be given a demonstration of the proper technique for sautéing, which involves moving the pan forward, and flicking of the wrist, and lowering and raising the pan all in a fluid motion. Students will then be given the opportunity to practice the correct technique several times prior to assessment.

Assessment:

The students will be assessed based on how many beans they can keep in their pan and how well they present the skill. Students will assess each other and then the teacher will monitor each student in groups of 5 at 3 minute intervals and count how many beans the students have left in their pan. They will be graded based on how many beans they have left in the pan.

Products:

Once students have mastered this technique with the beans, they will then actually sauté vegetables on the hot stove. They will do a written evaluation on how they have improved their technique from the first time they tried to sauté and the product of sautéed vegetables they create.