

## Food Skills Expert



School



Home



Lesson Plan



Printable

**PHE Curricular Competencies:** Health and Active Living

**Audience(s):** Grades 7-12

**Hyperlink:** [Food Skills Expert Lesson Plan](#)

### Description

The Food Skills Expert lesson plan includes a set of questions as a starting point to guide students to discover new things about food and develop their food skills. Questions range from “*Do you know why some recipes call for egg whites vs. the whole egg?*” to “*Do you know what al dente means when cooking pasta?*”.

### Objective(s)

This lesson plan will prompt students to explore food using a neutral lens, while simultaneously learning about ways to cook and take care of themselves. This is an essential component of lifelong health.

### Curricular Connections

This activity is related to the following Big Ideas from the PHE curriculum:

- Healthy choices influence our physical, emotional, and mental well-being (gr. 7-9)

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