

Science in CTE Lesson Plan

Lesson Title:	Homemade Yogurt	Length: 1 bk.	Grade Level: 7-12
Career Cluster and Pathway:	Hospitality & Tourism	Unit of Study:	Course: Foods
National FCS Standards:			
8.5.4: Apply fundamentals of time, temperature, and cooking methods to cooking, cooling, reheating and holding a variety of foods.			
9.5.3: Prepare food for presentation and assessment.			
9.5.6: Conduct sensory evaluations of food products.			
9.6: Demonstrate food science, dietetics, and nutrition management principles and practices.			
Lesson Objective(s) To prepare a cultured dairy product and to compare the effects of milk fat content on product characteristics.			
Materials Required:	See lab sheet		
Time Required:	1 block		
Essential Question(s) What is a cultured dairy product? What effect does fat percentage in milk have on the end product?			
Lesson Overview: Without using special equipment prepare homemade yogurt.			
Introduction	What causes yogurt to be thick and creamy?		
Pre-assessment	In your lab group list 5 cultured dairy products		
Activity 1	Homemade yogurt lab		
Activity 2	Use yogurt to prepare layered fruit granola parfaits		
Evaluation/Assessment	Completed data and process questions.		
Sources	“Yummy Yogurt” Exploring Science in the Food Lab. Goodheart-Willcox, 2000. pg. 115-118. “Milk Cookery” Teaching Basic Skills through Home Economics. HEEA. 1989. pg. 48. “What Science Has to do With Cooking” Co-Ed, April.1985. pg. 21.		
Additional Notes	Alton Brown-Good Eats “Good Milk Gone Bad” – 20 mins.		