



Sweetpotato Swap Stations



Grade Level(s): 9-12	Lesson Description: Students will work their way through stations that focus on swapping sweetpotatoes in recipes to make menus work for their customers. Students will put on their “chef hats” and think critically about why dietary modifications are necessary and how to market these changes.	Timeframe: Minutes: 90 Suggested days: 1
Goals & Objectives <ul style="list-style-type: none"> Students will learn how to accommodate customers who have special dietary restrictions with menu modifications. 		Prepared By: Erica Hoskins Family & Consumer Sciences Teacher Apex High School Wake County
North Carolina Family & Consumer Sciences Education Standards:		
FH13 Culinary Arts and Hospitality III 1.00 Understand advanced foodservice operations. 1.02 Understand menu planning and nutrition.		
Family & Consumer Sciences National Standards 3.0 8.4.2 Apply menu-planning principles to develop and modify menus 8.5.14 Demonstrate cooking methods that increase nutritional value, lower calorie and fat content, and utilize herbs and spices to enhance flavor.		
Materials Needed	<ul style="list-style-type: none"> Supplies for tasting station (prepared vegan sweetpotato “cheese sauce”, jarred cheese sauce, pretzel sticks, napkins, spoons) Devices with web browser Station packets Station directions Markers and construction/computer paper 	



*This lesson plan would not have been possible without the generous support and funding provided by the **NC Tobacco Trust Fund Commission**.*

<p>Anticipatory Set 5 Minutes</p>	<p>Students will fill out the “What I Know” column of the KWL Exit Ticket about sweetpotatoes, menu planning, and dietary modifications. The students will fill out the remaining two columns at the end of the class. Invite a couple of volunteers to share.</p>	<p>K-W-L Chart or Google Form</p>
<p>Stations 80 Minutes</p>	<p>Split students into four groups. Have students rotate through the stations below, giving around 20 minutes per station, including transition time. Use the slides to print off directions and station packets for each student. Teacher Tip: Laminare slides or place in a sheet protector so they can be reused.</p> <p><u>Station 1:</u> Students will complete a sensory evaluation of a vegan sweetpotato “cheese sauce” and a jarred cheese sauce. Students will use pretzel sticks for tasting.</p> <p><u>Station 2:</u> Students will read the article https://www.insider.com/sweet-potato-benefits. Students will create an advertisement to market the benefits of swapping ingredients like meat, dairy, grains, etc. with sweetpotatoes in menus.</p> <p><u>Station 3:</u> Students will analyze the three provided recipes to swap out the ingredient list to fit dietary needs and restrictions. Students will write out a new ingredient list in the columns on the packet.</p> <p><u>Station 4:</u> Students will review the provided menu and identify 6 items that could be swapped out with sweetpotatoes. Students will rewrite the 6 menu descriptions on the packet sheet. Menu descriptions should highlight how using sweetpotatoes in place of dairy, meat, grains, etc. are a healthy alternative for chefs to consider.</p>	<ul style="list-style-type: none"> • Supplies for tasting station (prepared vegan sweetpotato “cheese sauce”, jarred cheese sauce, pretzel sticks, napkins, spoons) • Devices with web browser • Station packets • Station directions • Markers and construction/computer paper
<p>Summary/Evaluation 5 Minutes</p>	<p>Students will fill-finish completing their K-W-L Exit Ticket about sweetpotatoes, menu planning, and dietary modifications. They should have already completed the “Know” column. Instruct students to reflect on their learning at each station and then:</p> <ol style="list-style-type: none"> 1. write at least two lingering questions or things they are curious about in the “Want to Know” column, and 2. write at least five things they learned in the “What I Learned” column. 	<p>K-W-L Chart or Google Form</p>
<p>Source/Other Resources</p>	<p>Laderer, A. (2020). 4 health benefits of sweet potatoes: How they can support eyesight and boost immunity. Retrieved November 02, 2020, from https://www.insider.com/sweet-potato-benefits</p>	

Name: _____

K-W-L Exit Ticket

What I Know	What I Want to Know	What I Learned