

Pre-Lab “Plate on the Grill” (Make ½ Your Plate Fruits & Vegetables”)

Name _____

Kitchen # _____

For our pre-lab, we will be grilling and taste testing some fruits and vegetables. Some will be purchased at a local farmer’s market or grocery store. Others will be brought In by students that have items still growing in the garden or have been saved for winter months. Let’s review the benefits of these 2 plate parts, facts about selection, storage tips, safety, and lab procedures. Cooking procedures and safety tips will be shared by our local chef. So watch closely, listen, ask questions, and be ready to taste. Following the lab, each will write a review of the foods prepared.



1. What are the nutritional benefits of eating foods from the fruit & vegetable sections of the plate?

2. What are 3 things you need to do before the lab is started?

3. Find the following items and indicate the placement for each:

| Item | Placement |
|--------------------------------------|-----------|
| 1. clean dish towels and dish cloths | |
| 2. cutting board | |
| 3. cutting tools | |
| 4. dirty towel basket | |
| 5. dish soap | |
| 6. food ingredients | |
| 7. food ingredients | |
| 8. large plate | |
| 9. large spoon | |
| 10. measuring spoon and cups | |
| 11. peelers | |
| 12. straight edge spatula | |

13. strainer
14. paper towels
15. cookie sheets
16. aluminum foil

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Other Tasks

1. View: [Grilling Fruits & Vegetables.](#)
2. Complete cupboard cleaning tasks listed on the screen.
3. Complete the produce cleaning tasks listed on the screen.
4. Lab day: Record the vegetables you tasted. Check the “Liked It” columns. Check the “New Foods/Preparations” column. Finish this activity with a food review of your experience.
5. Clean up the labs before leaving.

| Food Name | New Experience – yes/no | Liked it - Yes/OK/Not |
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6. Write a food review for this experience . . .