



Sweetpotato Cooking Challenge



Grade Level(s): 9 – 12	Lesson Description: This lesson will set the foundation for recipe development, ideation, and creativity using sweetpotato as the star.	Timeframe: Minutes: 180 Suggested days: 2
Goals & Objectives The student will create a sweet or savory menu item that you would find on a food truck with sweet potato as the star ingredient.		Prepared By: Erica Hoskins Family & Consumer Sciences Teacher Apex High School Wake County Public School System
North Carolina Family & Consumer Sciences Education Standards:		
FH13 Culinary Arts and Hospitality III 1.02 Understand menu planning and nutrition 2.01 Remember cooking techniques.		
Family & Consumer Sciences National Standards 3.0 8.4.2 Apply menu-planning principles to develop and modify menus 8.4.4 Develop a variety of menu layouts, themes, and design styles.		
Materials Needed	<ul style="list-style-type: none"> • Variety of Ingredients <ul style="list-style-type: none"> ◦ Sweetpotato, Tortillas, Herbs and Spices, Assorted Beans, Salsa, Assorted Cheeses, Sour Cream, Avocados, Various Sugars, Oils, Baking Supplies, Various Fruits and Vegetables • FCCLA Time Management Plan • Peer Evaluation Sheets • Internet • Computer 	

Anticipatory Set 10 Minutes	Show students a clip of an Iron Chef episode or another competition show of your choice. Example: https://www.youtube.com/watch?v=b18JJwcWN9Y	Internet Computer
Activity 1 80 Minutes	Reveal the star ingredient of sweetpotato to the class. Explain to them that they will be creating a sweet or savory food truck menu item. Divide students into 4 or 5 groups. Students should research local food trucks and develop a recipe using a pantry that the teacher has provided. Students will develop their sweet potato food truck recipe. Groups will mise en place to set up lab for the following day.	Pantry Items Time Management Plans
Activity 2 75 Minutes	Students will prepare and present samples of their sweet potato food truck recipe.	Recipe Time Management Plans
Summary/Evaluation 15 Minutes	Students will taste samples and vote for their favorite dish. Students will discuss challenges and successes from this project with the class.	Peer Evaluation Sheets
Source/Other Resources	Greenwood, S. (2016, December 04). Sweet Potato Battle (Potato OT) - Michiba vs Kunbi 『Iron Chef Japan English』 . Retrieved from https://www.youtube.com/watch?v=b18JJwcWN9Y	

*Peer Evaluation
Sweet Potato Cooking Challenge*

Group Number:

Recipe Title:

Presentation:

1 2 3 4 5

Taste:

1 2 3 4 5

Creativity:

1 2 3 4 5

Overall Recipe Execution:

1 2 3 4 5

Comments:

*Peer Evaluation
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