

# Health Science Potluck Lab

## General Information

The lab is to be completed either **individually** or in **pairs** or even **groups of 3**. Groups of three must prepare **two healthy food items**. It is your choice as to how you want to complete the lab. If you work in groups, you must choose a partner(s) that you are willing to work with for the completion of the lab. Typically, this means one of two options:

1. The labor is divided up and one student focusses on the lab write-up and its submission while the other student focuses on the actual cooking/food prep.
2. The partners agree to work together on all aspects of the lab (including meeting at one residence to cook/prepare the food together).

Either way, the partners must work together to choose a recipe and decide which changes/modifications/ingredient substitutions they will make. Any costs of ingredients are to be shared equally between partners. That all said, **do not** turn this into an expensive project. Select a recipe that allows you to primarily use ingredients that you have in your house(s).

## Recipe Selection

You must select a recipe that has **multiple** ingredients and requires some preparation. For example, you cannot simply heat up frozen mixed veggies. The goal is to select a recipe that you may be familiar with (a family recipe) and make a few changes/modifications/ingredient substitutions to make it healthier. The food you choose to prepare could be a dessert like a cookie, it could be a muffin, or even a more traditional dish from your family! The key is the recipe **MUST** have 2-3 changes/modifications/ingredient substitutions that make it healthier.

**Note:** You **MUST** get your food/recipe and your proposed 2-3 changes approved by your teacher.

### Here are a few suggestions:

1. **Increasing fiber** (replacing highly processed white grains with whole grains).
2. **Decreasing or completely eliminating added sugar** (typically by substituting a natural low calorie sweetener such as stevia or monk fruit extract or adding some naturally sweet fruits).
3. **Reducing (but not eliminating) fat** tends to lower the overall calorie count. If reducing fat, be careful not to increase carbohydrates. Often you are better off **substituting a healthier fat** for a less healthy fat as opposed to eliminating fat. For example, replacing margarine with butter or vegetable oil with olive oil.
4. **Adding healthy ingredients**. For example, adding walnuts or ground flax or other ingredients high in Omega-3 fats.

Please let me know if you have any **severe food allergies** so we can avoid these in our potluck. Ultimately it is your responsibility to pay attention to the ingredients listed and avoid any foods that might not agree with you.

Plan to bring just enough food to share a **SMALL BITE SIZED SAMPLE** with each of your classmates (for example an average sized muffin or cookie should be cut into **6 portions**). Please have portions already divided or cut up **beforehand**.

**Please Note:** We have **fridge** and **freezer** space to store your food before school on the day of the potluck, as well as a **microwave** if your food is best served warm. I'll supply paper towels and a fork for each student.

### How will I be graded?

**Part 1: Presentation** – Before you hand out your food sample you will present it to the class. Please share with us what your food is, the ingredients, the **2-3** changes/modifications/ingredient substitutions you made (**you MUST specify this!**).

**Part 2: Lab Write-up** – You must submit a brief write-up which includes the following:

1. Name of your dish/food.
2. List of **ALL** ingredients.
3. The 2-3 changes/modifications/ingredient substitutions you made from the original recipe.

### Your personal opinion on the new recipe.

1. How does the food you prepared and brought compare to the original?
2. How would you alter your new recipe to possibly improve it for next time?
3. Would you use your new modified healthy recipe again? Why or why not?
4. What was your favorite food that was prepared and brought by one of your classmates for this potluck?
5. Why was that your favorite (was it mainly because of taste or the healthy ingredient changes or a combination)?

<b>Name(s):</b>		
<b>Part 1: Presentation</b>	<b>Presentation of food includes</b> - List of ingredients - 2-3 Changes/modifications	/1 /2
<b>Part 2: Lab Write-up</b>	<b>Lab Write Up Includes</b> - Name of Food/Dish - 2-3 Changes/Modifications from Original <b>Personal Opinion</b> - Comparison to original - Would you alter the recipe to improve it next time? - Preference for New or Modified Recipe. Explain.	/1 /1 /2 /1 /2
<b>Total</b>		/10

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