

FoodMASTER

Below you will find a list of FoodMASTER activities that require a minimal amount of equipment or similar items as those needed to complete Chapter 3: Scientific Inquiry: Color Changes in Acids & Bases.

Enjoy your FoodMASTER adventures!

Chapter One: Measurement

While You Wait: Fractional Math

For each group:

- 1 set dry measuring cups
- 1 liquid measuring cup
- 1 plastic tray
- 2 cups of water in a small pitcher

Chapter Two: Food Safety

Scientific Inquiry: Temperature & Microorganisms

For the teacher/class:

- Permanent marker
- Hot plate
- Small pot with lid
- Water
- Bimetallic stemmed thermometer
- One foam cup filled with water (or jar)

For each group:

- 1 liquid measuring cup
- 3 small foam cups
- 1 bimetallic stemmed thermometer
- 3 packets active dry yeast
- Water

Chapter Three: Vegetables

Scientific Inquiry: Stating the Facts About Vegetables

For the teacher/class:

- 1 paring knife

For each group:

- 1 food scale
- 1 broccoli piece
- 1 celery stalk
- 1 lettuce leaf
- 1 green pepper
- 1 potato

For each student:

- 1 hand lens
- 1 measuring tape

Scientific Inquiry: Color Changes in Acids & Bases

For the teacher/class:

- Double burner hot plate
- 2 pots
- Liquid measuring cup
- Tablespoon
- 2 slotted spoons
- 3 plates
- 8 cups of water
- 3 tablespoons vinegar
- 3 tablespoon of baking soda
- 3 raw broccoli pieces
- 3 raw carrot pieces
- 3 red cabbage leaves
- 3 small chunks of white onion

Scientific Inquiry: Scientific Soup

For the teacher/class:

- Single or double burner hot plate
- Large pot

- Large stirring spoon
- 1 set measuring spoons
- Can opener
- 6 cups tomato juice
- 1 teaspoon pepper
- 1 teaspoon oregano
- 16-ounce can diced new potatoes
- 16-ounce caned carrots
- 16-ounce can corn
- 16-ounce can green beans

For each student:

- 1 spoon
- 1 cup or bowl

Chapter Four: Fruits

Scientific Inquiry: Drupes, Berries, Melons & Citrus Fruits

For the teacher/class:

- 1 paring knife
- 1 cutting board
- Paper towels

For each group:

- 1 tray
- 3-4 hand lenses

1 package of colored pencils
 1 apple cut in half
 1 slice of cantaloupe
 1 Clementine
 1 peach cut in half
 1 strawberry cut in half

Scientific Inquiry: Browning

For the teacher/class:

1 clock or timer

For each group:

1 cutting board
 1 table knife
 1 small plate
 1 set measuring spoons
 1 spoon
 4 plates
 1 banana
 1 tablespoon sugar
 1 tablespoon lemon juice
 ¼ teaspoon cream of tartar
 ¼ teaspoon water

Scientific Inquiry: Plump Plums & Pit-less Prunes

For the teacher/class:

1 paring knife
 1 cutting board
 4 plums
 Large space
 Masking tape
 3 signs “Prunes”, “Dried Plums,” & “Not Sure”

For each student:

1 plate
 1 napkin
 1 hand lens
 1 prune
 1 plum piece

Chapter Five: Milk and Cheese

Scientific Inquiry: Comparing Milk

For the teacher/class:

4 “Type of Milk” signs (“Whole”, “2%”, “Skim”, & “Soy”)
 4 trays or trash cans
 ½ gallon whole milk
 ½ gallon 2% milk
 ½ gallon skim milk
 ½ gallon soy milk
 Food labels for each milk

For each student:

4 small cups

While You Wait: Tasty Cheese

For each student:

1 napkin or plate
 1 slice regular American cheese
 1 slice low-fat American cheese
 Food labels for each cheese

Chapter Six: Meat, Poultry, & Fish

Scientific Inquiry: Lean and Fat

For the teacher/class:

Food scale
 4 paper plates
 Double burner hot plate
 2 frying pans
 1-2 spatulas
 2 liquid measuring cups
 Thermometer
 1 pound 70% lean ground beef
 1 pound 90% lean ground beef

For each student:

1 plate

Scientific Inquiry: Fish in the Kitchen

For the teacher/class:

Mixing bowl
 1 set dry measuring cups
 Spoon
 Fork
 1-2 table knives
 2 salmon pouches (6-7 ounces each)
 8-ounce package light cream cheese
 8-ounce jar chunky salsa
 1 ¼ cups finely chopped vegetables

For each student:

1 plate
 2 whole-grain crackers

Chapter Seven: Eggs

Scientific Inquiry: Egg Facts

For the teacher/class:

1 plate or bowl
 1 table knife
 1 paper towel
 1 egg
 1 hard boiled egg

For each group:

3 plates or bowls
 2-4 hand lenses
 Colored pencils
 1-2 rulers
 1 food scale
 1-2 tape measures or five-inch strings

Paper towels
1 raw pasteurized shell egg
1 hard boiled egg

Chapter Eight: Fats and Oils

Scientific Inquiry: Reading Labels

For the teacher/class:

3 tablespoons
16-fluid ounce bottle of ranch salad dressing
16-fluid ounce bottle of light ranch salad dressing
16-fluid ounce bottle of fat-free ranch salad dressing

For each student:

1 plate
Food labels for each salad dressing
Several raw vegetable pieces

Scientific Inquiry: Immiscible

For the teacher/class:

Masking tape
Permanent marker

For each group:

1 liquid measuring cup
2 glass jars with lids
Set measuring spoons
Colored pencils
½ cup vinegar
½ cup cooking oil
1 teaspoon dry mustard
1 teaspoon paprika

Scientific Inquiry: We All Scream for Ice Cream

For the teacher/class:

Ice cream scoop
½ gallon regular ice cream
½ gallon reduced-fat ice cream
½ gallon fat-free ice cream

For each student:

3 small cups
1 spoon
Food labels for each ice cream
Pen or marker

Chapter Nine: Grains

Scientific Inquiry: Label Logic

For the teacher/class:

1 box Wheat Chex[®]
1 box Cheerios[®]
1 box Frosted Shredded Wheat[®]
1 box Frosted Flakes[®]
1 box Froot Loops[®]

For each student:

1 plate

Scientific Inquiry: Nice Rice

For the teacher/class:

Double burner hot plate
1 liquid measuring cup
1 pot with lid
1 set dry measuring cups
Plastic bowl
Food scale
Timer or clock
1 serving spoon
1 package whole grain brown rice

For each student:

1 plate
1 fork
1 piece uncooked brown rice

Chapter Ten: Meal Management

Scientific Inquiry: Money Matters

For the teacher/class:

1 deck cards
1 tennis ball
1 tablespoon
1 set of measuring cups
1 half-pint milk carton

For each student:

Pencil

Scientific Inquiry: Let's do Lunch

For the teacher/class:

1 set dry measuring cups
1 set measuring spoons
1 paper plate
1 kitchen scale
1 liquid measuring cup

For each student:

1 plate
8-ounce cup
1 slice 100% whole wheat bread
1 slice turkey lunchmeat
1 slice cheddar cheese
½ baby carrots
1 ounce mini pretzels
1 cup water