

Let's Eat Healthy

TOGETHER

Explore Dairy!



Master Chef Dairy Challenge

Summary:

Students have the opportunity to explore various aspects of the culinary industry—budgeting, writing a recipe, cooking, tasting, judging, presenting—while also reflecting on the significance of dairy in the culinary world and using collaborative teamwork skills.

Directions:

Assign students to groups of 2 to 4. Based on time and resources, begin at Step 1 and choose which step to conclude the challenge. Remind students what they've learned so far in the unit. *“Milk and dairy foods are delicious, nutritious, versatile, and affordable. Pairing foods together, like dairy with fruits and vegetables, can also increase nutrition and flavor and help with eating from several food groups. Adding milk as an ingredient adds richness, creaminess, tenderness, and moisture. Mixing in yogurt can add a tangy taste or produce a light and fluffy texture. Infusing cheese offers a kick of salty and savory flavor, aroma, and even visual appeal.”*

Step 1: Recipe and Budget Creation

Provide students with a list of dairy ingredients (milk, cheese, yogurt, butter, etc.) and additional non-dairy ingredients that can be used in a dish. Consider adding parameters such as guidelines on nutrition or a certain number of food groups. Each group must create a recipe and budget for its dish based on ingredient costs. Set a budget maximum that allows flexibility but not excess. The recipe must utilize all ingredients and include a list of ingredients, directions, and necessary equipment.

Step 2: Culinary Lab

Student groups will have dedicated lab time to create, cook, or make a dairy-based dish using their recipe from Step 1. Students must work together to prepare the recipe, plate the dish, and clean up their lab space. The lab may span one or more class periods depending on the complexity of the dish.

Step 3: Presentation

Each group presents its dish to the class. Students should discuss the choice of ingredients, the cooking process, and what was learned about dairy. Optional: Each group passes out samples of the dish for the class to try. Individuals may vote for the tastiest dish, most creative dish, best plated dish, etc.



For more information and additional resources, visit HealthyEating.org/ExploreDairyGuide.

This program aligns with the Dietary Guidelines for Americans. It is one of many nutrition education resources offered by Dairy Council of California for students and adults to improve eating patterns. For more information and additional resources, visit HealthyEating.org.



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Step 4: Video Demonstration

Throughout the steps, each group records the process and creates a short video documenting their experience. The video should include an explanation of the dish, the ingredients, the preparation steps, any challenges they encounter, and lessons learned. The video can be edited and presented to the class.

Wrapping Up:

The class will engage in a discussion about the Master Chef Dairy Challenge. Students will share insights, reflections, and the importance of dairy in the food industry. Students will also discuss what essential skills they used to work independently and collaboratively as a team.



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