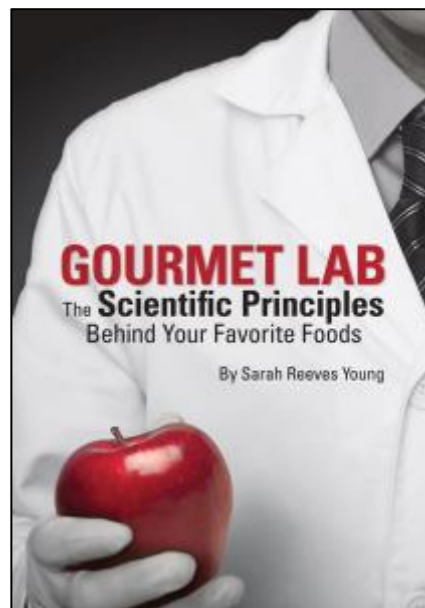


# Gourmet Lab: The Scientific Principles Behind Your Favorite Foods

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**Focus Area:** Activities and Exercises, Classroom Practice and Direct Instruction, Inquiry Learning, Professional Development  
**Key Learning Area:** Science



## Summary

Hands-on, inquiry-based and relevant to every student's life, *Gourmet Lab* serves up a full menu of activities for science teachers of Years 6–12.

This collection of 15 hands-on experiments – each of which includes a full set of both student and teacher pages – challenges students to take on the role of both scientists and chef, as they boil, bake and toast their way to a better understanding of science concepts from chemistry, biology and physics. By cooking edible items such as pancakes and butterscotch, students have the opportunity to learn about physical changes in states of matter, acids and bases, biochemistry and molecular structure.

The teacher pages include standards addressed in each lab, a vocabulary list, safety protocols, materials required, procedures, data analysis, student questions answer key, and conclusions and connections to spur wrap-up class discussions. Cross-curricular notes are also included to highlight the lesson's connection to subjects such as maths and literacy. Finally, optional extensions for both the middle years and secondary school level detail how to explore each concept further. What better topic than food to engage students to explore science in the natural world around them?

## Other Resources

- *Predict, Observe, Explain: Activities Enhancing Science Understanding* (NST0942)
- *Brain-Powered Science: Inquiry Learning With Unexpected Results* (NST0805)
- *More Brain-Powered Science: Inquiry Learning With Unexpected Results* (NST0935)
- *Even More Brain-Powered Science: Inquiry Learning With Unexpected Results* (NST0843)
- *Argument-Driven Inquiry in Chemistry: Lab Investigations for Grades 9–12* (NST9082)
- *Student Lab Manual for Argument-Driven Inquiry in Chemistry: Lab Investigations for Grades 9–12* (NST0508)