

Chapter by Chapter Equipment and Supply List

Equipment and Food Supplies are separated by chapters for easy in food purchasing and lesson preparation. Perishable food items are **bold** and will need to be purchased just prior to doing the "Scientific Inquiry" lab. Needs are based on classrooms with 24 students and assumes four students per group. You may need to adjust for more or less students. It is recommended that you read each chapter before purchasing items on this list because you may want to make recommended substitutions or adjust for your individual classroom needs.

Chapter 1: Measurement

3 cups butter (6 sticks)

6 eggs

6 cups packed brown sugar

7 1/2 cups flour

6 cups chocolate chips (3 packages)

4 1/2 cups oats

1 1/2 teaspoons vanilla extract

2 tablespoons baking powder

1 tablespoon baking soda

1 tablespoon salt

Water

Toaster oven or oven

6 cookie sheets (toaster oven size)

7 sets dry measuring cups

6 sets measuring spoons

6 liquid measuring cups

1 spatula

6 stirring spoons

12 small spoons (not disposable)

7 table knives

7 small or medium bowls

6 medium bowls (or large bowls)

6 pitchers (or 1 pitcher and 6 medium bowls to hold water)

6 food scales

6 plastic trays (cafeteria style)

1-2 wire cooling racks or foil sheets

18 gallon-size re-sealable zipper storage bags

1 set of oven mitts

6 eye droppers (optional)

Chapter 2: Food Safety

18 packets of active dry yeast

1 1/2 cups cold water

6 ice cubes (optional)

1 1/2 cups lukewarm water

1 1/2 cups boiling water

Sink

1 double burner hot plate

1 small pot

6 liquid measuring cups

6 bimetallic stemmed thermometers

6 pieces of paper and pencils

6 pencils

1 permanent marker

6 yellow markers

6 red markers

6 green markers (optional)

18 small foam cups

6 paper towels

1 bottle Glo Germ™ gel

1 UV light

Soap

Chapter by Chapter Equipment and Supply List (continued)

Chapter 3: Vegetables

1 head of broccoli
6 celery stalks
6 lettuce leaves
1 head of red cabbage
6 green peppers
6 potatoes
1 raw carrot
1 white onion
 16-ounce can of diced new potatoes
 16-ounce can of carrots
 16-ounce can of corn
 16-ounce can of green beans
 6 cups tomato juice
 3 tablespoons of vinegar
 3 tablespoons of baking soda
 1 teaspoon pepper
 1 teaspoon oregano
 Optional: basil, garlic, parsley, onion
 flakes, red pepper, brown sugar
 8 cups of water
 Double burner hot plate
 1 large pot (stock pot)
 2 medium pots
 1 liquid measuring cup
 1 set of measuring spoons
 1 large stirring spoon
 2 slotted spoons
 1 paring knife
 3 plates (strong)
 1 can opener
 1-6 food scales
 6-24 hand lenses
 6-24 measuring tapes (or string & ruler)
 24 spoons
 24 cups or bowls (foam/heat stable)

Chapter 4: Fruits

7 apples
8 slices of cantaloupe
8 clementines
6 peaches
6 strawberries
7 bananas
1 1/4 cups red seedless grapes
4 plums (cut into 24 plum pieces)
 24 prunes
 15-ounce can of pineapples (un-drained)
 1 tablespoon sugar
 1 tablespoon lemon juice
 1/4 teaspoon cream of tartar
 1/4 teaspoon water
 1 set measuring cups
 6 sets measuring spoons
 1 large bowl
 1 stirring spoon
 6 small plates
 24 real plates or 72 paper plates
 6 table knives
 24 real spoons or 30 disposable spoons
 24 small bowls or small cups
 1 paring knife
 1 cutting board
 24 hand lenses
 6 plastic trays (cafeteria style)
 6 packages of colored pencils
 Apple slicer/corer (optional)
 1 clock or timer
 1 can opener
 Masking tape
 Paper towels
 3 signs: "Prunes," "Dried Plums," and
 "Not Sure."
 24 napkins

Chapter 5: Milk and Cheese

1/2 gallon whole milk
1 1/2 gallons 2% milk
1/2 gallon skim milk
1/2 gallon soy milk
24 slices regular American cheese
24 slices low-fat American cheese
 1 teaspoon salt
 1/2 cup vinegar
 48 crackers
 1 double burner hot plate (or single burner)
 1 stock pot (not aluminum)
 1 set measuring cups
 1 set measuring spoons
 1 medium bowl
 1 table knife
 1 large spoon
 1 bimetallic stemmed thermometer
 1 clear glass or jar
 4 trays (cafeteria style) or trash cans
 1 strainer
 1 cheese cloth (optional)
 48 small plates or napkins
 96 small cups (Dixie cup style)
 4 "type of milk" signs ("Whole," "2%," "Skim,"
 "Soy")
 12-24 food labels for each milk
 12-24 food labels for each cheese

Chapter 6: Meat, Poultry and Fish

1 pound 70% lean ground beef
1 pound 90% lean ground beef
1 package regular hotdogs
1 package turkey hotdogs
8-ounce package light cream cheese
1 1/2 cups finely chopped vegetables
(celery, zucchini, cucumbers or carrots)
12 buns (optional)
2 salmon pouches (6-7-ounces each)
16-ounce jar chunky salsa
50 whole grain crackers
1 bottle ketchup (optional)
1 bottle mustard (optional)
Water
1 double burner hot plate
2 frying pans
2 large pots
1 set of measuring cups
2 small liquid measuring cups
1 mixing bowl
1-2 spatulas
Tongs
1 stirring spoon
1 fork (real)
1-2 table knives
1 thermometer
1 food scale
53 paper plates (or 24 real plates and
4 paper plates)
Cost for each package of hotdogs
12-24 food labels for each kind of hotdog

Chapter 7: Eggs

12 raw pasteurized shell eggs
7 hard boiled eggs
2/3 cup sugar
1/3 cup semisweet chocolate chips
1 bottle cooking spray
1/2 teaspoon vanilla extract
1 tablespoon unsweetened cocoa powder
1/8 teaspoon cream of tartar
Toaster oven or oven
1-2 hand mixers
1-2 toaster oven cookie sheets
1-2 liquid measuring cups
19 plates or bowls
2 mixing bowls (medium)
1 small bowl
1 table knife
1 spatula
1 egg separator
6 food scales
6-12 rulers
6-12 tape measures (or five-inch strings
and rulers)
12-24 hand lenses
Oven mitts
2 pot holders
6 packages colored pencils
24 napkins
Paper towels

Chapter 8: Fats

1 bunch of celery
1 package of carrots
1 head of broccoli
1/2 gallon regular ice cream*
1/2 gallon reduced-fat ice cream*
1/2 gallon fat-free ice cream*
16-ounce bottle of ranch salad dressing
16-ounce bottle of light ranch salad dressing
16-ounce bottle of fat-free ranch salad
dressing
3 cups vinegar
3 cups cooking oil (canola oil)
12 teaspoons dry mustard
12 teaspoons paprika
6 liquid measuring cups
6 sets measuring spoons
24 plates
1 ice cream scoop
12 glass jars with lids (1/2 pint size or
larger)
1 roll masking tape
1 permanent marker
6 packages colored pencils
72 small cups
24 spoons
12-24 food labels for each ice cream
12-24 food labels for each salad dressings
*Purchase the same flavor and brand of ice
cream if possible

Chapter by Chapter Equipment and Supply List (continued)

Chapter 9: Grains

Box Wheat Chex® brand name or generic)
Box Cheerios® (or generic)
Box Frosted Shredded Wheat® (or generic)
Box Frosted Flakes® (or generic)
Box Froot Loops® (or generic)
1 package instant whole grain brown rice (not boil in a bag or a rice mix)
16-ounce box regular pasta (or generic)
16-ounce box whole wheat pasta (rotelle, farfalle or spaghetti)
26-ounce jar pasta sauce
Salt
Water
Double burner hot plate
2 large pots
1 medium pot with a lid
1 liquid measuring cup
1 set measuring spoons
1 set dry measuring cups
1 serving spoon
2 stirring spoons
1 plastic bowl
1 colander or strainer
1 pair of tongs
1 food scale
2 timers or 1 clock
2 hot pad holders
6 packages colored pencils
24 real plates (or 72 disposable plates)
24 real forks (or 48 disposable forks)
Food labels for regular pasta & whole wheat pasta

Chapter 10: Meal Management

24 slices 100% whole wheat bread
24 slices of turkey lunchmeat (1-ounce slices)
24 slices cheddar cheese (3/4-ounce square slices)
5 pounds of baby carrots (12 cups)
1 head of lettuce (optional)
2, 12-ounce bags mini pretzels (24 ounces)
1 bottle light mayonnaise (optional)
1 bottle mustard (optional)
1 1/2 gallons of water
1 set measuring cups
1 set measuring spoons
1 liquid measuring cup
1 table knife
1 half-pint milk carton (emptied and washed out)
1 deck of cards
1 tennis ball
1 kitchen scale
24 pencils
24, 8-ounce cups
25 plates (1 should be paper)