



## Jr. Chef Club II

### The Art of Tasteful Beverages

#### Lesson 3

**Visual Aid: Food models with blue paper cut-outs representing the percent of water in each food.**

Make a piece of blue paper in the exact shape of the various food models; the blue paper should roughly represent the amount of water in the various foods. Either look-up information and calculate percent of water in foods as described in the Lesson 3 Preparation Outline in the Lesson Plan or use the percentages below that have already been calculated for you.

Make enough food models for every student to have one. Put five or six models in five or six envelopes depending on how many students are in the class. Give an envelope of food models and blue water pieces to small groups of students (about 5–6 students per group). Have students work in small groups to match the blue water “puzzle” pieces to the food models they fit.

#### **Examples of Percentage of Water in Foods:**

<b>Food Model/Picture</b>	<b>Percent Water</b> <b>(Make blue puzzle pieces this size)</b>
• Bacon	13%
• Steak	52%
• Pork Chop	28%
• Ham	61%
• Bologna	54%
• Pork Sausage	45%
• Refried Beans	76%
• Black Eyed Peas	75%
• Bread	38%
• Wheat Bread	38%
• Bagel	33%
• English Muffin	13%
• Pasta	54%
• Muffin	35%

**Food Model/Picture****Percent Water  
(Make blue puzzle pieces this size)**

• Corn Flakes	17%
• Apple	86%
• Peach	85%
• Pear	84%
• Grapefruit	91%
• Orange	87%
• Pineapple	87%
• Strawberries	92%
• Cantaloupe	90%
• Watermelon	87%
• Grapes	81%
• Avocado	74%
• Sweet Potato	73%
• Green Peas	79%
• Spinach	61%
• Corn	93%
• Green Pepper	93%
• Zucchini	92%