

Chapter 6

Lesson Plan 2: Cold Pressed

Lesson: Cold Pressed Juces		
Time	Instructions	Materials Needed
Learning Objectives	TLW demonstrate how to define cold pressed juice.	Pg. 1 content
Activities	<ol style="list-style-type: none">1. Have the students discuss what they think cold-pressed juicing means. (write down answers in the workbook)2. Read through content.3. Complete activity.	Workbook/content
Wrap Up/ Reflection	Review the benefits of cold press vs. HPP; complete the case studies and discuss	Write in workbook
Assessment	Complete the case studies and a 5 point quiz.	Quiz
Notes & Check for Understanding		