



MICHIGAN SOYBEAN
PROMOTION COMMITTEE

a new release



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FREE Soyfoods Lesson Plan to Educators

Once again, the Michigan Soybean Promotion Committee (MSPC) is offering a **FREE** Soyfoods Lesson Plan to all Michigan high school and college level educators. The package contains a *Joy of Soy* PowerPoint presentation, instructor's notes, *Soyfoods Guides*, soy recipes, and more.

This lesson plan, designed by Gretchen Hofing, Lenawee County-based dietitian and soyfoods health educator with MSU Extension, assists teachers in educating their students on the health benefits of cooking with soy. "In assessing the interest of life skills management teachers and culinary instructors, I received only enthusiastic responses that this was a needed resource," reported Hofing. "Teachers say the topic is relevant to their students and to the food industry and they would love to have a lesson plan to guide them in teaching about soyfoods," Hofing added. Since April 2009, the MSPC reached over 40 Michigan schools and more than 3,100 students with the Soyfoods Lesson Plan.

Kim Fritz, Culinary Arts Teacher at River Valley High School in Three Oaks, expressed the lesson plan's value in her classroom. "When I told my high school students that we were going to do a unit on soyfoods, they all groaned," Fritz stated. "Soy was something 'different' for them, even though many of our area farmers grow soybeans. They thought only 'health nuts' ate soy. But, the Soyfoods Lesson Plan for Michigan Educators, designed in a student's point of view, changed their concept of soy," said Fritz. Her students enjoyed the variation within the lesson, and most found at least one recipe delicious. "I think the Chocolate Mousse was their favorite. I liked the fact that the lessons were both on disk and hard copy with plenty of resources. This was a fun unit for all!" declared Fritz.

For the first 50 Michigan high school or college educators to teach the lesson and complete our survey, their school will receive a \$50 check towards additional supplies needed to teach the lesson. To view a sample lesson plan or to place an order, please visit our website at www.michigansoybean.org and click on *Soy and Health*.

Purchasing and consuming soyfoods is a great way to support your health and Michigan agriculture. The Michigan Soybean Promotion Committee (MSPC) represents the soybean producers in the state and funds soybean research and educational efforts. For more information on the MSPC, visit www.michigansoybean.org.

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