



## What is your protein IQ? SLOP Cookbook Project Student Assignment

Your assignment is to develop a cookbook using the SLOP format for the recipes. The SLOP format requires the use of the metric system for all measurements. You will develop a conversion chart that converts the metric system of mass, volume, and temperature to the English system. This chart will be in **Appendix A**.

The first section of the cookbook will focus on safety. You will be supplied SOPs for environmental monitoring of cleaning procedures, effect of temperature on bacterial growth (Cooking Right), and comparison of various personal hygiene products used for hand washing. These SOPs will be the first items in the body of your cookbook. You will perform these tasks and record the results in **Appendix B**.

In the recipe section of your cookbook you will develop three sets of recipes using the provided SOP template. Each set will consist of an animal based recipe with a comparable plant based recipe. If you decide to replace cow milk in a recipe with soymilk you must prepare the soymilk from soybeans. You will be provided the recipe (SLOP) for soymilk preparation. This SLOP must also be included in your cookbook.

Each recipe (SLOP) product must be tested for protein. You will use two methods for protein testing. You will perform the Biuret assay for qualitative testing and if positive you will perform the Bradford assay for quantitative testing. The SLOP's for the Biuret assay and Bradford assay will be in **Appendix C** of your cookbook.

**Appendix D** will show the results of your protein testing on your recipe (SLOP). Your results must be in a table format as well as presented in a graph, style of your choice.

The protein dietary requirements of the various age groups and gender must be included in **Appendix E**. The source of your information must be documented.