

OAKLAND CUSD #5

NUTRITION

APRIL 27-MAY 1, 2020

DANIELLE PENDERGAST-WHITE

Week of April 27-May 1, 2020

Family and Consumer Sciences

Mrs. Pendergast-White

My office hours will be Monday 9-11, Tues 1-3, and Thursday 3-5. I will do my best to check my email multiple times each and every day in order to answer any questions that parents or students have. Please do not ever hesitate to contact me, I understand this is all new and stressful, and I am happy to answer any questions or help in any way possible in order to ease any stress on both parents and students.

Notes: Students may email me any completed work. If email is not an option, please feel free to drop work off at the Oakland School Foyer.

Email: danielle.pendergast-white@oakland5.org

| Class | Choice 1 | Choice 2 | Choice 3 (Enrichment) |
|--------------|--|---|---|
| Culinary Occ | We know that the chef's hat, called a Toque, has folds in it representing 100 ways to cook an egg. Create the egg experiment for choice 1, complete the handout for choice 1 or provide a written list of 25 out of 100 ways to cook an egg with a brief description. Email me or drop off the completed work. | Create, cook, bake one of the egg recipes researched earlier in the semester. Create this recipe and complete the evaluation of the dish describing the Aroma, Color, Taste, Texture, and rate this. Send a copy of the recipe with the evaluation. Take a picture if you can and send it to me with the completed recipe evaluation via Email or drop it off in the foyer! I cannot wait to see this. Also, feel free to create a "Cooking Show" Video while you prepare the dish! | Research how eggs are used in other parts of the world. Find three other countries or cultures and write a short paragraph about each country/culture and how they use eggs and what recipes they use. Email me your completed work or drop it off in the school foyer. |

| | | | |
|--|---|--|--|
| Interior Design | <p>Complete activity for Choice 1. Use AT LEAST 7 of the furniture/accessory items on page 128. You can do this on paper as describe in the directions on worksheet. You may also do this using a 10 x 12 Foot room using one of the computer programs. In writing, provide a brief explanation explaining the choices and placement you made of the items in your space. Email me completed work or drop it off in the school foyer.</p> | <p>Complete Arranging Space Activity on Page 5 for Choice 2. Answer the 8 Questions on pages 6, 7, & 8. You may email me the completed project or drop it off in the school foyer.</p> | <p>Design Challenge: Complete the Design Challenge Scenario for Choice 3. You can do this using paper and 10x12 inch room. Or you can use a 10x12 foot room in one of your design programs.</p> |
| <p>Foods & Nutrition II</p> | <p>Read Section 23.1 in Textbook. Answer questions 1-7 on handout for Choice 1. Complete workbook pages 175-176. on 2nd houdout for Choice 1. Send your finished assignment to me through email by scanning, attaching a picture, or drop it off in the school foyer.. Also, any questions just let me know!</p> | <p>Complete a Family Recipe that is a staple at your family get togethers. My grandma made the most amazing red velvet cake and we always had 7 layer salad at all of our family events! My aunt made homemade cream puffs that were the best ever! Attach the recipe. Make it, bake it, send me a picture if you can, and <u>complete the evaluation</u> that goes over the aroma, taste, texture, etc. You may email me finished work or drop it off in the school foyer. Any questions just let me know!</p> | <p>Label the states in the Midwest. Research foods associated with each state in the Midwest and write in one food that state is known for! Example: Illinois: Chicago Area Deep Dish Pizza. Complete the map for choice 3 and you can create a list of food for each. You may do this in writing, on google docs, or in google slides. Send your completed work via email or drop it off in the school foyer.</p> |
| <p>Food and Nutrition II Continued</p> | | | |
| <p>Resource Management</p> | <p>Read Section 1.4 starting on page 40.-44. Answer questions 1-3 on Section</p> | <p>Read through Section 1.3 again. Develop a top 10 guideline list with</p> | <p>Read through Section 1.4 page 40-44. Create a written advertisement or a</p> |

| | | | |
|--------------------------|--|--|---|
| | <p>1.4 Review. Create a poster or pamphlet that educates consumers about chain letters that ask for money and explains what they should do if they receive one. You may email completed work or drop it off in the school foyer. Any questions just let me know.</p> | <p>guidelines to help teens safeguard their privacy (ex. Online profiling, cyberstalking, etc). Email me your completed work if you can, if not drop it off in the school foyer.</p> | <p>commercial video that uses one type of deceptive advertising. Write a short summary of what type of deceptive advertising you used in your ad. Send completed work through email if you can, if not you can drop it off in the school foyer.</p> |
| <p>Child Development</p> | <p>Read pages 297-300 in textbook on the importance of play in early childhood development. Create a chart or presentation explaining types of play and toys appropriate for children ages 1-3 month, 4-6 month, 7-9 months, and 10-12 months. Describe appropriate toys for each age group, and list two toys that are appropriate for each age group. Email me your completed work if you can, or drop it off in the school foyer! Any questions just let me know!</p> | <p>Read pages 297-300 on toys and play in early childhood. On page 299 on Alternative toys (Management Skills section) answer the questions regarding alternative toys that are good for children. Email me your finished assignment if you can, otherwise feel free to drop it off in the school foyer! Any questions, just let me know!</p> | <p>Complete the Toy Evaluation for Choice 3. Read through your infant chapters about physical, social/emotional, and intellectual development. Choose a toy to evaluate. It could be an old toy you still have or one you see on a commercial, or online. Email me your final product. Any questions just let me know!</p> |

Name

April 27-May 1

Choice 1

Date

Class Hour

P-W

FTNII

10/6

STUDY GUIDE

Chapter 23
Foods of the U.S. and Canada

Directions: As you read Chapter 23, answer the following questions. Later you can use this study guide to review chapter information.

Section 23.1 Regional Foods of the East, Midwest, and South

1. Describe two ways in which Native Americans were "early pioneers in food technology."

2. Identify three dishes developed by early immigrants in the American Northeast that are based on native plants or animals.

3. Name three foods that the Pennsylvania Dutch brought to America from Germany.

4. In general, on what did Midwestern pioneers rely to flavor their meals?

5. Identify the staple crop of the South in the eighteenth century and four foods made from it.

6. What was filé powder? How was it used? By whom?

7. In general, how does Cajun cooking differ from Creole cooking?

Section 23.2 Regional Foods of the West and Canada

8. What contribution did Spaniards make to Southwestern cooking?

9. Identify four foods that show the Mexican influence on Southwestern cooking.

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Name

Choice 1

April 27 - Marji

Date

Class Hour

P-W

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ACTIVITY

Section 23.1

Regional Foods of the East, Midwest, and South

Regional Specialties

Directions: Find terms in the right column that match these clues related to regional foods in the left column. Write the number of each answer from the right-hand column in the blank on the left. When you have finished, connect the dots on the next page to link the number of each clue to the number of its answer. The result will show you one common characteristic of regional food specialties. The first one has been done for you.

Clues

Answers

- | | |
|-------|--|
| ***** | |
| 18 | 1. The Native Americans believed that people should live in harmony with this. |
| _____ | 3. Corn |
| _____ | 5. Local produce of the Native Americans |
| _____ | 7. Johnnycakes |
| ***** | |
| _____ | 9. Shellfish dishes cooked in huge kettles along the Atlantic coast |
| _____ | 11. A slow-cooked, tasty bean dish that originated in the Northeast |
| _____ | 13. Introduced by Irish settlers |
| _____ | 15. Served foods with sweet and sour |
| ***** | |
| _____ | 17. Great supplies of wheat are found there |
| _____ | 19. Southern specialties with corn |
| _____ | 21. African-American specialties in the South |
| _____ | 23. Hog jowls, chitterlings, ham hocks |
| _____ | 2. Maize, potatoes, pumpkin, squash, beans, tomatoes, and peppers |
| _____ | 22. A simple bread made of water and corn |
| _____ | 30. Maize |
| _____ | 18. Nature |
| ***** | |
| _____ | 2. Chowders |
| _____ | 26. Corned beef with cabbage |
| _____ | 24. Pennsylvania Dutch (German) |
| _____ | 6. Boston baked beans |
| ***** | |
| _____ | 14. Spoonbread, cornbread, corn pone, grits, and fritters |
| _____ | 16. Black-eyed peas, fried okra, turnip greens, catfish, and yams |
| _____ | 8. Midwest |
| _____ | 4. Pork dishes developed by African-American cooks |

Name _____

Date April 27 - May 1 Class Hour Choice 1

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Section 23.1 Activity (continued)

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- _____ 25. Mixture of browned flour and fat
- _____ 27. Gumbos, jambalayas, stews
- _____ 29. Famous for highly seasoned flavors
- _____ 31. Light, fried breakfast pastries made by Creole cooks
- _____ 20. Cajun dishes
- _____ 10. Roux
- _____ 32. Creole specialties
- _____ 28. Beignets

Regional food specialties are:

2 1 _____ 18

14 23

4 3

24 17

8 7

28 5

12 11

13

27 6

9 10

25 26

19 20

29 30

15 16

21 22

31 32

Name: _____ Class: _____ Date: _____

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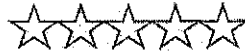
Recipe Evaluation

Recipe Name: _____

Evaluation of Dish: Write a descriptive word for each of the categories listed below that you feel describes the dish. Use a scale of 1 to 5 to rate each category. (5= fantastic, 1= awful)

| | Aroma | Color | Taste | Texture |
|------------------|-------|-------|-------|---------|
| Descriptive Word | | | | |
| Rating | | | | |

Overall Rating of Dish: Give an overall star rating of the dish (with 5 being fantastic and 1 being awful).



- Would you change anything if you made the dish again? Explain specifically what you would change. If you would not change anything, explain why not.

F4N II
Apr 27-May 1

Choice 3

PW

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United Plates of America - Midwest

Directions: You will be given a blank map of the United States of America.

1. You will need to write the name of the state for each within the United States of America for states in the Midwest.
2. You will research one food that each Midwest state is known for.
3. If possible, provide a brief explanation of how each food became famous in the Midwestern state

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ATDT
Apr 27-May 1

Sheet 3

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