

# Week of April 6-10, 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](mailto:danielle.pendergast-white@oakland5.org)

<b>Class</b>	<b>Choice 1</b>	<b>Choice 2</b>	<b>Choice 3 (Enrichment)</b>
Culinary Occ	Covid 19 Impact on Restaurants. Watch the news, read articles, videos, etc. You will find a ton of information on how Covid 19 is impacting the restaurant industry. Think about, reflect, and answer the questions on the handout regarding the restaurant industry and Covid 19. Email me your completed work or drop it off in the foyer.	Cook, Cook, Cook! Find a recipe, maybe one that we have wanted to try for Sip N Study but have not had the chance to do so. Create this recipe and complete the evaluation of the dish describing the Aroma, Color, Taste, Texture, and rate this. Do a brief write up of the recipe, tasks in preparing, and final product (1 page or less) 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!	Famous Chef Project. Choose a famous chef from the list provided and research this chef. Include all information on the Famous Chef Project Worksheet. These will include pictures, early life, education/training, Mentors, Cuisine types/speciality dishes, awards/accomplishments, Famous for information, and four more interesting facts. You may create a poster or presentation. Send me a picture of the poster or a copy of the presentation or drop it off in the school foyer.



	<p>the utensil, describe the use and why someone would buy it! Send your finished product to me through email or drop it off in the school foyer.. Also, any questions just let me know!</p>		
<p>Resource Management</p>	<p>Review Consumer Rights in your Textbook on page 29. Complete the Consumer Rights Scenarios by reading the scenario and then determining which consumer right/and/or responsibility goes with the scenario. Write in complete sentences. You may email completed work or drop it off in the school foyer. Email me your answers if you can! Any questions just let me know.</p>	<p>Review your Consumer Rights on page 29 in the textbook. Read the Panera Letter to America and answer the questions that go with the letter regarding your consumer rights/responsibilities. Answer in complete sentences. Any questions just let me know! Email me your answers if you can, if not drop it off in the school foyer.</p>	<p>I have set up a Consumer Economics unit in Khan Academy for you. You can get on this, watch the videos, activities, and take the quizzes. Any questions just let me know. I am new at Khan so you may know more than I do, but the information is really great! I will check your progress in Khan.</p>
<p>Child Development  Child Development Continues</p>	<p>Remember the research and presentations you did so amazing on about Child Safety &amp; Hazards in the home? Read the Article "Is it Candy or Medicine? And answer the questions for the article in COMPLETE sentences. Email me your answers if you can, or drop it off in the school foyer! Any questions just let me know!</p>	<p>Remember the research and presentations you did so amazing on about Child Safety &amp; Hazards in the home? Remember falls, burns, shock, small items, stairs, medicine, etc. You will become a small child and crawl and walk on your knees to get a "smaller" person perspective on dangers in your own home. Make a list of 10 things around your house that could be hazardous to a small child. You can write this on paper. You can create a Google Slide/PowerPoint Presentation and include</p>	<p>Remember the research and presentations you did so amazing on about Child Safety &amp; Hazards in the home? Remember falls, burns, shock, small items, stairs, medicine, etc. You will create a video that focuses on at LEAST 10 safety hazards for young children. Include what the hazard is, how it is a danger for a child, and how to make it safe. Include your family in the video. Be creative and have fun! Email me your final product. Any questions just let me know!</p>

		<p>pictures. List the 10 hazards and what you could do to make them safe. Have fun with this, include your family members as well, maybe they will see something you don't. Email me your final product if you can, otherwise feel free to drop it off in the school foyer! Any questions, just let me know!</p>	
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# Is It Candy or Medicine?

Could your child tell the difference? You'd be surprised how many potentially poisonous products look good enough to eat. Here's how to protect your family.

By Pamela Kramer, Photos by Alex Cao



PHOTO: ALEX CAO

## Household Dangers

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It can happen so quickly. Julie Hyde, of Ashland, Oregon, was cooking dinner when her 18-month-old daughter, Ally, slipped out of the kitchen, pulled a chair up to the bathroom counter, and drank the open bottle of cough syrup that her dad had just used. Molly Stephan, a 3-year-old from Miami, found a plastic ant-bait tube underneath her bed, filled it with water, and took a sip. Fortunately, both girls didn't suffer any lasting effects. However, Rex Souder, of Bellevue, Nebraska, had a much scarier experience. The 19-month-old drank a bottle of lamp oil that he found in his grandmother's china buffet. She rushed him to the local emergency room, but after two hours, he needed to be transferred to a larger hospital with pediatric specialists. Rex was turning blue -- he had aspirated some of the clear oil into his lungs and couldn't breathe. Doctors had to put him on a ventilator, and he spent 13 days in the hospital. "I had no idea that I had something so dangerous in my home," says his grandmother, Judy.

These frightening stories are just a few of the 2.4 million poison incidents -- one every 13 seconds -- that poison-control centers handle each year. Nearly half involve young children who like to climb, explore, and put anything that looks interesting into their mouth. Poisonings also occur when kids inhale toxic fumes or get caustic chemicals on their skin or in their eyes. While most poisoning cases aren't serious enough to warrant a trip to the hospital, almost 130,000 children under age 6 needed treatment and about 760 experienced potentially fatal or permanently damaging effects in 2005, according to the American Association of Poison Control Centers.

## Essential Safety Steps

Since you can't possibly watch your child every single second, it's crucial to poison-proof your home thoroughly.

**Keep medications and potentially harmful substances, such as vitamins, bath oil, and perfume, locked up and out of your child's reach and sight.** "Easy access for you means easy access for your kids," says Catherine Tom-Revzon, Pharm.D., clinical pharmacy manager in



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pediatrics at Montefiore Medical Center, in New York City. Make sure that dangerous products have child-resistant caps, but don't rely on them. Get down on your hands and knees, and look at everything from your child's point of view. Many local poison-control centers offer free "Mr. Yuk" stickers; you can put them on bottles and explain to your child what they mean.

**Always read labels before giving your child medicine, and double-check the markings on dosing cups and spoons.** In 2004, more than 65,000 children under age 6 were accidentally given the wrong medication or dosage, including a 3-year-old boy who died after receiving adult doses of acetaminophen for five days. If you're not sure whether a medication or dosage is safe, check with your pediatrician or pharmacist or call poison control.

**Use dangerous products, such as drain opener or oven cleaner, only when your child is napping or out of the house.** Be sure to close caps tightly, and lock them up when you finish using them. Wipe up any spills right away. Store all products in their original packaging, and don't transfer them into soda bottles or other containers normally used for food.

**Never let your young child out of your sight when visiting friends and relatives.** Grandparents may buy drugs that don't have child-resistant packaging and keep them out on bedside tables, countertops, or in handbags. "A pill holder with sections for each day of the week looks like a toy to a small child," says Dr. Tom-Revzon.

**Teach your child that she should never put something in her mouth if she doesn't know what it is.** Remove poisonous plants from your house and yard (for a list of toxic plants, go to [poison.org](http://poison.org)). Never give her sips of alcoholic beverages or leave any after-party drinks sitting out. Avoid taking pills in front of your child.

**Post the poison-control number -- 800-222-1222 -- near every phone in your house.** (Your call will be automatically routed to the nearest regional poison-control center.) Store the number in your cell phone, and make sure

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that your child's caregivers know to call poison control if your child swallows or comes in contact with anything that might be harmful.

"It's amazing how easily young children can climb and open unlocked cabinets and containers," says Kristin Wenger, poison-prevention education coordinator at Blue Ridge Poison Center in Charlottesville, Virginia. Even kids who won't take a bite of broccoli or whole wheat manage to swallow all sorts of potentially toxic products they find around the house, so you can't be too careful.

## The Most Dangerous Products

### Substance

### Effects

#### Acetaminophen

A single or repeated dose above the recommended amount can cause abdominal pain, vomiting, diarrhea, and liver damage. Symptoms of liver damage, such as yellow skin and eyes, can take several days to appear.

**Alcohol** in drinks, perfume, aftershave, facial cleanser, antiseptics, and mouthwash

A small amount can cause intoxication, slow heart rate and breathing, low blood sugar, seizures, and coma.

**Antifreeze** or windshield-washer fluid containing ethylene glycol or methanol

A small amount can cause rapid heart rate, seizures, and coma. Ethylene glycol can cause kidney damage and methanol can cause blindness. Symptoms can be delayed.

#### Heart and blood-pressure medications



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A small amount can cause irregular heart rhythm, low blood pressure, and coma. Some produce symptoms within 30 minutes; others can take 12 hours or more.

**Caustic chemicals**, such as toilet-bowl and oven cleaner, dishwasher soap, artificial-nail primer, permanent-wave solutions, hair remover

A small amount can cause burns and scarring on contact. It can also cause difficulty breathing and swallowing, organ damage, and coma.

### **Cough and cold medications**

More than the recommended amount can raise blood pressure and heart rate, slow breathing, and cause cramps, vomiting, diarrhea, seizures, and coma.

### **Eyedrops and nasal sprays**

A few drops can constrict blood vessels in the body and cause seizures and coma in 20 to 30 minutes.

**Hydrocarbons**, often in baby and bath oil, lamp oil, makeup remover, furniture polish, gasoline, lighter fluid, turpentine, and kerosene

One sip can cause fatal pneumonia if a child chokes and aspirates the substance into his lungs. Gasoline and solvents can cause breathing difficulty, seizures, and coma if inhaled.

### **Iron supplements or adult vitamins with iron**

Swallowing a few can cause bloody vomiting and diarrhea, liver damage, and coma.

### **Oral diabetes medications**

A small amount can cause low blood sugar, seizures, and coma. Symptoms can be delayed for 24 hours.

**Tricyclic antidepressants**, such as Adapin and Elavil, which are more dangerous than SSRIs

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Any amount can cause seizures and coma in a small child, sometimes within 20 to 30 minutes.

**Pesticides**, including lawn-weed and insect killers and indoor bug sprays and powders

One swallow can cause respiratory failure, abnormal heart rhythm, paralysis, seizures, and coma. Toxic exposure can also occur through inhalation or skin exposure.

**Narcotic pain relievers**, such as codeine

An adult dose can cause low blood pressure, slow heart rate, difficulty breathing, and coma in a child.

**Topical anesthetics**, such as first-aid or sunburn cream

Ingesting even a small amount can cause difficulty breathing, seizures, and coma.

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**By Pamela Kramer, Photos by Alex Cao**

SOURCE: PARENTS MAGAZINE

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Child Safety:

Name: \_\_\_\_\_

Read the article "Is it Candy or Medicine?"

Answer the following questions in COMPLETE sentences. Think back to the awesome presentations you created and presented on dangers for children.

1. How many poison incidents happen each year? How many in comparison to seconds?
  
  
  
  
  
  
  
  
  
  
2. What is one way to make sure that hazardous substances are not accessible to children?
  
  
  
  
  
  
  
  
  
  
3. Why is it so important to read labels thoroughly before giving a child medicine?
  
  
  
  
  
  
  
  
  
  
4. What is one thing you should use only when your child is napping or out of the house?
  
  
  
  
  
  
  
  
  
  
5. Why is it important to have the Poison Control number posted around the house?
  
  
  
  
  
  
  
  
  
  
6. Discuss ten of the most harmful substances that we have in our house and why they can be so dangerous for children?



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## Child Safety

Think back to our hazards and children unit and the presentations and research you did. Remember how just about anything around the house has the potential to be a safety hazard for a young child. Remember falls, burns, electrical shock, small things, stairs, medicine, water temperature, etc.

### Assignment:

I want you to become a small child, a child just learning to crawl and/or walk. This means you are going to have to get down on your hands and knees and be closer to the size of a child. As you do this, I want you to crawl around your house (this may seem weird, but hey, we are learning right?) and make a list of any potential hazards around your own house and how to make them safer for a young child. If you have safety measures in place, explain that as well. For example: If you have outlet covers on EVERY outlet in your home, good job!

You can simple list of at LEAST 10 things around your house. You can write this on paper, you can create a Google Slides presentation, you can type up a list, and if you want to, I would love if you included pictures. Send this to me through email!

Any questions, just let me know!

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### Child Safety Video

Think back to our hazards and children unit and the presentations and research you did. Remember how just about anything around the house has the potential to be a safety hazard for a young child. Remember falls, burns, electrical shock, small things, stairs, medicine, water temperature, etc.

### Assignment:

Create a video that focuses on at least ten child safety hazards and what a parent or child care provider can do to make sure these hazards are addressed and safe for a young child. Get creative. Use family members or even pets if you would like to. How you do this is up to you, be creative and have fun!

Send the video to me via email, I cannot wait to see it! If you have questions or need some ideas, just let me know!