

OAKLAND CUSD #5

NUTRITION II

MAY 4 - 8, 2020

DANIELLE PENDERGAST-WHITE

Week of May 4 - 8, 2020

Family and Consumer Sciences

Mrs. Pendergast-White

My office hours will be Monday 9-11, Tues 1-3, and Thursday 11-1. 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	Read Types of Restaurant Concepts article and answer article question in complete sentences. Email me or drop off the completed work.	Create, cook, bake one of the recipes we wanted to make in Sip N Study, but never had a chance to. 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 a type of restaurant. Examples: Themed, Fine Dining, Casual Dining, Quick Service "fast food". Create a list or google slides presentation with the following information: <ol style="list-style-type: none">Names of five of the type of restaurant researchedFive locations of these restaurantsFive menu examples for type of restaurantPrice points for menu itemsEmail me your completed work or drop it off in the school foyer.

<p>Interior Design</p>	<p>Complete activity for Choice 1. Review the PowerPoint slides on color wheels. You will need a red, blue, and yellow crayon only. Follow the instructions step by step. Email me completed work or drop it off in the school foyer.</p>	<p>Read the article on color psychology. Create a chart or google slides presentation, or poster with each color and three facts about the psychology of each color. You may email me the completed project or drop it off in the school foyer.</p>	<p>Create a creative color wheel with at least primary and secondary colors.. In the past students have used cupcakes with colored icing, made mobiles, flowers with different color petals, feathers, etc. Send a picture of your creative color wheel.</p>
<p>Foods & Nutrition II</p>	<p>Read Section 22. 3 in Textbook. Answer questions 1-34 on workbook pages 169-170 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>Make your signature dish!Use a recipe you are an "expert: at. 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>Research food in another country. Find three recipes that are popular in the country you have chosen. Also, find one fact about customs/rituals when it comes to food for the country chosen (example: in some countries the women and children eat before the men, etc). In writing, put your country of choice, and the three recipes you found, along with one custom. You can do this on paper, poster style, or in google docs or slides. 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>Resource Management</p>	<p>Read Sections 8.1 - 8.3 in text. Answer questions 1-15 on workbook pages 65-66. You may email completed work or drop it off in the school foyer. Any questions just let me know.</p>	<p>Read through Sections 8.1 and 8.2. Do workbook pages 145-146. Email me your completed work if you can, if not drop it off in the school foyer.</p>	<p>In Khan Academy do the Paycheck and Benefits activities assigned. In writing, describe the ten most beneficial facts you learned from these sections. Send completed work through email if you can, if not you can drop it</p>

ACTIVITY

Section 22.3
Europe

1 of 3

ABC's of European Dining

Directions: Identify these food terms related to European dining. Read each clue and fill in the blank with the appropriate term. The first letter of each term has been supplied for you in numbers 1 through 23.

- A _____ 1. Italian appetizers such as pickled vegetables and cheeses
- B _____ 2. A hearty French soup containing fish, tomatoes, and herbs
- C _____ 3. Fried strips of dough served for breakfast in Spain
- D _____ 4. Hungarian sponge cake with chocolate filling and caramel glaze
- E _____ 5. American name for bread similar to British crumpets
- F _____ 6. Scandinavian fruit soup
- G _____ 7. Hungarian beef and vegetable stew
- H _____ 8. Elaborate French food prepared by skilled chefs
- I _____ 9. Country where durum wheat is the staple grain
- J _____ 10. Something spread on scones by many Britons
- K _____ 11. Crushed buckwheat side dish served in Russia
- L _____ 12. Rich Austrian cake made with walnuts and jam
- M _____ 13. A Greek casserole of lamb and eggplant
- N _____ 14. German gingerbread
- O _____ 15. The typical breakfast in Scotland
- P _____ 16. Seasoned rice dishes of former Yugoslavia
- Q _____ 17. Game enjoyed by the British
- R _____ 18. Flavorful French stew of meat and vegetables
- S _____ 19. Open-faced sandwiches eaten daily by Danes
- T _____ 20. National beverage of the British Isles

(Continued on next page)

Section 22.3 Activity (continued)

- V _____ 21. In Greece, these are stuffed with meat and rice
- W _____ 22. Seasoned melted Cheddar cheese on toast
- Y _____ 23. Popover-like mixture cooked in roast beef drippings by Britons
- _____ 24. A British variation of American baking-powder biscuits
- _____ 25. A popular French soup that includes beef, veal, and vegetables such as carrots, celery, onions, and turnips
- _____ 26. A German dish made of beef that has marinated in a sweet/sour sauce for several days
- _____ 27. A rich mixture of ground almonds and sugar, originally from Germany
- _____ 28. Italian dish of large pasta tubes stuffed with meat or cheese fillings and baked in a sauce
- _____ 29. A Greek soup made of chicken broth and rice
- _____ 30. A Russian soup made of beets
- _____ 31. The national dish of Poland
- _____ 32. A cold vegetable soup often served in Spain
- _____ 33. A German potato salad made with red potatoes and served lukewarm
- _____ 34. A sweet, fruit-filled yeast bread prepared in Russia

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.