

## International Foods and General Foods Distance Learning- Week 1 March 30-April 3

### Week 2 April 6-10 Week 3 April 12-17

<p>1. Watch a food related television show or listen to a food related podcast. Write a 1-page summary about the program and how it is applicable to your everyday life.</p>	<p>2. Choose a food related magazine article that interests you. You may use paper or online articles but make sure to cite the source of your article. Create an advertisement for this article (think billboard) and write a one-page summary of the article and why you chose it. Be sure to staple your article to your work. or provide the online link.</p>	<p>3. Create a poster in support of Nutrition Literacy. Write one page describing your poster and how a knowledge of nutrition is important for EVERYONE.</p>	<p>4. Clean your pantry and/or refrigerator, take before and after photos. Pull out products and organize. Make sure to check expiration dates. Sanitize surfaces. Write 1 paragraph about why it is important to use the FIFO (First In First Out) process.</p>
<p>5. Identify three skills or habits that you feel are the most important for high school students to learn in order to be successful in their future. Write one page explaining how these will make them successful.</p>	<p>6. Create an adventure story book for an elementary school aged child that is related to nutrition. Your book must be a minimum of ten pages and be fully colored.</p>	<p>7. Clean and Sanitize your kitchen. Take before and after photos. write a paragraph on why sanitation is important in food production.</p>	<p>8. Choose an advertisement for an unhealthy product from a magazine or online. Write a letter to the CEO of this company, to explain the health risks and suggest improvements to make the product a healthier choice. Be sure to staple your advertisement to your letter or provide the online link.</p>
<p>9. Design a t-shirt for next year's FCCLA Chapter. The t-shirt should include a theme of your choice. Write one page describing why you chose this theme. Make sure to state how this would be a good marketing strategy for FCCLA.</p>	<p>10. Create a poster promoting the Nutrition course. Write a one paragraph explanation of your poster.</p>	<p>11. Write a minimum of two pages explaining the "perfect" workplace. Be sure to include examples, either fictional or personal. Make it relevant to the course in which you are currently enrolled.</p>	<p>12. Create a brochure for the CHS FACS Department. Items that could be included: classes offered, class descriptions, benefits/advantages, importance of learning life skills,</p>
<p>13. Cook or help your parents prepare a meal for your family. Submit photos of your food and describe which pre preparation and cooking techniques you used.</p>	<p>14. Use the items in your pantry to create a menu plan for 1 week. Evaluate how prepared you are for the week. Which items do you wish you had on hand?</p>	<p>15. Create a comic strip about the importance of food safety (prevention of food borne illness) in the home or workplace. Make sure to give at least 5 pointers or important rules in your comic strip. Of course, you should add graphics and color!</p>	<p>16. Write a one-page letter thanking someone who has had a positive influence in your life.</p>

In order to give you some freedom and choice in your activities during days that we are on distance learning, I have created an activity grid! You should choose one of the assignments above to complete for each day of your class time. The next day, you may choose another BUT it must be in the same column, row, or diagonal (think BINGO). When you complete your assignment, **be sure to include the number of the assignment you chose.** This page should be kept in the front of your folder. When an

assignment is completed, circle it on your grid. Do not do the same assignment more than 1 time. You should have 1 assignment done for each day we are on distance learning.