

Career PREP Classes

WEEK 3, you will need to earn a total of **30 POINTS**. These can be added up any way; however you CANNOT repeat tasks from previous weeks! **You may repeat a task if it is cooking with family, just not the same recipe.** You can choose whichever activities are applicable to you. The outcome is that you're experiencing a variety of tasks related to the kitchen, food and nutrition- so seek new things! Please read each box's directions CAREFULLY, and pay attention to how to submit correctly in order to earn your points. I am always available for email questions, or we can set up a phone conference individually. Contact info: roses@bagdadschools.org

This Assignment is for the week of April 6--April 10 when you submit evidence through email please indicate the point value in the heading

The expectation is for you to submit your evidence of the total 40 points buy April 13, 8:00 AM

5 Points	10 Points	15 Points	20 Points	30 Points	40 Points
<p><u>RECIPE TRADITIONS</u> Read the article: Family Food Traditions. Now is a great time to call a relative or speak with your parent(s)/guardian(s) about a traditional family recipe.</p> <p>Please take a photo of the recipe or type it on a Google Doc.</p> <p>Please submit the Google Doc or a Photo to Ms Rose via EMAIL</p>	<p><u>RESTAURANT HEALTH INSPECTION</u> Please read this article: Restaurant Bathrooms.</p> <p>After reading, please follow the Google Form Link below to answer questions as an application of your understanding.</p> <p>Please submit your Google Form via this link: https://docs.google.com/forms/d/e/1FAIpQLSeluNHvwwN1p0vNIvwOCyxAVCYpuYxja0uNcMO4qWfKwzLe_g/viewform?usp=pp_url</p>	<p><u>TABLE MANNERS</u> Watch the following video: Teen Etiquette. Create a TikTok that summarizes the do's and don'ts of Teen Dining Etiquette.</p> <p>Alternatively, you could make a Google Slides Presentation with the information.</p> <p>Please submit your Google Slides OR your TikTok Link to Mrs. Rose via email.</p>	<p><u>Sophmore CTE Classes</u> Discuss with a parent which CTE course you want to take next year. Create an email to Mrs. Callicoat and me. Introduce yourself and let her know your 2 choices for your CTE class next year. Remember that all CTE classes at BHS are Dual Enrolled with Yavapai College. Choose what is best for you. Your choices are: Welding, BMAS, Carpentry, Electrical, Culinary Arts. In the email please state whether you have made this decision with your parents.</p> <p>Please submit your email to Mrs. Callicoat and Mrs. Rose.</p>	<p><u>VIRTUAL FARM TOUR</u> Please use the following link to join the tour: Virtual Farm Tour of a Dairy Farm</p> <p>While viewing, please take notes of what you are seeing and hearing. After, analyze your notes to type a 1 page reflection on your takeaways from the video. This should summarize the content and apply your understanding.</p> <p>Please submit your Google Doc to Mrs. Rose via email.</p>	<p><u>COOKING WITH FAMILY</u> Work with a family member(s) to prepare a new recipe together! Use the internet to find a new recipe, prep the ingredients, make the recipe and enjoy eating. Take multiple photos or make a TikTok of the process.</p> <p>Please submit BEFORE, DURING and AFTER photos OR your TikTok Link to Mrs. Rose via email.</p>

<p><u>FOOD SAFETY</u></p> <p>Take this Food Safety Quiz, utilizing the HINTS in the questions if you are not sure of the answers. Once completed, screenshot your score.</p> <p>Please submit the SCREENSHOT to</p>	<p><u>FRUITS AND VEGGIES</u></p> <p>Read the article: Fruits, Veggies and Exercise.</p> <p>For 1 day, aim to eat the recommended amount of fruits and veggies for you (last paragraph of article). You can take pictures of</p>	<p><u>MYPLATE WEBQUEST</u></p> <p>Complete the following MyPlate Webquest by using the links provided in the document.</p> <p>YOU MUST “MAKE A COPY”- Save the new copy in your Foods 1 Shared Google Drive Folder so the answers</p>	<p><u>WHAT’S FOR LUNCH?</u></p> <p>Create a short video or TikTok demonstrating how you prepare one lunch.</p> <p>Be creative with the video- but this could be as easy as a sandwich or mac n cheese. Focus on defining cooking terms and</p>	<p><u>RESTAURANT COPYCAT</u></p> <p>I know we are all missing our favorite dining out options right now!</p> <p>Check out this Restaurant vs Homemade Playlist and then try to make a restaurant or fast food meal at home! Record the</p>	<p><u>DEEP CLEAN THE KITCHEN</u></p> <p>Use the resources provided (or others) to ensure a thorough clean of the kitchen and dining area! Safety and Sanitation is our number 1 rule 😊</p> <p>Cleaning Article- Kitchens</p>
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<p>Mrs. Rose Via Email</p>	<p>yourself eating or make a TikTok to recap the day.</p> <p>Please submit all photos OR your TikTok Link to Mrs. Rose via email.</p>	<p>SAVE automatically for you.</p> <p>Please submit your Google Doc to Mrs. Rose via email.</p>	<p>identifying kitchen utensils.</p> <p>Please submit the short video OR TikTok Link to Mrs. Rose via email.</p>	<p>process and outcome.</p> <p>Please submit BEFORE, DURING and AFTER photos OR your TikTok Link to Mrs. Rose via email.</p>	<p>Please submit BEFORE, DURING and AFTER photos OR your TikTok Link to Mrs. Rose via email.</p>
<p>COOKING TECHNIQUES</p> <p>Take this Cooking Techniques Quiz, utilizing the HINTS in the questions if you are not sure of the answers. Once completed, screenshot your score.</p> <p>Please submit the SCREENSHOT to Mrs. Rose via email.</p>	<p><u>SPENDING MEALTIME TOGETHER</u></p> <p>Please read the article: The Importance of Family Mealttime.</p> <p>Plan a family dinner (or any meal) where everyone comes together. This time should be free of outside distractions, like phones.</p> <p>Use the time to communicate and share with each other. Follow the tips in the article to make the most of the time together! Don't forget to take a picture 😊</p> <p>Please submit your Family Meal Time Photo to Mrs. Rose via email.</p>	<p><u>MOVING YOUR BODY TO BENEFIT YOUR BRAIN</u></p> <p>Please read the article: Mental Health Benefits of Exercise.</p> <p>After reading, choose a physical activity to get your body moving for at least 30 minutes! This could be playing a sport, taking the dog for a walk, completing rigorous cleaning tasks, etc.</p> <p>Answer on a Google Doc:</p> <ol style="list-style-type: none"> 1. What did you do? For how long? 2. How did you feel before? During? After? 3. What did you notice about how it affected your mood? <p>Please submit your Google Doc to Mrs. Rose via email.</p>	<p><u>FOODS VIDEO ANALYSIS</u></p> <p>Watch 1 of the options:</p> <p>NETFLIX:</p> <p>Salt Fat Acid Heat (40)</p> <p>Nailed It! (35)</p> <p>Street Food (30)</p> <p>HULU:</p> <p>Diners, Drive ins and Dives (20)</p> <p>AMAZON PRIME:</p> <p>State Plate (25)</p> <p>Eat the World with Emeril Lagasse (30)</p> <p>After viewing, please type a 1 page reflection on your learning from the video. This should summarize the content and apply your understanding.</p> <p>Please submit your Google Doc to Mrs. Rose via email.</p>	<p><u>FOODS VIDEO ANALYSIS</u></p> <p>Watch 1 of the options:</p> <p>NETFLIX:</p> <p>Rotten (60)</p> <p>Somebody Feed Phil (60)</p> <p>Ugly Delicious (60)</p> <p>Sugar Rush (50)</p> <p>HULU:</p> <p>Guy's Grocery Games (45)</p> <p>CHOPPED! (45)</p> <p>Master Chef (Junior) (45)</p> <p>Cutthroat Kitchen (45)</p> <p>AMAZON PRIME:</p> <p>Is Sugar the New Fat? (45)</p> <p>After viewing, please type a 1.5 page reflection on your learning from the video. This should summarize the content and apply your understanding.</p> <p>Please submit your Google Doc to Mrs. Rose via email.</p>	<p><u>FOODS VIDEO ANALYSIS</u></p> <p>Watch 1 of the options:</p> <p>NETFLIX:</p> <p>Forks Over Knives (1:36)</p> <p>What The Health (1:32)</p> <p>HULU:</p> <p>Food Evolution (1:32)</p> <p>Food, Inc. (1:33)</p> <p>AMAZON PRIME:</p> <p>The Sugar Film (1:42)</p> <p>What's with Wheat (1:18)</p> <p>After viewing, please type a 2 page reflection on your learning from the video. This should summarize the content and apply your understanding.</p> <p>Please submit your Google Doc to Mrs. Rose via email.</p>
<p><u>HANDWASHING</u></p> <p>Watch this video: Alton Brown: Soap vs. Sanitizer</p> <p>Go to the following website: Wash Your Lyrics and enter in a song and artist (school appropriate). This will provide you with a hand washing poster. Using the poster, create a post or TIKTOK about</p>	<p><u>DO THE DISHES (BY HAND!)</u></p> <p>Read the article Dishwashing Made Easy.</p> <p>After a family meal, please clear the table and do the dishes according to the steps in the article. Don't forget to take a picture of the dirty stack as well as a</p>	<p><u>PANTRY CLEAN OUT</u></p> <p>Take this time to go through each food item and throw away outdated/ bad food. Consider donating what you won't use that is still good. Take a photo when done. Create a list of foods you threw out and why. Were there any foods you could bring to the Bagdad Food Bank for donation?</p>	<p><u>REFRIGERATOR AND FREEZER ORGANIZATION</u></p> <p>Clean/wash the inside and outside of your fridge and freezer.</p> <p>Take this time to also go through each food item and throw away outdated/ bad food.</p> <p>Fridge/Freezer Organization</p>	<p><u>CHOPPED!</u></p> <p>Dig through the pantry and/or fridge. Identify 3-5 ingredients you could use to make a dish from scratch. This is your creative recipe- step outside of the box! Please take photos of the ingredients, as well as the final product or make a TikTok of the process.</p>	<p><u>MENU PLANNING ON A BUDGET</u></p> <p>Please open the directions for this assignment: Menu Planning</p> <p>Google Doc: Menu Template and Budget (you MUST 'make a copy'!)</p> <p>Calorie King</p>

<p>hand washing using the lyrics.</p> <p>Please submit a DOWNLOAD of your poster AND TikTok Link to Mrs. Rose via email.</p>	<p>clean sink after!</p> <p>Please submit BEFORE and AFTER photos OR your TikTok Link to Mrs. Rose via email.</p>	<p>Please submit your Google Doc AND Photo to Mrs. Rose via email.</p>	<p>Please submit BEFORE and AFTER photos to Mrs. Rose via email.</p>	<p>SUPERCOOK APP</p> <p>Please submit BEFORE and AFTER photos OR TikTok Link to Mrs. Rose via email.</p>	<p>Coborns Delivers</p> <p>Please submit your Google Doc Template and Budget Sheet to Mrs. Rose via email.</p>
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