

International Foods- March 30 - April 3

United States Multi Genre Research Project To Do List - 50 Points

Things that should have already been completed before Spring Break:

- ☐ Explore the Explain Resources to develop a better understanding about this project.
- ☐ Create the Explain Section Memo, following the provided guidelines in the instructions.
- ☐ Submit the Explain Section Memo using the provided link in the instructions.
- ☐ Topic Research
- ☐ Genre Area Decided for Artifact
- ☐ Artifact structure

If your group failed to complete these tasks then get them done ASAP!

The Process of Creating Your Artifact:

Step 1: Research your topic.

Step 2: Organization of Information: Write a paper about each one of your topics that you have for your region answering the question: How does regional influences affect what we eat?. A paper includes an Introduction, body and conclusion. This may seem elementary but I am trying to help you pull your information together to then create an artifact.

Step 3: Decide on your Genre

- [Resource Link](#)
- Examples of Genres: Print Media, Visuals with Words, Visual Display, Information, Narrative, Poetry, Performance, etc.
- If you decide that this needs to change then do so.

Step 4: Decide on your type of artifact

- [Resource Link](#)

- Examples of Artifacts according to Genres:
 - Print Media: profile, news article, letter to the editor, editorial
 - Visuals with Words: posters, ads, greeting cards, word clouds, emblem, timeline
 - Visual Display: art work, map, collage, artifacts for time capsule
 - Informational: quiz, recipes, menus, how to, charts, biographies, encyclopedia entry
 - Narrative: story, memory, eyewitness account, narrative poem or ballad
 - Poetry: found poem, bio poem, haiku, free verse, song lyrics
 - Performance: podcast, public service announcement, dance, puppet show, video, speech
- If you decide that this needs to change then do so.

Step 5: Create your artifact.

Step 6: Each team member creates a Google Doc including their paper and artifact/artifact link. Make Sure change sharing rights to include Mrs. Ball.

- ☐ Name the Google Doc with this assignment name: FirstName_LastName-International Foods-Artifact Information (Heather_Ball-International Foods-Artifact Information)
- ☐ [Submit Google Doc using the International Foods DropBox](#)
 - ☐ Submit this information no later than Friday, April 3, 2020
 - ☐ Each team member submits their own Google Doc.

Weekly Choice Map

Weekly Instructions: You will select some of the projects or activities listed below to participate in and earn points. You need to earn a total of **50 POINTS** each week! These can be added up any way, however you CANNOT repeat tasks! You can choose whichever activities are applicable to you. The outcome is that you're experiencing a variety of tasks related to the multiple areas of family and consumer sciences- 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 to answer email questions ballh@platteco.k12.mo.us

HAVE FUN with these tasks- I'm eager to hear your feedback and learning along the way! ☺

ETIQUETTE 10 Points	PHYSICAL EXERCISE 20 Points	NUTRITION 30 Points	KITCHEN SAFETY 40 Points	Home Lab 50 Points
<p><u>SETTING THE TABLE</u></p> <p>Meals consumed at home are more satisfying and bring families together.</p> <p>Please view this video: How to set the table - Anna Post</p> <p>Another Resource: How to Set a Table.</p> <p>Create a TikTok that summarizes the do's and don'ts of Setting a Table</p> <p>Alternatively, you could make a Google Slides Presentation with the information.</p> <p>Assignment Name: Etiquette: Setting the Table</p> <p><u>Please upload your Assignment to the International Food Google Form Link.</u></p>	<p><u>REGULAR PHYSICAL ACTIVITY</u></p> <p>Please read the article: Exercise: 7 benefits of regular physical activity.</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>Use Google Doc to create this assignment. Create an exercise plan that would encourage a person to</p> <ul style="list-style-type: none"> • Complete 150 minutes a week of moderate aerobic activity • Complete strength training exercises for all major muscle groups at least two times a week. <p>Assignment Name: Physical Exercise: 7 Benefits of Regular Exercise</p> <p><u>Please upload your Assignment to the International Food Google Form Link.</u></p>	<p><u>Dietary Guidelines</u></p> <p>Please read this article: Translating the Dietary Guidelines into Consumer Messages</p> <p>After reading, you could Create a TikTok/Digital Story that summarizes the Dietary Guidelines.</p> <p>Alternatively, you could make a Google Slides Presentation with the information.</p> <p>Assignment Name: Nutrition: Dietary Guidelines.</p> <p><u>Please upload your Assignment to the International Food Google Form Link.</u></p>	<p><u>NOT SO SAFE SUPPER</u></p> <p>It is important to practice kitchen safety.</p> <p>Please view these videos:</p> <ul style="list-style-type: none"> • Kitchen Safety for Kids • Gear Up For Food Safety <p>Once you have viewed the videos complete the Not So Safe Google Form</p>	<p><u>SPENDING MEALTIME TOGETHER</u></p> <p>Ready the article: The Importance of Family Mealtime.</p> <p>Plan and prepare a family 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 pictures of the process ☺ Don't forget to clean-up the table and kitchen!</p> <p>Provide the following on a GoogleDoc</p> <ol style="list-style-type: none"> 1. Provide Digital Evidence of you cooking, setting the table, eating as a family, and cleaning up. 2. Identify a benefit about eating as a family from the article. 3. Identify a tip for eating together as a family. 4. Self-Evaluation: Then write a few sentences about how your cooking experience

<p><u>TABLE MANNERS</u></p> <p>Watch the following video: Teen Etiquette.</p> <p>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>Assignment Name: Etiquette: Table Manners</p> <p>Please upload your Assignment to the International Food Google Form Link.</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 the questions 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>Assignment Name: Physical Exercise: Moving Your Body to Benefit Your Brain</p> <p>Please upload your Assignment to the International Food Google Form Link.</p>	<p><u>Healthy Meals</u></p> <p>Read the article: Build a Healthy Meal</p> <p>Watch the video: Healthy Eating: Portion Control</p> <p>After reading and watching the video, write a 1 page reflection using GoogleDocs.</p> <p>The reflection should include the order you would use the ten tips in your daily life. Along with your explanation of portion control and how you could use that in your daily life.</p> <p>Assignment Name: Nutrition: Healthy Meals</p> <p>Please upload your Assignment to the International Food Google Form Link.</p>	<p><u>HANDWASHING</u></p> <p>Watch this video: Alton Brown: Soap vs. Sanitizer and learn a little chemistry lesson about how viruses respond to soap.</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, download the pdf. Using the poster, create a TikTok about hand washing using the lyrics.</p> <p>Assignment Name: Kitchen Safety: Handwashing</p> <p>Please upload your Assignment to the International Food Google Form Link.</p>	<p>went and what you could improve upon.</p> <p>Assignment Name: "Home Lab"</p> <p>Please upload your Assignment to the International Food Google Form Link.</p>
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