Mrs. Nesmith

SPORTS NUTRITION



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Sports Nutrition

Weekly Agenda

Week of August 10

	Agenda	Resources
Monday August 10	**Teacher Professional Development Day**	
Tuesday August 11	Welcome Introduction Activity	
Wednesday August 12	Welcome Introduction Activity	
Thursday August 13	Kahoot Google Form 3D Art Straw Activity Netflix All About Me	
Friday August 14	BTC Activity Class Rules Netflix All About Me	

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Week of August 17, 2026

	Agenda	Resources
Monday August 17	Kitchen Appliances & Utensils Kahoot Edpuzzle Utensil Video Kitchen Utensil Digital Notebook	
Tuesday August 18	Wayground Quiz Kitchen Utensil Digital Notebook Continued Kahoot Review	
Wednesday August 19	Kitchen Understanding Recipe Reading Kitchen Measurements	
Thursday August 20	Kitchen Measurement Review Kitchen Utensil/ Measurement Quiz	
Friday August 21	Wellness Friday Activities Begin certification?	

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Week of August 24, 2026

	Agenda	Resources
Monday August 24	**Kitchen Equals & Appliances**	
Tuesday August 25	Kitchen Equals and Appliances	
Wednesday August 26	Notes Kitchen Safety Conversion Practice	
Thursday August 27	Conversion Practice Sheets Intro Kitchen Safety Posters Wellness Walk	
Friday August 28	Kitchen Safety Posters Conversion Practice	

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Week of August 31, 2026

	Agenda	Resources
Monday August 31	Kitchen Conversion Quiz	
Tuesday September 1	Kitchen Organizing Minor Mastery Assignment	
Wednesday September 2	Lab #1 Group 1 Servsafe	
Thursday September 3	ServSafe	
Friday September 4	Lab #1 Group 2 ServSafe	

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Week of September 7, 2026

	Agenda	Resources
Monday September 7	No School - Labor Day	
Tuesday September 8		
Wednesday September 9		
Thursday September 10		
Friday September 11		

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Week of September 14, 2026

	Agenda	Resources
Monday September 14	**Lab Day Chicken Nuggets & Fries Greek Yogurt Brownies** **6 Essential Nutrients Intro wayground & quiz**	
Tuesday September 15		
Wednesday September 16		
Thursday September 17		
Friday September 18		

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Week of September 21, 2026

	Agenda	Resources
Monday September 21	**Lab Day Chicken Nuggets & Fries Greek Yogurt Brownies** **6 Essential Nutrients Intro wayground & quiz**	
Tuesday September 22	**Lab Day Chicken Nuggets & Fries Greek Yogurt Brownies** **6 Essential Nutrients Intro wayground & quiz**	
Wednesday September 23		
Thursday September 24		
Friday September 25		

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Week of September 28, 2026

	Agenda	Resources
Monday September 28		
Tuesday September 29		
Wednesday September 30		
Thursday October 1		
Friday October 2		

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Week of October 5, 2026

	Agenda	Resources
Monday October 5		
Tuesday October 6		
Wednesday October 7		
Thursday October 8		
Friday October 9		

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Week of October 12, 2026

	Agenda	Resources
Monday October 12		
Tuesday October 13		
Wednesday October 14		
Thursday October 15 (End of 1st Quarter)		
Friday October 16	**Teacher Professional Development Day**	

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Week of October 19, 2026

	Agenda	Resources
Monday October 26		
Tuesday October 27		
Wednesday October 28		
Thursday October 29		
Friday October 30		

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Week of October 26, 2026

	Agenda	Resources
Monday October 26		
Tuesday October 27		
Wednesday October 28		
Thursday October 29		
Friday October 30		

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Week of November 2, 2026

	Agenda	Resources
Monday November 2		
Tuesday November 3		
Wednesday November 4		
Thursday November 5		
Friday November 6		

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Week of November 9, 2026

	Agenda	Resources
Monday November 9	Teacher Professional Development Day	
Tuesday November 10	No School - Election Day	
Wednesday November 11		
Thursday November 12		
Friday November 13		

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Week of November 16, 2026

	Agenda	Resources
Monday November 16		
Tuesday November 17		
Wednesday November 18		
Thursday November 19		
Friday November 20		

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Week of November 23, 2026

	Agenda	Resources
Monday November 23		
Tuesday November 24		
Wednesday November 25	No School - Thanksgiving Break	
Thursday November 26	No School - Thanksgiving Break	
Friday November 27	No School - Thanksgiving Break	

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Week of November 30, 2026

	Agenda	Resources
Monday November 30		
Tuesday December 1		
Wednesday December 2		
Thursday December 3		
Friday December 4		

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Week of December 7, 2026

	Agenda	Resources
Monday December 7		
Tuesday December 8		
Wednesday December 9		
Thursday December 10		
Friday December 11		

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Week of December 14, 2026

	Agenda	Resources
Monday December 14		
Tuesday December 15		
Wednesday December 16		
Thursday December 17		
Friday December 18 (Half Day/End of 2nd Quarter)		