

8th Grade Foods and Nutrition

Spring 2020

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Period 1A [xyzornj](#)

Period 6A [dw5othh](#)

Period 1B [p3dzp6k](#)

Period 6B [ul2bll2](#)

Week of:	Standard/Learning Targets	Tasks, Assignments, & Resources	Cooking Lab (optional)
March 23rd	HSE.MS.8.0 Analyze factors affecting consumer decisions for individuals and families. (How does where you live affect your ability to get healthy, affordable food?) Target: I will create a slideshow informing people about food deserts and provide tips for eating healthy on a budget.	Refer to Google Classroom- Food Deserts	Simple Fried Brown Rice
March 30th	Explain the differences between carbohydrates regarding nutritional value and food sources. Target: I will explain the difference between simple and complex carbohydrates.	Refer to Google Classroom- Simple vs Complex Carbohydrates	Homemade Granola
April 6th	Analyze factors that	Refer to Google	Kale Chips

	affect the decisions you make for individuals and families with regards to food choices.	Classroom-Food Allergies and Food Intolerances	
April 14th	Examine farm to family food production. Target: I will compare and contrast an industrialized food system with a local food system.	Google Classroom: Industrial vs Local Food System	Green Smoothie Grow your own food challenge: *grow microgreens indoors *grow an herb in a pot *grow something in a garden
April 20th	Practice basic food preparation skills. Target: I will demonstrate how to follow recipe directions.	Refer to Google Classroom	"Your Choice" Cooking Lab
April 27th	Analyze factors affecting consumer decisions in regards to their food choices. Target: I will inform the audience of what ingredients are in certain foods and the potential side effects of two of those ingredients.	Refer to Google Classroom.	Guacamole
May 4th	Demonstrate how to plan meals incorporating the six basic nutrients. Target: I will create a one week meal plan using whole, real foods.	Refer to Google Classroom.	Roasted Whole Chicken

May 11th	Practice basic food preparation skills. Target: I will list 7 common baking mistakes people make.	Refer to Google Classroom.	Chocolate Cupcakes or Cupcake Recipe of your choice..
May 18th			