

Prepping Your Mind for the Whole Wheat Blueberry Waffle Kitchen Lab

1. Get your assigned laptop
2. Login and click on google
3. Go to Mrs. Creech's website & page for this class
<https://tinyurl.com/y5oo7klw>
4. Using your earbuds/headset watch, listen and complete

Watch "How To Measure Ingredients"

Write down 5 things you learned that will help the head & sous chef do their job correctly tomorrow.

- 1.
- 2.
- 3.
- 4.
- 5.

Watch "How To Sift Flour"

Write down 2 things you learned that will help the head do their job correctly tomorrow.

- 1.
- 2.

What does it mean to fold in the blueberries?

6th grade

Making Connections in Nutrition and Wellness **"Percy Jackson & the Lightning Thief"**

Book Summary:

Always trouble-prone, the life of teenager Percy Jackson (Logan Lerman) gets a lot more complicated when he learns he's the son of the Greek god Poseidon. At a training ground for the children of deities, Percy learns to harness his divine powers and prepare for the adventure of a lifetime: he must prevent a feud among the Olympians from erupting into a devastating war on Earth, and rescue his mother from the clutches of Hades, the god of the underworld.

You may use the internet to answer the questions.

1. What is Percy Jackson's favorite food?
2. What was Percy Jackson's favorite drink?
3. What is Tyson's favorite food from Percy Jackson?
4. What do the demigods eat?
5. What are naturally blue foods that Percy Jackson may like?
6. Project: You are hosting a dinner party to kick off the movie premier of Percy Jackson and the Lightning Thief movie. What food/drink would you plan to serve for each of the courses at a 6 course dinner party?

Appetizer -

Soup -

Salad -

Main Course -

Dessert -

Drink -

7th grade

Making Connections in Nutrition and Wellness **"A Long Walk to Water"**

Book Summary:

The girl, Nya, is fetching water from a pond that is two hours' walk from her home: she makes two trips to the pond every day. The boy, Salva, becomes one of the "lost boys" of Sudan, refugees who cover the African continent on foot as they search for their families and for a safe place to stay.

You may use the internet to answer the questions.

How many times is food talked about in the book?

1. How is honey mentioned in the book?
2. What happens in the story when people eat too much food after not eating food for a long time?
3. Where is Salva when he is able to get a lot of food in the South Sudan?

Project: Comparing and Contrasting

Compare the food from the Southern Sudan to the USA's East Coast (New York)

See if you find 3 foods for each food group

Southern Sudan

USA - East Coast

Vegetables

Grains

Proteins

Fruit

Dairy

8th grade

Making Connections in Nutrition and Wellness "Inside Out and Back Again"

Plot summary:

Inside Out and Back Again is a story about a young girl named Kim Hà and her family, consisting of her Mother and three brothers, being forced to move to the United States because the Vietnam War had reached their home, and it was no longer safe. They board a navy ship and flee.

You may use the internet to answer the questions.

1. How does food play a role in Hà's family when they're in Saigon?
2. What are the major differences between the food in Saigon and the food in America?
3. What are some ways Hà's family copes with the differences in food choices? How does it turn out for them?
4. Does your family have traditions involving food? How are they the same or different from Hà's family?

Project: Food Quotes

1. Go to the following link: <https://tinyurl.com/y45ghatk>
2. Read the 11 quotes about food
3. Get a sheet of notebook paper.
4. Write down your favorite 5 food quotes from the novel and read the explanation on the website then write the explanation in your own words.