**Write a paragraph for Mrs. Jones our Principal about what you have learned in this elective this nine weeks.**

**What grade do you think you earned in this electives this nine weeks based on the objectives you learned and the skills you performed? \_\_\_\_\_\_\_\_\_\_\_\_\_**

**Module 3-Nutrition and Wellness**

**3.01 Understand the impact of choices on wellness.**

**3.02 Understand kitchen basics.**

**3.03 Understand nutritious meal planning and preparation.**

3.01  
1. What is the current USDA issued food guide and dietary guidelines?

2. What are the 6 essential nutrients?

3. What is a food label and how can you read and understand a food label/ingredients lists?  
  
3.02

1. How to be safe and sanitary in the kitchen?

2. What are the basic kitchen tools?

3. How to follow a recipe?   
  
3.03

1. How do you measure, cut, mix and cook in preparing food?

2. How do you plan and prepare meals?

3. How do you work with a team and prepare food in a foods lab?