

Lesson 2

Resources in the Region

UNIT 4 Career Exploration & Guidance

5/2 Review our F2F Goals

Obj. TSW review our three goals for F2F. P. 58 NB



1. List our original 3 goals for F2F.
2. What other accomplishments would you like to have before the end of the year.
3. Besides the Bee Presentation guest speaker, who else would you like to speak?

Bryte Campus Garden Building

West Sacramento Rotarian Day & RCHS Service Learning

In the Morning... at Bryte



Assembling the Garden Beds



See, Our principal works 😊



Hard at work.



Gettin' 'er done!



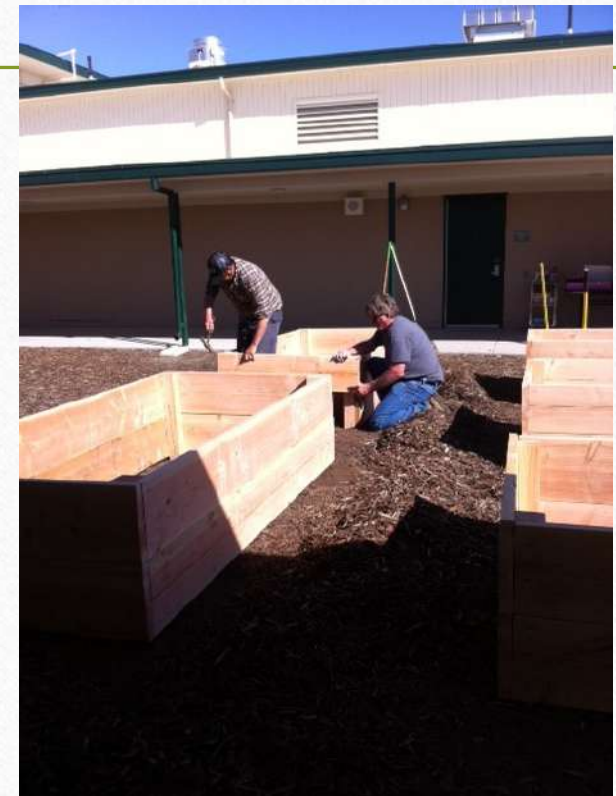
Learning carpentry skills.



Broderick is a community and it cares.



Still working...

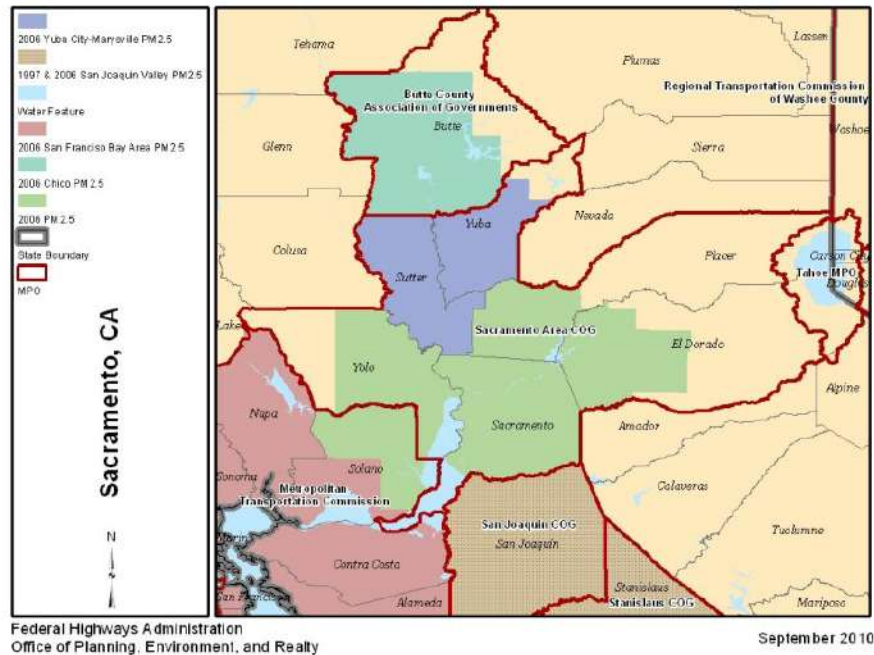


Farm to Fork is more than just a movement it allows our community to come together to create opportunities for young people to learn about growing healthy nutritious food.



5/3 Resources in the Region

Obj. TSW realize all the resources that go into helping develop a successful program. P. 60 NB



1. If West Sacramento is our Community, where and how big is the Sacramento Region?
2. What possible resources could be have in our Sacramento Region?
3. When would you like to do a Garden tour for elementary or go to Stonegate?

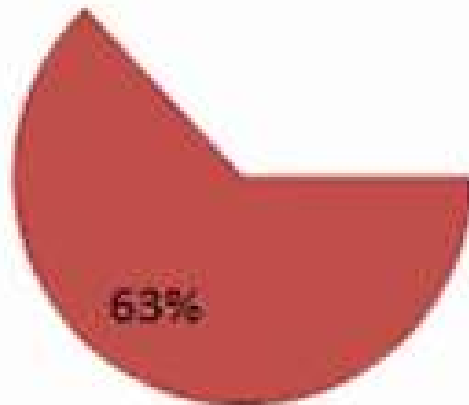
Standard American Diet

Vegetables,
Fruits, Whole
Grains,
Legumes



Red Meat, Fish,
Poultry, Eggs,
Milk and Cheese

Processed
Oils, Fats,
and Refined
Foods and
Sweets



■ Animal-based foods

■ Processed Foods

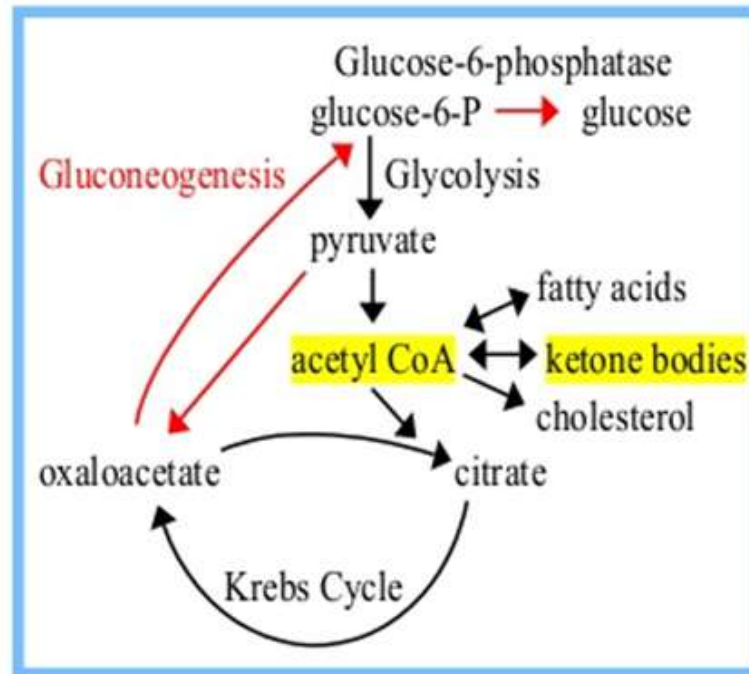
■ Plant-based Foods

Draw
this on
p.37NB

Chemistry in Agriculture P. 39 NB

Ketone Bodies Metabolism

- Ketone synthesis occurs in the Liver - Mitochondria
- During prolonged starvation, fasting (and in diabetes) oxaloacetate is depleted in liver due to gluconeogenesis
- This impedes entry of acetyl-CoA into Krebs cycle.
- Acetyl-CoA in liver mitochondria is converted then to ketone bodies - Acetone, Acetoacetate & β -hydroxybutyrate.



- Find 3 interesting factoids about animals that can be included in your 1 -2 page paper. P. 39 NB

What other local businesses support the Farm to Fork movement? P. 41 NB

- Research 3 businesses within 100 miles that raise, grow, sell, buy, and distribute local produce and meat, including dairy cattle?
- Explain what they do and how they do it.
- Some of this information can be included in your 1 – 2 page paper.

Omnivore's Dilemma

The secrets behind what we eat

Michael Pollan p. 47 NB

- Read the Introduction by Monday P.1 - 6
- What is Monitor?
- How are commercial Potatoes grown in Idaho?
- Where does the meat come from for most fast food?

How Corn Took Over America & The Farm

- How is the supermarket like a field of corn? P.10
- Name some ingredients made from corn. P 11
- How much biodiversity was lost from 1920 – 2002? P. 26 NB
- Discuss a result of growing so much corn. P. 26 - 27

1 – 2 page paper Due May 12th

Where does your food come from?

- Where does your food come from?

- Discuss where your family buys food. Discuss what Farm to Fork is and its benefits.

- Why is it important to know where your food comes from?

- Include examples, explanations, and show the significance of where our food comes from.
 - Maybe include ingredients such as High Fructose Corn Syrup, salt, fat, sugar in our diet.
- Include the difference between processed and natural foods. Why is that important?
- Include companies, businesses that are part of the solution to eat healthier, and companies that could improve to become part of the solution. How are companies trying to change their image?

- APA Style: purdue.owl.edu

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p.49

- Begin the Career Assessment
- Write an occupation you are interested in.
- One sentence describing the job in your own words
- Describe the preparation required for that occupation
- What is the range of salary?
- What is that occupations outlook? Expanding, stagnant, decreasing?
- What are the common College Majors?

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P. 51NB

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- Read: “Things they need to be able to do”
 - Write one - three skill(s) or job description that you are good at.

Entry Level Research P. 53 NB

- Find 3 Entry – Level employment opportunities from the Skills Profiler of California Career Zone
- State your skill that will be an asset to that type of work.

Omnivore's Dilemma

CH 3 From Farm to Factory

Turning bombs into Fertilizer

- What is Agribusiness? P. 29 NB
- What is the main ingredient in fertilizer?
- How is recycling fertilizer in a natural loop different than applying ammonium nitrate?