



Family & Consumer Science Department

Electronic Library for Parents

"Unity is strength. . . when there is teamwork and collaboration, wonderful things can be achieved." —Mattie Stepanek

Skills to Review

MyPlate:

- <http://www.choosemyplate.gov>
- **Video** = <https://www.youtube.com/watch?v=GQkkMRVPy9E>
- **Quizzes** = <https://www.choosemyplate.gov/quiz>

Kitchen Tools & Equipment:

- **Kahoot** - login with Google and search for “kitchen tools” or “kitchen equipment”

Measuring Skills:

- **Video** = <https://www.youtube.com/watch?v=qzr82EuiJu0&t=30s>
- **Slide Presentation** = https://docs.google.com/presentation/d/1sNiM0-N7W4qSvyyczGnvf7QTECl4Y_sHNNI-hBz5ww/e/dit#slide=id.p43
- **Cookie Making Demonstration** = <https://www.youtube.com/watch?v=0nalyEGpuSs>

Washing Dishes:

- **Video** = <https://www.youtube.com/watch?v=3E3jzQDqjY>
- **Article** = <https://www.cleaninginstitute.org/cleaning-tips/dishes/dishwashing-made-easy>

Food Labeling:

- **Video** = <https://www.youtube.com/watch?v=yusSvrLZ-gs>
- After you are done watching this video, perhaps you might want to look through your kitchen cabinets and refrigerator and check some dates. Please check with a parent/guardian before you throw anything out!

Napkin Folding:

- **How to videos** = <https://www.youtube.com/watch?v=enUfKRbJdOw>
<https://www.youtube.com/watch?v=A0O0IBKaQWU>
- **Step-by-Step directions** = <https://www.napkinfoldingguide.com/> (easier to follow as you can proceed at your own pace)
- Next time you are asked to set the table, impress your family using one (or more) of these folds!

Table Settings:

- **Video** = <https://ed.ted.com/lessons/how-to-set-the-table-anna-post>
- **Article** = <https://www.realsimple.com/holidays-entertaining/entertaining/how-to-set-a-table>
- Remember when you set the table, you only need to put out the glasses, silverware and plates that are needed for your meal!