

Barb Stuart's Lesson Plans for the weeks March 16 ~ 20 and March 23 ~ 27

Kitchen Skills (Foods 1)

Students have been given 2 packets. Week 1 will be on Cheese and Cheese Products and Week 2 will be on Eggs and Cooking with Eggs

Week 1

Please read through the notes you have been given.

You will need to complete the worksheets and the quiz at the end of the packet.

You then need to find a recipe where cheese is used, you can make the Macaroni Cheese again.

You will need to prepare a meal for you or your family, and I will need a video (captured on your phone) of you preparing the meal/dish. I will need to see you cooking, the final product and most importantly you actually washing the dishes.

Week 2

Please read through the notes you have been given.

You will need to complete the worksheets on Eggs.

You then need to find a recipe where cheese is used, you can make the Macaroni Cheese again.

You will need to prepare a meal for you or your family, and I will need a video (captured on your phone) of you preparing the meal/dish. I will need to see you cooking, the final product and most importantly you actually washing the dishes.

Here you can make an omelet, fried egg, scrambled egg or even a boiled egg as your lab.

Please note, grades will be given for:

Cheesy Scramble

Cheese Clues

Are You a Cheese Wizz

Getting to Know Eggs

Buying Eggs

The Key to Egg Cookery

Egg Cookery

Beating Egg Whites

You will be given a lab grade for both labs, showing the video and pictures I get of you preparing and cleaning.

Be safe and make wise decisions.

Mrs. Stuart

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Consumer Science (Foods 2)

You are being given a packet to complete on Meal Planning.

All papers need completed and I will then grade them when you return. Anyone who has not completed the packets can expect a 0 for that paper. Please use the textbook, as well as other resources you have.

Lab work will be preparing meals for your family. You **MUST** prepare 3 meals during the 2 weeks off. These need to be recorded on your phones and sent to me. I will need to see you cooking, the final product and most importantly you actually washing the dishes.

Please be aware that a meal consists of an entrée and 2 sides. I WILL GIVE EXTRA CREDIT FOR THOSE WHO GO ABOVE AND BEYOND.

I will need to see you cooking, the final product and most importantly you actually washing the dishes.

Please note, grades will be given for:

Meal Planning Study Guide (48)

Planning for Appeal (7)

Meals for Busy People (11)

Meal Planning Challenge (8)

The Family Food Budget (19)

You will be given a lab grade for all 3 labs, showing the video and pictures I get of you preparing and cleaning.

Should you have any problems please feel free to contact me.

Be safe and make wise decisions.

Mrs. Stuart

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Consumer Skills

You have been given the packet with all your work for the next 2 weeks.

Please be sure you complete it if you want to get the credit.

The first pages are on Dish washing, please read the first page and answer the second.

You then have 2 pages on recipes to complete. If you are having problems with answering them, please feel free to email me. bstuart@rsd.k12.pa.us

I have included 5 recipes. Please make 3 of them and take a picture of you making it, the final product, and you washing the dishes. You will only get the credit if I see all 3 photos of each recipe.

Please stay safe and make wise decisions.

Mrs. Stuart