

Foods Class Review: May 3-14, 2021



A week of exploring the benefits of fresh fruits and vegetables and a video tour of the produce aisles of Shop-Rite in Flemington to identify which produce were at peak season between April and November were some of the highlights in Foods Class. We reaped a healthy harvest of knowledge discovering the nutritional benefits of eating our vegetables and various ways they could be prepared.

Preparing potatoes four ways demonstrated that we don't always need a cookbook recipe in order to prepare a healthy meal or snack. A russet potato was baked (microwaved to save time), mashed, twice baked, and then the skins were topped with cheese and placed in the boiler to brown.

Furthering our vegetable study, the students enjoyed watching "Stone Soup" being made in Mexico – not the fairy tale version either! Part of preparing vegetables for a recipe can include various knife skills and, after a lengthy explanation of the "pinch grip" and "bear claw" method of safely handling a knife to use in cutting food, students watched Chef Vahchef demonstrate how to cut vegetables into various shapes as he explained each method. These included julienne, chiffonade, brunoise, batonnet, paysanne, dicing, cubing, and mincing. After watching the video, students had an opportunity to try cutting a carrot using one of the methods they had watched.

Students prepared for a quiz by completing a question and answer worksheet. After the quiz on fruits, vegetables, and recipe reading, a lesson followed on basic table setting and napkin folding. Don't let them tell you otherwise – they certainly can set a beautiful table, complete with an attractive napkin fold-they practiced four different ones in class (and there are reference sheets on their google classroom). I did warn them that

they might end up with a new job at home – setting the dinner table! Ask them how F.O.R.K.S. will help them remember how!!

This week, we took a break from the food groups and focused on the ways advertisers promote their products and services, especially in the food industry. We began with a definition of advertising and recognized the need to "position" a product when it is not very different from the competition's product, as in bottled water. This type of product was defined as a parity product and students were able to provide examples of other parity products such as milk, apple juice, rice, and pasta.

As the students looked at various (fictional) hot dog ads, they discovered different techniques advertisers use to encourage a consumer to try their product. These include: testimonials, band wagon, generalities, special ingredient, and rewards. A video followed that showed some of the most popular t.v. food commercials and their mascots.

As a final exercise, students role played a career as an "advertising agent" and developed their own print ad featuring a fruit or vegetable. Details such as: nutritional information, serving size, examples of how to enjoy their fruit or vegetable, and the advertising technique they were using for their print ad needed to be incorporated in the ad. As 5% of their final grade, the students had one whole block to complete the assignment. I think there are definitely advertising careers in the future for some of these students. Such beautiful ads! (A-classes will be doing this project on Monday, May 17).

Thank you, again, for the kind notes and messages describing the experiences you are sharing with your students in your kitchens at home. I love reading them!

Stay well!

Mrs. Ginny Shanahan

Family and Consumer Science – Foods