

Family and Consumer Science	Culinary Arts
Financial Literacy NEW Students will learn about various financial literacy topics through online activities and games. <u>Lesson Presentation</u> <u>Financial Literacy Modules</u>	Science of Baking NEW See how the Science of Baking can affect your baked products! <u>Lesson Presentation</u> <u>Directions for Activity</u>
My Plate Learn about the current US Food Guide and what the recommendations to healthy eating are, and create your own meal using the guidelines! <u>Lesson Presentation</u> <u>Lesson Links</u>	Famous Chefs! Investigate your favorite chef in this lesson and learn more about chefs in the restaurant industry. <u>Lesson Presentation</u> <u>Lesson Links</u>
Stress Management Learn what stress is, how it affects your body, and come up with ways to help you cope with your stress! <u>Lesson Presentation</u> <u>Lesson Links</u>	Coronavirus and the Restaurant Business How has the Coronavirus affected restaurants around the country? In this lesson find out what restaurants are doing to remain open. <u>Lesson Presentation</u> <u>Directions for Activity</u>
Sewing on a Button Learn how to thread a needle and sew on a button! <u>Lesson Presentation</u> <u>Lesson Links</u>	Meal Planning Learn what it takes to plan a meal from start to finish. <u>Lesson Presentation</u> <u>Directions for Activity</u> <u>USDA Meal Planning during the Pandemic</u>
Goal Setting Students will understand what SMART goals are and why they are important, develop both short- and long-term SMART goals, and create a vision board that displays their goals, values, and wants for the future. <u>Lesson Presentation</u> <u>Goal Setting Handout</u>	Fast Food Makeover This lesson will explore how to use a nutrition label to recreate a fast food option to make it healthier. <u>Lesson Presentation</u> <u>Directions for Activity</u> <u>Activity Example</u>

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Career Exploration! Students will learn what a career is, take career surveys in order to explore different career paths, and research one career. <u>Lesson Presentation</u> <u>Lesson Links</u>	Convenience Foods: What's to Eat? Have you ever wondered what you can create with those cans of food that you have at home? In this lesson, you will explore the world of convenience foods. <u>Lesson Presentation</u> <u>Directions for Activity</u> <u>Article and Graphic Organizer</u>