

OUTLINE OF ACTIVITIES IN MIDDLE SCHOOL RESOURCE BINDER (2013)

- Sample term plans for an 8 week Explorations rotation, for Grades 6, 7 & 8
- For Grade 6/7
 - Course Outline
 - Student profile
 - Safety in the Kitchen Activities
 - Lab procedures + Equipment Hunt
 - Safety Quiz
 - Dream Menu activity + marking criteria + reflection
 - Nutrient Superheroes Activity (explanation + sample)
 - DIY Smoothies (recipe + theory questions)
 - Roasted Veggie Quesadilla (recipe + theory questions)
 - Turtle Shaped Sugar Cookies (recipe + theory questions)
 - French Toast (recipe + theory questions)
 - Foods Journal
 - Marking criteria for a hand sewing stitch sample
 - Design your own stuffy (hand sewing) instructions + marking guide
 - Other project suggestions and links to websites to support the teaching of them
 - Drawstring bag assessment
- For Grade 8
 - Safety Scenarios
 - Lab procedures + duties review
 - Food Trends Activity
 - Self evaluation sheet for labs
 - Pizza (recipe + theory questions)
 - Cream Filled Chocolate Cookies (recipe + theory questions)
 - Breakfast Burrito (recipe + theory questions)
 - Activity to introduce Food Stories + Food Systems
 - Chips + Dip lab evaluation
 - 20-day unit overview for a boxer shorts project + marking guide
 - Sample letter home for material
 - Parts of the Machine Worksheet
 - Machine sewing stitch sample assignment