



FACS Virtual Learning

10-12 Grade

Culinary Essentials

MyPlate Poster Activity

April 23, 2020



10-12/Culinary Essentials
Lesson: April 23, 2020

Objective:

I can evaluate the effect of nutrition on health, wellness, and performance.

Learning Target:

14.2: Examine the nutritional needs of individuals and families in relation to health and wellness across the life span

Warm-Up Activity: TikTok Demonstration

1. Click on the following link to access your warm-up activity:
https://drive.google.com/open?id=1E7HcytP-XWGKnVyuse4I5h_A9w_6bcKHP0eXty_gkDE
2. Share your completed work with your culinary teacher via email if you wish to receive feedback. This is not a requirement but we would love to see what you've been working on!

Assignment Title:

MyPlate Poster Activity

1. Click on the following link to access your activity for today:

https://drive.google.com/open?id=1e_0NVYWvtEBooTYNg2DK7gYDzEiVdrcSYQhHG53iraQ

2. For this activity, you will need the following supplies:
 - a. Poster board or construction paper
 - b. Markers, colored pencils, colorful pens (Whatever you want to use to decorate your poster board with)
3. Take a picture of your completed poster and share it via email with your culinary teacher if you wish to receive feedback

*If you don't have poster supplies at home, you may create a Google Slides presentation including the information you find on choosemyplate.gov