



# FACS Virtual Learning

**9-12 Grade**

**Introduction to Hospitality & Culinary**

**MyPlate Poster Activity**

**April 23, 2020**



## 9-12/Introduction to Hospitality & Culinary

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](https://drive.google.com/open?id=1E7HcytP-XWGKnVyuse4I5h_A9w_6bcKHP0eXty_gkDE)
2. Share your completed work with your Intro 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](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 Intro 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](http://choosemyplate.gov)