

Family and Consumer Science News

Mrs. Curtis

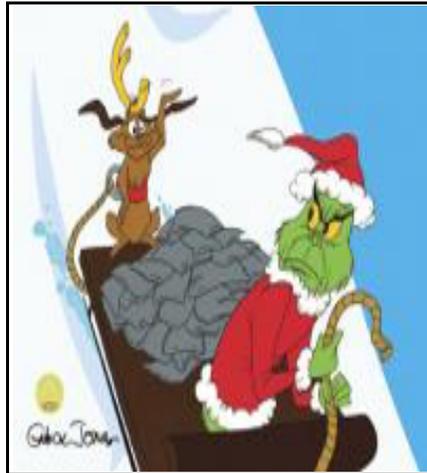
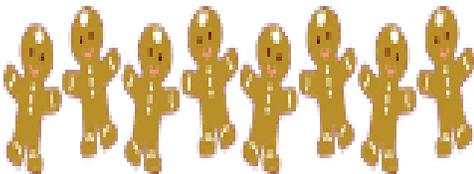
December 6, 2020

8th Grade

8th Graders have been busy both at their desks and in the Kitchen. In the last week the students made Cheese & Chicken Quesadillas, both in a Quesadilla machine and on the stove in a skillet. Two Thumbs Up on that recipe. They also made fruit turnovers. Delicious!

This coming week the students will be learning about Dugs and Their Body. NOT a pretty sight, and hopefully they will learn the importance of staying smoke, alcohol and drug free!

The last week of school, they will be spending five days in the kitchen making fudge, sugar cookies, thumb print cookies, soft gingersnap cookies, lemon cookies and Italian cookies. Hopefully some will make it home to the rest of the family!



H.S. Food & Nutrition

The Freshman class in November made pies, and some even made their own to take home. They have been learning about the importance of fats, proteins, LDL and HDL. They read that it is important to avoid trans fats and to limit and to READ THE LABEL! In the next week they are finishing up the movie, SuperSize Me, and if that doesn't help you steer away from fatty foods, the only thing left would be a heart attack! Chapter 8 this week will cover vitamins and minerals, and then it is on to a week of cooking in the kitchen, (with some cleaning thrown in!). They made their own pizza dough this last week and discovered an alternative to a red pizza sauce. The last week of school they will be making baked goods to bring home for the Holidays to taste!

Pro Start

It is all about the MEAT and the different methods of cooking it. Grilling, broiling, roasting, baking, marinating, broiling, pan-frying, stir-frying, deep-frying, breading and a lot more! But no-way are we going to try barding and larding! They cooked some fish this last week with a Greek yogurt marinade, and of course being teenagers, their noses turned up, but hey, marinating meat is our friend!

Life on Your Own

We have now moved on to skills needed for family, friends, and guy girl relationships. How to resolve problems, when to walk away, and when to stand up for what you believe in. "I" messages are a tool you may be hearing at home, and that is great! Use the same message back at them and resolve the issue! The theme continues as we begin discussing serious relationships, how to avoid bad ones, how to recognize when you are in an abusive relationship and how to walk away. We then move on to MARRIAGE! This group also gets to do some baking next week!

Parenting and Human Development Some Reality babies have gone home before and after Thanksgiving. Hopefully they are learning that they are not ready for babies! We have finished our unit on newborns, delivering a baby, and what it takes to raise one financially. Over the next two weeks they are working on a special project that will take them through to the Holiday Vacation.

The most treasured things passed down from generation to generation are the family recipes.

- Robert St. John