

Family and Consumer Science News

Mrs. Curtis

October 30, 2020

8th Grade

During the four days this week we made our version of trail mix on Monday. They learned it just isn't for trails, and they don't have to have specific ingredients! They can put what they have at home in their bag. They learned about the top five causes of accidents in the kitchen, and all about the tools of the trade. Some kitchen utensils they hadn't ever seen, but most they had. To finish out the week, they made popcorn balls! They used the air popper machine and melted butter and marshmallows. They looked pretty pleased when they left! Here is the recipe:

Directions for Popcorn Balls (8 large)

Ingredients: 1/2 cup un-popped popcorn, 6 tablespoons butter, 5 cups miniature marshmallows. Get out 2 cake pans (8x 10) or 2 (9 x 13) sheet cake pans, or one of each. Do not put wax paper on the pans.

Instructions First, measure out your ingredients and get your pan and cake pan ready. The popper is already set up with the bowl to pop it in.

Step 1 Add 1/2 cup of un-popped popcorn to the Air Popper. Place the cake pan under the air popper, then plug it in after you put the yellow top on.

Step 2. Meanwhile, melt butter in a medium saucepan over low heat. Stir in marshmallows and cook until melted, stirring constantly. Pour 1/2 of the marshmallow mixture over popcorn that is in the cake pan and mix with spoon to coat evenly. Then do the same with the rest of it in the other pan.

Step 3 Let mixture cool slightly. Spray your hands over the sink with non-stick cooking spray. Mix popcorn with your hands so that it is evenly coated.

Step 4 Form popcorn into balls.



H.S. Food & Nutrition

9th Graders cooked rice this week, two kinds, brown and long-grained white. The next day they continued to improve their knife skills and cut up celery, onion, red pepper and cabbage. They then followed a simple recipe for fried rice. They cooked it with sesame oil and were taught that sesame oil will smoke if it gets to hot. They also added shredded carrots and frozen peas. This was followed by adding the eggs, then the rice. Maybe not as tasty as at a restaurant, but they ate it! Following their test on Thursday, they made popcorn balls, after all, we all should know how to make those! The recipe is under the 8th Grade news.

I've never met a popcorn ball I didn't like. [Deb Caletti](#)



Parenting This week they started preparing for the baby's arrival. We discussed ways to help a sibling adjust to a baby, baby equipment, and sympathy pregnancy the father might experience. We also made popcorn balls as it is a fun cooking activity to do with children!

Pro Start

Continuing with their standard and industrialized recipes, they worked on a spreadsheet that showed them price, cost, and profit. During the week they cut up pie pumpkins harvested from Cox Farms, roasted them and then turned them into pumpkin puree. We will be turning that into some incredible pumpkin bread we will be selling in the near future.



Life on Your Own

This week we had guest visitors from Pinnacle Bank. Thank you Michelle Spady and Kelly Hammerlun, we enjoyed your visit! And because life on your own does involve cooking, they made some pumpkin bread. It turned out great!

They then divided into two groups to begin sessions on living with roommates. It was fun to hear them go back and forth on the different scenarios. They will continue with this next week as they will start to learn about rental contracts, and more budgeting.

