**Family and Consumer Science Choice Board**

**Directions:** Choose any 6 of the following assignments. Only complete 2 for each week. Complete the requirements for all 6 and staple them together before turning in. Unless otherwise in the box, assignments may be completed by hand or digital. Please see the examples provided for the expectation of work.

<table>
<thead>
<tr>
<th>Article Review</th>
<th>Nutrition Label Comparison</th>
<th>Eat the Rainbow</th>
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<tbody>
<tr>
<td>Read the article, “Hungry For Perfection” and write a 1 page evaluation about it.</td>
<td>Gather 3 nutrition labels. Glue them to a piece of paper First, decide which items would be better food choices than others; explain your choice. Rank them best to worst. Then describe the positive and negative results of eating each food</td>
<td>Find pictures or draw Create a rainbow out of fruits and vegetables. Under your rainbow, include kid friendly recipes for each of the items to encourage kids to eat healthy.</td>
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<td>Articles may be found in classroom</td>
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**You**

<table>
<thead>
<tr>
<th>Careers</th>
<th>Brochure</th>
<th>Meal Plan</th>
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<tbody>
<tr>
<td>Create a list of 25 careers related to food (not just restaurants, think of where food comes from and how it’s made for example). Choose 5 and research the average salary and minimum education required for that career.</td>
<td>Use a sheet of paper Create a brochure that promotes a healthy lifestyle. Be sure to include the MyPlate recommendations in your information! Must be colorful</td>
<td>Create a 2-day meal plan that meets the MyPlate requirements for each day. List breakfast, lunch, dinner, snacks, and drinks for each day. Include the amount of each they are consuming.</td>
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**ABC’s**

Create an A-Z list of suggestions for kitchen safety. Example: A: always wear an apron

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<tr>
<th>Top Chef</th>
<th>Nutrition Teacher</th>
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<tbody>
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<td>Create a cooking challenge for your classmates. You must include the theme, your expectations (rules), and a rubric for the judges.</td>
<td>Pretend you are a Nutrition and Wellness teacher. Create a computer-generated worksheet that students could complete. You may create this activity over any topic we have covered this semester. Also create an answer key for the worksheet you created.</td>
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**may not copy any of the examples**
ABC's

A - make sure to wear an Apron in the kitchen
B - always look for Bacteria before cooking with food
C - when you're done in the kitchen Clean the counters

Day 1:

- **Breakfast:** Banana Walnut Oatmeal
  1 hard-boiled egg
  1 cup orange juice
- **Lunch:** Tofu Salad Sandwich
  2 slices whole-wheat bread
  1/4 cup Tofu Salad
  2 slices tomato
  1 romaine lettuce leaf
  1/2 cup carrot sticks
  1 Tbsp Ranch dressing
  Apple Cinnamon Bar
  1 cup lowfat milk
- **Dinner:** Easy Red Beans and Rice
  1/2 cup cheddar cheese, shredded
  Lemon Spinach
  1 large orange
  1 cup lowfat milk
- **Snacks:** Yogurt Parfait
  1/2 cup lowfat vanilla yogurt
  1/2 cup toasted oat cereal
  1 Tbsp chopped nuts
  1 Tbsp raisins

Day 2:

- **Breakfast:** Perfect Pumpkin Pancakes
  2 Tbsp pancake syrup
  1 turkey sausage link
  1 medium banana Beverage: 1 cup apple juice
- **Lunch:** Easy Red Beans and Rice
  1/2 cup cheddar cheese, shredded
  Side Salad
  1/2 cup romaine lettuce
  4 slices cucumber
  1/2 cup chopped carrot
  1 Tbsp vinaigrette dressing
  1 slice whole-wheat bread
  1/2 tsp tub margarine, beverage: 1 cup low fat milk
- **Dinner:** Mashed Butternut Squash
  Mashed potatoes
  1 cup cooked potatoes
  1 Tbsp lowfat milk
  2 tsp tub margarine
  1/2 cup green peas (frozen)
  1/2 tsp tub margarine
  Beverage: 1 cup lowfat milk
- **Snacks:** Popcorn (2 cups popped)
  2 Tbsp kernels
  1 tsp vegetable oil
  Yogurt Pop

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Recipes

1. **Tomato (Classic Tomato Soup)**
   - 1 1/2 tablespoons olive oil
   - 1 medium onion, diced
   - 2 cloves garlic, minced
   - 2 tablespoons flour
   - 2 - 14 1/2 ounce cans diced tomatoes
   - 1 cup vegetable broth
   - Pinch sugar
   - 1/4 teaspoon thyme
   - Freshly ground black pepper and sea salt

2. **Directions**