

OAKLAND CUSD #5

NUTRITION

APRIL 20-24, 2020

DANIELLE PENDERGAST-WHITE

Week of April 20-24, 2020

Family and Consumer Sciences

Mrs. Pendergast-White

My office hours will be Monday 9-11, Tues 1-3, and Thursday 3-5. I will do my best to check my email multiple times each and every day in order to answer any questions that parents or students have. Please do not ever hesitate to contact me, I understand this is all new and stressful, and I am happy to answer any questions or help in any way possible in order to ease any stress on both parents and students.

Notes: Students may email me any completed work. If email is not an option, please feel free to drop work off at the Oakland School Foyer.

Email: danielle.pendergast-white@oakland5.org

Class	Choice 1	Choice 2	Choice 3 (Enrichment)
Culinary Occ	Read the Herbs & Spices Article & answer the questions on the handout that goes with the article. Email me your completed work or drop it off in the foyer.	Create the recipe for Choice 2 using potatoes and herbs/spices you have at home. You can use one herb/spice, mix some together, or try the recipe with a couple of herbs/spices separately. Create this recipe and complete the evaluation of the dish describing the Aroma, Color, Taste, Texture, and rate this. Take a picture if you can and send it to me with the completed recipe evaluation via Email or drop it off in the foyer! I cannot wait to see this. Also, feel free to create a "Cooking Show" Video while you prepare the dish!	Complete the Herbs & Spice Taste Test Evaluation with Herbs/Spices you have at home for Choice 3. Complete the chart. Refer to the herbs & spices information for Choice 3. Email me your completed work or drop it off in the school foyer.

<p>Interior Design</p>	<p>Review the Texture in Interior Design PowerPoint, along with the Texture handout. Complete the pattern and texture activity for choice 1. Email me completed work or drop it off in the school foyer.</p>	<p>Review the information on the Texture PowerPoint, and the Texture handout. Complete Texture Activity for Choice 2. You may email me the completed project or drop it off in the school foyer.</p>	<p>Review the info on the Texture PowerPoint, and Texture Handout. Complete the Texture Activity for Choice 3. There are examples in the Powerpoint. There should be 6 texture rubbings total that you create into a mosaic design.</p>
<p>Foods & Nutrition II</p>	<p>Read the Chew on this Infograph regarding Food Safety. Complete the handout/questions that go with it. You can also find the Infograph on the website listed on the handout for Choice 1.</p> <p>Send your finished assignment to me through email or drop it off in the school foyer.. Also, any questions just let me know!</p>	<p>Let's get cooking. I included a recipe for Texas Roadhouse Rolls w/ Cinnamon Butter for Option 2. These turned out GREAT last year, but we needed to double the cinnamon butter recipe. Make it, bake it, send me a picture if you can, and <u>complete the evaluation</u> that goes over the aroma, taste, texture, etc. If you do not have the ingredients at home, try to make something else we have made in our Quick Breads unit, muffins, pancakes, waffles, etc. or Yeast Bread Recipe. Do the same thing, make it, take a pic (if you can) and complete the evaluation for option/choice 2! You may email me finished work or drop it off in the school foyer. Any questions just let me know!</p>	<p>Complete Food History Research project using one of the foods on the list for Option 3. You may create a small poster with the information or you can include the information in a Presentation on Google Slides or PowerPoint. Send the completed project to me via email if you can or drop it off in the school foyer.</p>
<p>Food and Nutrition II Continued</p>			
<p>Resource Management</p>	<p>Read through the infograph for Identity Theft. Answer the questions on the handout</p>	<p>Complete the My Fraud Risk Handout for yourself. Complete the Fraud Risk Assessment</p>	<p>Read through the 3 D's article on Identity Theft for Option 3. Create a small poster, or a Google</p>

	<p>for Choice 1, You may email completed work or drop it off in the school foyer. Any questions just let me know.</p>	<p>for two family members. Send a copy of your Fraud Risk Results & in writing, let me know the fraud risk of two family members. Email me your completed work if you can, if not drop it off in the school foyer.</p>	<p>Slides or PowerPoint Presentation with the 3 D's for Identity Theft, and three facts for each D. Interview a family member about what precautions they take to prevent identity theft, put their answers in writing. Send completed work through email if you can, if not you can drop it off in the school foyer.</p>
<p>Child Development</p>	<p>Read pages 260-261 in Textbook. Complete the worksheet for "What is your Temperament?" Write your answers to 1 & 2 in complete sentences. Email me your completed work if you can, or drop it off in the school foyer! Any questions just let me know!</p>	<p>Read through Section 8-2 in textbook. Complete the Milestones in Social Development handout. Email me your finished assignment if you can, otherwise feel free to drop it off in the school foyer! Any questions, just let me know!</p>	<p>Read through pages 260-261 in textbook. Complete Choice 3 Activity about temperament traits. Email me your final product. Any questions just let me know!</p>

Infographic Analysis

Use the information in the infographic "Chew on This" at <http://www.mba-healthcare-management.com/food-safety/> to answer the below questions in complete sentences.

1. What would you say would be the topic of this infographic based the title?
2. Identify three facts from this infographic and explain why they are important to know.
3. What three groups of people are more at risk for getting sick from this problem?
4. Identify the 11 signs/symptoms associated with these illnesses.
5. The infographic states that 8 out of 10 outbreaks come from food prepared in commercial settings. Give two examples of commercial settings.
6. Use the graph to complete the following:
 - a. What source contributes to the highest percentage of food borne illnesses?
 - b. What contributes to the second highest percentage of food borne illnesses?
 - c. What contributes to the lowest percentage of food borne illnesses?

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7. a. How many food borne illnesses are caused by bacteria? Identify them.
 - b. How many food borne illnesses are caused by a virus? Identify them.
 - d. How many food borne illnesses are caused by a parasite? Identify them.
 - e. How many food borne illnesses are caused by chemicals? Identify them.
8. Give examples of food sources for the following food borne illnesses:
 - a. Salmonella:
 - b. Listeria:
 - c. E. Coli:
 - d. Botulism:
9. Refer to the deadliest outbreak chart for the following TRUE or FALSE statements. If the answer is false, correct the statement to make it true.
 - a. True or False: The deadliest outbreak of E.Coli occurred in Germany in 2011.
 - b. True or False: E.Coli occurred in 1993 at a McDonald's restaurant.
 - c. True or False: A listeria outbreak occurred in the U.S. five times.
 - d. True or False: A salmonella crisis in milk infected 5,295 people.
 - e. True or False: There were more outbreaks of listeria from cantaloupe than from poultry.
 - f. True or False: A hepatitis outbreak occurred in 2003 from mushrooms.

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10. Use the "Safety First" section of this infographic to properly classify by "letter" the precautions that would help reduce the risk of infection on the Safety First chart on the next page. *K, S, C, T, U - See Next Page*

- a. Boil soups/stews and make sure juices from meat/poultry are clear.
- b. Choose safely processed food such as pasteurized milk.
- c. Cook all foods thoroughly, but especially meats.
- d. Do not store food too long in the refrigerator.
- e. Do not thaw foods at room temperature.
- f. Do not use expired foods.
- g. Keep hot foods hot (above 140 degrees) prior to serving.
- h. Keep kitchen area free from insects and pests.
- i. Refrigerate perishables and leftovers promptly.
- j. Reheat previously cooked foods thoroughly.
- k. Select fresh and wholesome foods.
- l. Separate meat, poultry and seafood from other foods.
- m. Store foods in containers to avoid cross contamination.
- n. Wash your hands before, during & after handling foods.
- o. Wash your hands after using the restroom.
- p. Wash & sanitize kitchen equipment & surfaces after preparing foods.
- q. Wash all produce before eating, especially raw.
- r. Use separate cutting boards & knives when preparing raw foods.



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Choice 1

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Safety First

K	Keep Clean	
S	Separate Raw & Cooked	
C	Cook Thoroughly	
T	Keep Food at Safe Temperatures	
U	Use Safe Water & Raw Materials	

11. Who do you think is the target audience for this info-graphic? Explain.

12. In your opinion is this info-graphic intended to make you think about an issue, take a stand or change your behavior? Choose one and explain.



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infographic journal

Choice 1

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Chew On This: Impact of Food-Borne Illnesses

by David Wallace | Aug 26, 2013 | Health Infographics

Illnesses caused by food-borne contaminants affect millions of Americans every year. Hundreds of thousands are hospitalized, miss work or even die. The result is a multibillion-dollar impact on the U.S. economy and healthcare industry. And the real kicker? Most of these infections could be prevented by simple safety precautions.

Learn all about the impact of food-borne illnesses in this infographic by MBA In Healthcare Management Degrees.

[Click image for full size version]

FAN 17

Choice 1

PW
April 20-24

CHEW

ON THIS

NO SMALL PROBLEM

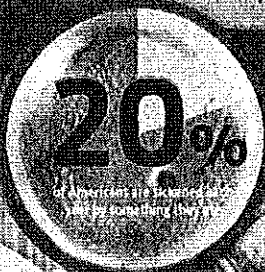
Nearly 20 percent of Americans are sickened each year by something they ate. Hundreds of thousands are hospitalized, and thousands die.

Illnesses caused by foodborne contaminants affect millions of Americans every year.

Hundreds of thousands are hospitalized, miss work or even die. The result is a **multibillion-dollar impact** on the U.S. economy and healthcare industry.

AND THE REAL RICKETY

Most of these infections could be prevented by simple safety precautions.



Medical costs
RELAYS
ERSTE HILF

\$77.7 billion

Productivity losses
(27%) (15%)

Deaths



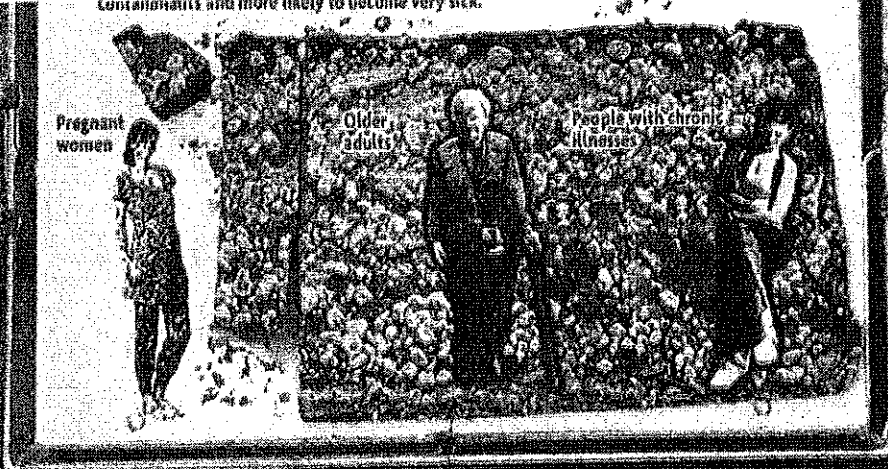
Who's at risk?

While anyone can become sickened by tainted food, certain groups are more susceptible to

HPV and
FAN II

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Choice1
April 2024

Contaminants are more likely to sicken very sick.



What are the signs?

Depending on the contaminant, the most common symptoms of food poisoning can include:



Some infectious agents, such as *C. botulinum*, are more serious and can affect the central nervous system:



WHERE IT COMES FROM

8 in 10

Outbreak involving food prepared in commercial settings



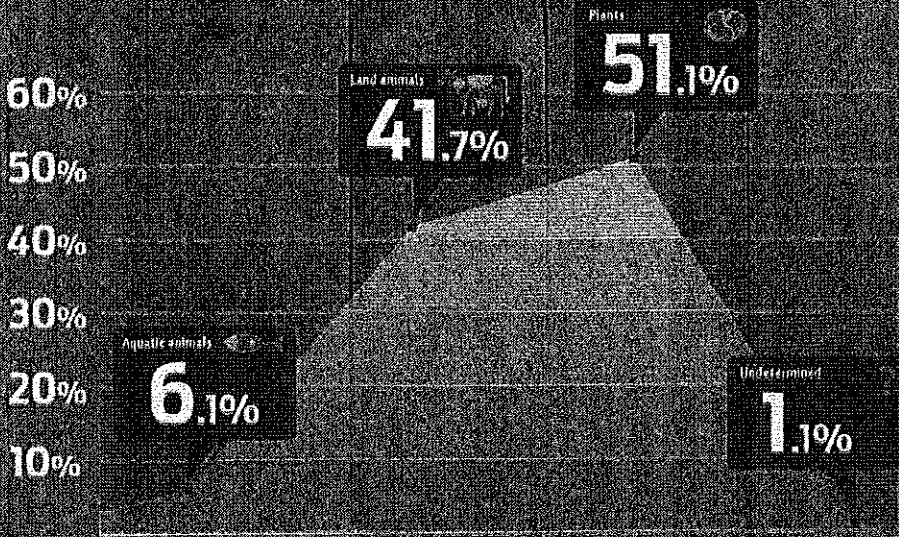
Norovirus outbreaks caused by sick food handlers contaminating food

HP 2012
FHU#

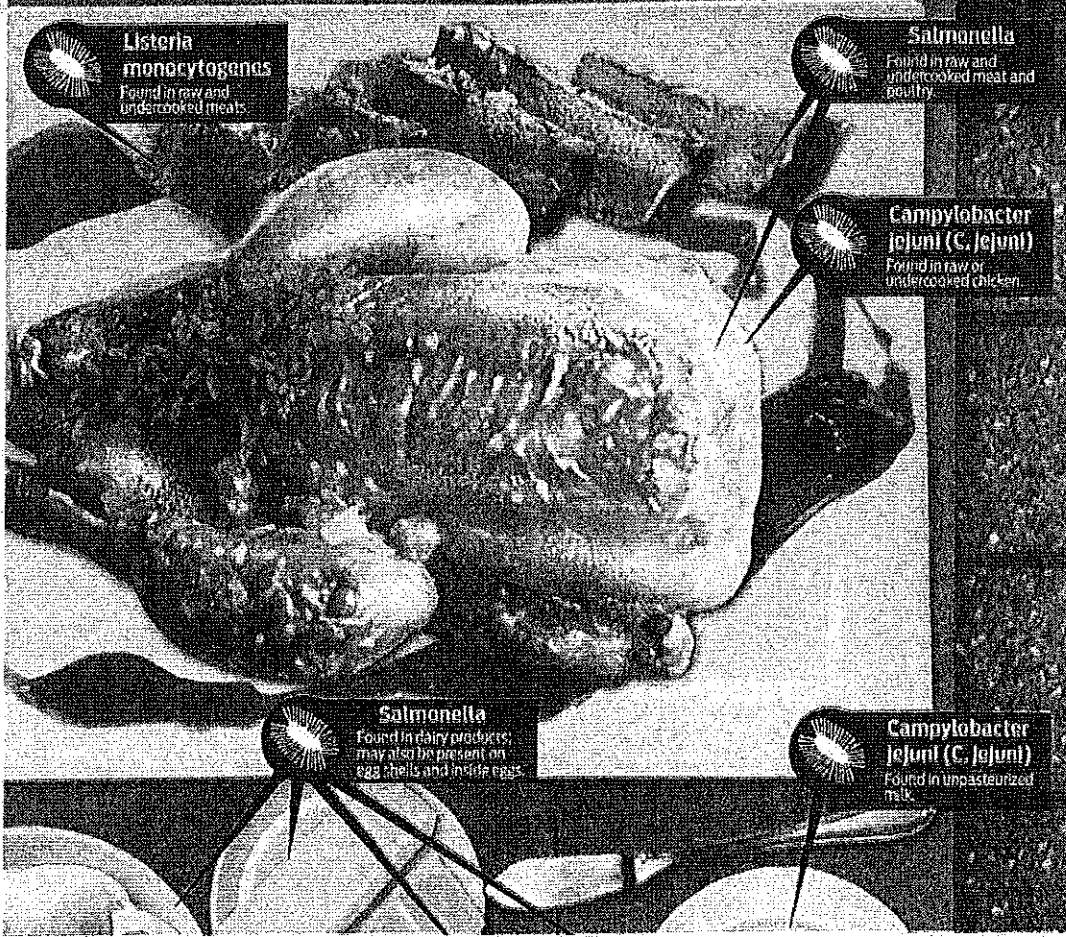
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April 20 24

Annual average foodborne illnesses attributed to various sources:



The majority of foodborne illnesses are caused by harmful bacteria and viruses. Bacteria often are present in raw food, or food that's been improperly cooked. Viruses most often are spread when a sick person handles food.



Listeria monocytogenes
Found in raw and undercooked meats.

Salmonella
Found in raw and undercooked meat and poultry.

Campylobacter jejuni (C. jejuni)
Found in raw or undercooked chicken.

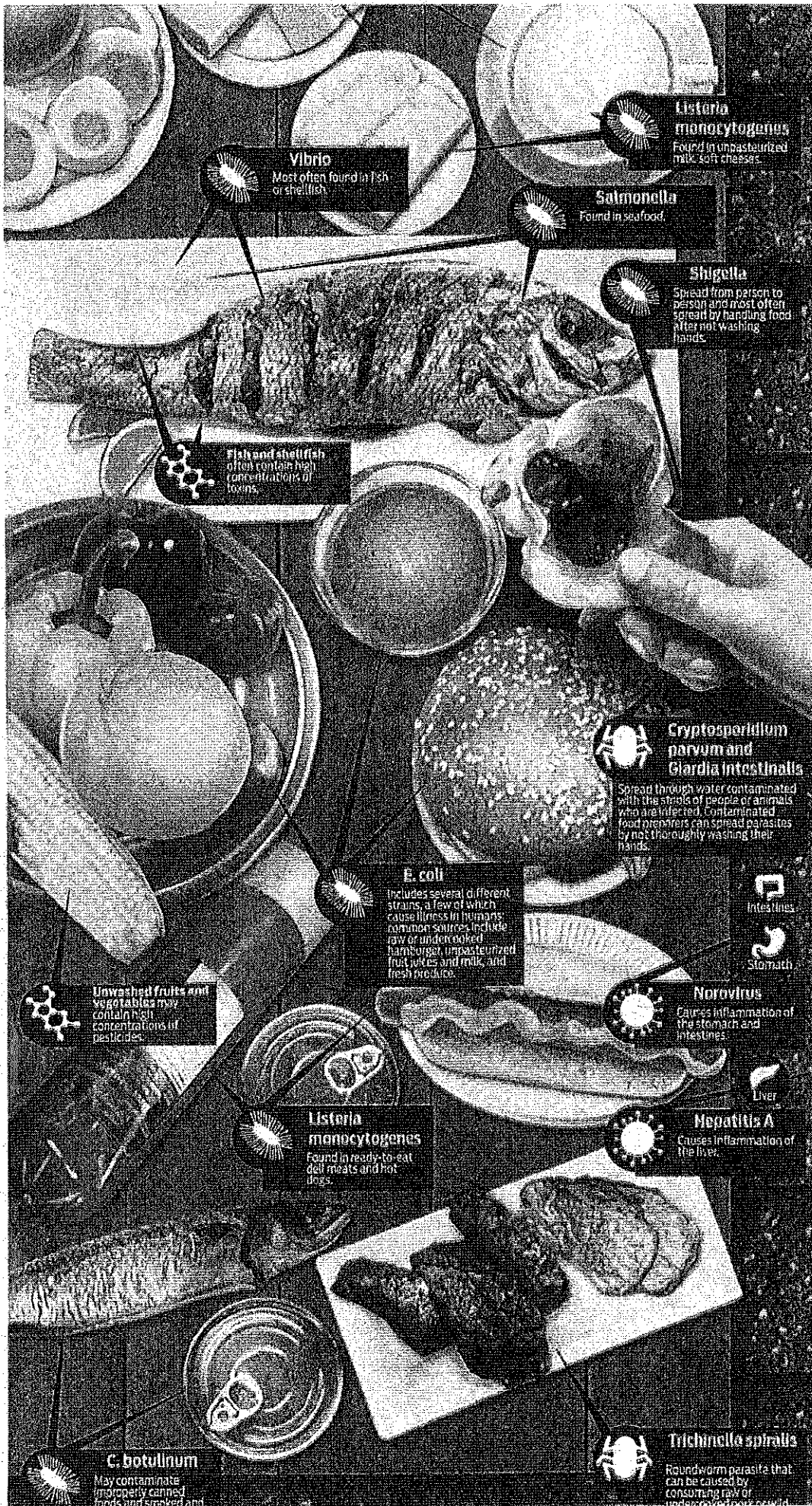
Salmonella
Found in dairy products, may also be present on egg shells and in soft eggs.

Campylobacter jejuni (C. jejuni)
Found in unpasteurized milk.

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April 20, 24



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Choice 1

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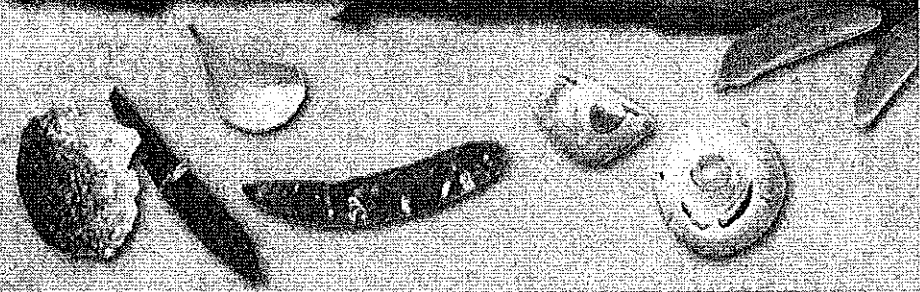
edited list

same

DEADLIEST OUTBREAKS

A look at some of the worst outbreaks of foodborne illnesses in recent history:

YEAR	EVENT	INFECTIONS	DEATHS
1985	California listeriosis outbreak in queso fresco	86	47
2011	Germany E. coli O104:H4 outbreak from fenugreek sprouts	3,950	53
2011	Listeriosis outbreak in cantaloupes in U.S.	146	30
2008	Canadian listeriosis outbreak in cold cuts	50	22
1998	U.S. listeriosis outbreak in cold cuts/hot dogs	100	18
1985	U.S. salmonellosis outbreak in milk	5,295	9
2008	U.S. salmonellosis outbreak in peanuts	200	9
2002	U.S. listeriosis outbreak in poultry	50	8
1993	U.S. Jack-in-the-Box E. coli outbreak	700	4
2003	U.S. hepatitis A outbreak from green onions	555	3



SAFETY FIRST

While it would be virtually impossible to eliminate all foodborne contaminants, simple precautions can help reduce the risk of infection.

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Choices
April 20-24

Keep clean

- Wash your hands before handling food and often during food preparation.
- Wash your hands after going to the bathroom.
- Wash and sanitize all surfaces and equipment used for food preparation.
- Protect kitchen areas and food from insects, pests and other animals.

Separate raw and cooked

- Separate raw meat, poultry and seafood from other foods.
- Use separate equipment and utensils such as knives and cutting boards for handling raw foods.
- Store food in containers to avoid contact between raw and prepared foods.

Cook thoroughly

- Cook food thoroughly, especially meat, poultry, eggs and seafood.
- Bring foods like soups and stews to boiling to make sure that they have reached 155°F. For meat and poultry, make sure juices are clear, not pink. Ideally, use a thermometer.
- Reheat cooked food thoroughly.

Keep food at safe temperatures

- Do not leave cooked food at room temperature for more than 2 hours.
- Refrigerate promptly all cooked and perishable food (preferably below 41°F).
- Keep cooked food piping hot (more than 140°F) prior to serving.
- Do not store food too long even in the refrigerator.
- Do not thaw frozen food at room temperature.

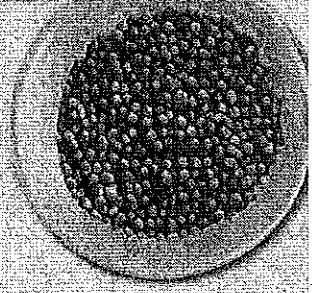
Use safe water and raw materials

- Select fresh and wholesome foods.
- Choose foods processed for safety, such as pasteurized milk.
- Wash fruits and vegetables, especially if eaten raw.
- Do not use food beyond its expiration date.

SOURCES

- <http://www.fdc.gov>
- <http://digestive.milk.nih.gov>
- <http://www.foodsafetynews.com>
- <http://www.who.int/>
- <http://www.wikipedia.org>

mba-healthcare-management.com



P1 10 4 MF 20 24 Choice 2 Apr. 1 20 24 P-W F+NI

Texas Roadhouse Rolls

This is my copycat recipe for Texas Roadhouse Rolls! These rolls are incredibly fluffy, buttery, super tender, and slathered in honey cinnamon butter. What more do I need to say?



4.53 from 523 votes

Prep Time	Cook Time	Total Time
1 hr 30 mins	20 mins	1 hr 50 mins

Course: Main Course Cuisine: American

Keyword: bread rolls, dinner rolls, texas roadhouse rolls Servings: 30

Calories: 192kcal Author: [Joanna Cismaru](#)

Ingredients

Texas Roadhouse Rolls

- 4 tsp active dry yeast
- 1/2 cup warm water
- 1 tsp sugar (to activate the yeast)
- 2 cups milk scalded and cooled to lukewarm
- 3 tbsp butter unsalted, melted and slightly cooled
- 1/2 cup sugar
- 7 cups all-purpose flour up to 8 cups
- 2 eggs
- 2 tsp salt
- 2 tbsp butter unsalted, for brushing over the finished rolls

Cinnamon Honey Butter

- 1 stick butter unsalted, softened
- 1/4 cup powdered sugar
- 1/4 cup honey
- 1 tsp cinnamon

Instructions

1. Add the yeast, warm water and sugar to the bowl of your mixer and lightly whisk. Let it sit for about 10 to 15 minutes until the yeast dissolves and starts to foam.
2. To the bowl of your mixer add the milk, butter, sugar, eggs and salt. Lightly mix everything together, using the dough hook of your mixer, for about 1 minute. Add the flour, 2 or 3 cups at a time, and mix. Add enough flour to form a soft dough.
3. Add additional flour as needed and mix until the dough comes clean from the sides of the bowl. You could use anywhere from 6 to 8 cups, depending on your environment. Place the dough in an oiled bowl and cover with a clean damp kitchen towel. Let rise in a warm place until double in bulk.
4. Spray two baking sheets with cooking spray.
5. Punch down the dough and turn it onto a floured surface. Divide into 2 portions for shaping. I like to roll out the dough so that it's about 1/2 inch in thickness then cut out the ends to have a perfect rectangle,

CHOICE April 20-24 P-11
F&W II
then cut it out into squares or rectangles. Repeat with remaining dough. You should get about 30 to 35 rolls. Place onto the prepared baking sheets. Let the rolls rise until doubled in size..

6. Preheat your oven to 350 F degrees.
7. Bake the rolls for about 15 to 20 minutes or until golden brown. Brush immediately with melted butter.
8. While the rolls are baking, prepare the cinnamon honey butter by whisking all the ingredients together.
9. Serve the rolls with the cinnamon honey butter.

Notes

Always check the expiration date on your yeast and make sure it hasn't expired. All your yeast products whether it's in a jar or a package should be stamped with a "Best if Used by" date. Always make sure you check this date, even when you purchase the yeast, who knows it could have been on the shelf past its expiry date.

To keep your yeast fresh and longer lasting, unopened yeast packages or jars should be stored in a cool or dry place such as your cupboard. However, you can also store your yeast in the fridge or freezer. If you do store it in the freezer and need to use yeast for your baking, make sure you take out the amount you need and let it sit at room temperature for at least half hour before using.

Once your yeast package or jar has been opened, you must refrigerate the yeast or freeze it in an airtight container.

One thing to remember about your yeast, is that it is a living organism and over time it will lose activity, even if you've never opened the jar or package. So if you don't bake often, buy the smaller yeast packages rather than a big jar of yeast.

Make sure your water is not too hot or it could kill the yeast which will cause your dough not to rise at all. The ideal temperature for the water should be between 105 F degrees and 110 F for proofing. While 95 F degrees is the best temperature for yeast to multiply, that's not warm enough for proofing active dry yeast.

Tip: To help your dough rise faster, heat up your oven to 200 F degrees, then turn off the oven. Place your dough in the oven, close the door and let the dough rise in peace for about 30 minutes.

Recipe yields about 30 to 35 rolls.

Nutritional information includes Cinnamon Honey Butter. Please keep in mind that nutritional information is a rough estimate and can vary greatly based on products used.

Recipe adapted from Eat Cake for Dinner

Nutrition

Serving: 1 roll | Calories: 192kcal | Carbohydrates: 30g | Protein: 4g | Fat: 6g | Saturated Fat: 3g | Cholesterol: 25mg | Sodium: 168mg | Potassium: 63mg | Sugar: 7g | Vitamin A: 195IU | Calcium: 27mg | Iron: 1.4mg

Name: Choice 2 Class: F+N II Date: April 20-24 P.W

Recipe Evaluation

Recipe Name: _____

Evaluation of Dish: Write a descriptive word for each of the categories listed below that you feel describes the dish. Use a scale of 1 to 5 to rate each category. (5= fantastic, 1= awful)

	Aroma	Color	Taste	Texture
Descriptive Word				
Rating				

Overall Rating of Dish: Give an overall star rating of the dish (with 5 being fantastic and 1 being awful).



- Would you change anything if you made the dish again? Explain specifically what you would change. If you would not change anything, explain why not.

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FNU IF

Choice 3

PW

Food History Research

Directions:

You will select one food from the list attached. You will do research on the history of the food chosen. You will find ten facts or pieces of information about the history and development of the food selected. For example: Person who invented it, where does the recipe originate from, what are some adaptations that have been made to the recipe, etc. You will put this information together in either a presentation (Google Slides or Presentation) or you can make a poster with the information legibly printed on it.

You must cite your sources.

Tip: There are a lot of cool videos about the history of many of these foods as well, you can find a ton of information from these videos as well!

April 20-24
F+10 II

Choice 3

P-W

Banana Foster

Beef Stroganoff

Buffalo Wings -

California Roll -

Cesar Salad -

Chicken Tetrizzini

Chimichanga -

Cobb Salad

Coca Cola - Coke -

Eggs Benedict

Fettuccini Alfredo -

French Fries -

Green Bean Casserole -

Hamburger

Hoagie

Hot Dog

Pie

Waffles

Peanut Butter

Maple Syrup