|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **10 pts** | **20 pts** | **30 pts** | **30 pts** | **40 pts** | **50 pts** |
| **Food Justice Reading** | **Food Program News** | **Food waste** | **Dalgona Coffee** | **Food Photography** | **Anagram meal** |
| Read the News article called ***Teenagers get a crash course in food-justice issues at community classes*** and complete the attached quiz. | Read or watch this [Check New report on a local food program in Nanaimo](https://www.cheknews.ca/nanaimo-food-planting-program-goes-big-in-wake-of-covid-19-665407/?fbclid=IwAR3HdONYxZYHVoCo-OQKv-9z8aKiB1iYyxiM1JrTsclbIOJb09fZePc8tVY) that has emerged during this time of COVID. Write a reflection on what you think about the program and if you think it would be something that should be expanded to our area. | Watch **Passionate Eye:** **[Wasted: The Story of Food Waste](https://gem.cbc.ca/media/the-passionate-eye/episode-105/38e815a-010a50eca00)**  Then answer the questions on the worksheet | Watch this [video about the trendy Dalgona Coffee.](https://www.youtube.com/watch?v=eHuMGSURrQA)  Make your own version of the coffee. Take pictures of make a video of the process. | Watch this [Buzzfeed video about how to take Instagram worthy food photos](https://www.buzzfeed.com/mikerose/we-tried-to-be-instagram-food-photographers?fbclid=IwAR0qEahHU1BG_whp6e52tMYIF9oYnyphg3DieZhSzXitACaMN_LGk3w1trI)  Then complete one of the challenges that the girls did in the video. | Choose one ingredient and plan & prepare a meal using other ingredients from the letter in that word. For example:   * C- chicken * O- orzo * R- radishes * N- nuts * identify the anagram then take a photo of your ingredients, you making the meal and final product |
| **10 pts** | **20 pts** | **20 pts** | **30 pts** | **40 pts** | **50 pts** |
| **Food Chemist** | **Canada’s Meat and Potato Problem** | **Stained cutting board?** | **Iced tea – 3 ways** | **What’s for Lunch?** | **Love Money??** |
| Read the new article ***Dream Job: Food chemist*** and complete the attached quiz. | Watch this [Global News report about Canada’s meat and potato problem.](https://globalnews.ca/news/6870689/coronavirus-canada-food-supply/?fbclid=IwAR1OxaFAJMnlOvoscqD-KJ1IAv3rWlefroahoe2PR4QO3i3-fLK9c1LwYl0)  Write a one paragraph summary of what exactly is the problem. | Check out [this tutorial](https://brendid.com/how-to-remove-stains-from-plastic-cutting-boards/?utm_medium=social&utm_source=pinterest&utm_campaign=tailwind_tribes&utm_content=tribes&utm_term=469433350_15920296_215799) to give your old, stained cutting boards a new life. Now you can revive your cutting boards at home. Make a picture collage or TicTok video showing how you did it. | [Watch this Jamie Oliver Food Tube video demonstrating 3 different Iced tea recipes.](https://www.youtube.com/watch?v=eHuMGSURrQA&t=122s)  Choose one recipe to make. Take a picture of your ingredients and then you tasting the iced tea. Or make a Tik tok video of the whole thing | Create a short video demonstrating how you prepare one lunch.  Be creative with the video- but you should use 5+ ingredients.  Talk about cooking terms & kitchen utensils you’re using.  Submit the short video or Tiktok link. | Like the idea of Kitchen Hacks? Make some money at it! [This contest](https://www.bettertogetherbc.ca/contest) asks you to make a short video- submit it and you could win $1000 |