

Winter Vista 2018

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Greetings SHETA Members!

What a year we have had! When you love what you do, it hardly seems like work. The SHETA executive has been working diligently to keep all of our members up to date over the last year. I would like to take this opportunity to thank my fellow SHETA executive members for all their help and support throughout the year. I appreciate each one of you very much.

As a Professional Growth Network, we communicated four times in the months of November, February, May, and September. Discussions at the board table this past year have included the planning of the 2018 Conference and fine-tuning the SHETA website and social media outlets.

The conference “Preparing for the Future” was great! The hours of planning done by the team of Region 6 have truly outdone themselves. It is always great to see new and existing faces leading and participating in sessions. Without all of you, we don’t have the successful programs we have.

With keeping in the theme of “Preparing for the Future” Technology is at the forefront of Home Economics. www.SHETA.ca now is moved to the STF server. We encourage you to check out the website on a regular basis as we are continually trying to add new materials to help teachers in the area of Home Economics so on a side note if you have any content, resources, information we can add please forward it on. Our Facebook page has been a hit too! We post questions to get a feel for what our members want as well as find out what is going in the area of Home Economics. We are also looking into other media outlets so stay tuned!

I am excited to be able to serve you for another year. If you can contribute to SHETA please contact myself Renée Wiebe @ shetapresident@gmail.com or Megan Crawford / Krista Coish@ shetavista@gmail.com We are always looking for resources and members to help! Again, I would like to thank the executive and everyone here for another successful year!

A handwritten signature in black ink that reads "Renée Wiebe". The signature is written in a cursive style with a large, stylized 'R'.

Renée Wiebe
B.Ed., M. Ed.

Letter from the Editors

Hello SHETA members,

We are excited to be your Vista Editors again! The fall seems to have flown by and winter has arrived. With that, we are excited to share with you the winter 2018 Vista. We want to thank everyone who submitted resources. Some of the resources are from the SHETA Conference that was held in Lloydminster at the end of September. It was a great conference!

As a reminder, your membership is now for two years and will expire in the fall of 2020. Also, look forward to another one day, mini-conference organized by your SHETA executive to be held next fall.

As always, the VISTA is not possible without all of you. Please send any of your new lessons, recipes or old favourites to shetavista@gmail.com at anytime. It's great to have both new and old members share their resources as it's great to see fresh ideas. If you have submitted resources and don't see it in the current issue, it will definitely be included it in the next issue.

We hope you enjoy the winter 2018 Vista and have a very Merry Christmas!

Megan Crittenden and Krista Coish
VISTA Co-Editors



Greetings from SHETA Public Relations

This year, public relations has set a goal to reach as many Home-Ec teachers as possible, in order to increase our number of SHETA members. We have done this primarily through our Facebook group (Saskatchewan Home Economics Teachers' Association), where Home-Ec teachers can post questions and ideas, or just discuss what they're doing in their classrooms. If you are not a part of this group, please join!

Another way we have increased our membership this year is by providing teaching resources to our members on the SHETA website. Members can access these resources by going to www.sheta.ca and clicking on "SHETA Developed Resources" tab. The password to access these resources is *freshstart2019*. This will take you to a google drive where you will find the resources organized by subject area and module. Many teachers have commented that they have found these very helpful, especially when starting a new class or unit.

If you have any resources to share, please email them to shetapr@gmail.com and we will add them to the page. It's always great to have new things to share with our members!

Hope everyone has a wonderful Christmas break and a Happy New Year!

Megan Printz



1. Tender Cuts:

Use **DRY** heat-

- no liquid, no lid
- roast, fry, broil, BBQ

2. Tough Cuts:

Use **MOIST** heat

- add liquid, use lid
- long, slow cooking
- pot roast, stew, braise

Other Tenderizing Methods:

A.) Physical:

-  pound with a meat mallet
-  cut meat into strips or cubes
-  score the surface

b.) Chemical:

-  marinate in an acid liquid (marinade)

-  add a chemical meat tenderizer

Easy Homemade Bagels

Makes 8 bagels

Ingredients

- 2 teaspoons active dry yeast
- 1 1/2 tablespoons granulated sugar
- 1 1/4 cups warm water you may need an additional 1/4 cup or more
- 3 1/2 cups bread flour + extra for kneading
- 1 1/2 teaspoons salt
- Favorite toppings such as poppy seeds, sesame seeds, shredded cheese, coarse salt, etc.

Instructions

1. Add sugar and yeast to 1/2 cup warm water, stir, and let sit for five minutes.
2. Mix the flour and salt in a large bowl. Make a well in the center and pour in the yeast mixture. Mix, adding warm water a little bit at a time until the dough is moist but firm (and slightly shaggy).
3. On a floured surface, knead the dough until its firm and stiff, about 7 minutes, working in flour from surface.
4. Lightly brush a large bowl with oil and turn the dough to coat. Cover the bowl with a damp dish towel and let rise in a warm place until it's doubled in size, 1-2 hours.
5. Punch down the dough and let it rest for 10 minutes.
6. Divide the dough into eight equal pieces, then shape each into a round.
7. Coat a finger in flour and press into the center of each dough ball to form a ring, stretching the ring into a bagel shape. Cover bagel shapes with a damp kitchen towel and allow to rest for 10 minutes.
8. Preheat the oven to 425 degrees and bring a large pot of water to a boil.
9. Place bagels into boiling water with a slotted spoon (or by gently lowering them into the water).
10. Let bagels sit in boiling water for 1-2 minutes, then flip and allow to sit in water for an additional 1-2 minutes (the longer they are in the water, the chewier the texture will be).
11. Remove from water and place on baking sheet brushed with oil or lined with a silicone mat. Brush bagels with egg wash (1 beaten egg plus 1 tablespoon water). Add toppings if desired.
12. Bake for 20 minutes or until golden. Remove from baking sheet to a cooling rack.

Classic Canadian Prairie Flapper Pie

	<p style="text-align: center;">Prep Time: 10 minutes Cook Time: 10 minutes</p> <p style="text-align: center;">Serves: 6</p>
<p><u>Crust:</u> 1¼ cups graham crackers ¼ cup melted butter ½ cup sugar dash of cinnamon</p>	<p>1. Mix all the crust ingredients together, save about 2 tbsp to the side and press the rest into a 10 inch pie plate, in the bottom and up the sides. Bake at 350 for 10 minutes..</p>
<p><u>Filling:</u> 2½ cups of milk ½ cup of white sugar ¼ cup of cornstarch 3 egg yolks 1 tsp vanilla pinch of salt</p>	<p>2. Combine the filling ingredients together and cook on a medium heat until it boils and thickens, making sure to stir constantly! Set aside to cool while you make the meringue.</p>
<p><u>Meringue Topping:</u> 3 egg whites ¼ cup of sugar ¼ tsp of cream of tartar</p>	<p>3. Beat the meringue ingredients together until they form stiff peaks.</p>
	<ul style="list-style-type: none"> • Pour the filling into the crust and top with the meringue, making beautiful little spikes that will brown up all lovely on top! Sprinkle the rest of the crumbs on the top and slide into a 350 degree oven. • Bake until the meringue browns like below, around 10 minutes but watch it carefully! All ovens are different! • Cool in the fridge and eat the same day. This isn't a pie that is going to last a few days, meringue topped pies get slimy between the layers. This is best made mere hours before serving.

Orange Julius

6 oz frozen concentrated orange juice (1/2 can)

1 c milk

1 c water

½ c sugar

1 tsp vanilla

12 ice cubes

- 1) Put orange juice, milk, water, sugar and vanilla into the blender put on the lid and blend.
- 2) Add ice cubes and blend until ice is gone.
- 3) Serve immediately, Enjoy!

Lab Report

- 1) What type of measuring cup do you use for liquids? (1)
- 2) What type of measuring cup do you use for dry ingredients? (1)
- 3) List all of the measuring tools you used for this recipe (specify glass or plastic). (3)

4) What do the following abbreviations mean? (2)

a. c _____

b. tsp _____

Cookie Dough Delight Recipe

$\frac{1}{2}$ c butter
 $\frac{3}{4}$ c packed brown sugar
1 tsp vanilla
1 tbsp water
1 c flour
 $\frac{1}{4}$ tsp salt
 $\frac{1}{2}$ c mini chocolate chips

- 1) In a large bowl, cream together the butter, brown sugar, vanilla and water with an electric mixer
- 2) Add flour, salt & chocolate chips and mix with an electric mixer
- 3) Roll dough into 1" size balls & freeze for 10 mins

Lab Report

- 1) List all of the measuring tools you used for this recipe (specify glass or plastic) (6)

2) Explain why we can eat this cookie dough without baking it and we shouldn't be eating other raw cookie dough. (1)

3) What are the four ways to Fight Bac? (4) Think of the video we watched.

Pizza Buns

1 large bun per person, cut in half
1/2 c. tomato sauce
1/2 tsp. oregano
1/4 tsp garlic powder
1/2 c mozza cheese, grated
1/2 pepperoni stick per person

1. Preheat oven to 400° F (375° F convection)
2. Cut buns in half. Place on baking sheet lined with foil or parchment paper.
3. Measure the tomato sauce into the liquid measuring cup. Stir in the oregano and garlic powder.
4. Spread sauce on each bun half.
5. Cut the pepperoni into small pieces and place on top of the sauce.
6. Sprinkle cheese on top.
7. Heat in oven for 5-10 minutes or until cheese is melted.

Lab Report

- 1) List all of the measuring tools that you used for your recipe (specify glass or plastic) (3)
- 2) What temperature did you set the oven to? (1)
- 3) What should you always cut food on? (1)

4) What do you use to remove hot food from the oven? (1)

5) What do you set a hot cookie sheet on, once you remove it from the oven? (1)

SECRET INGREDIENT COOKIES

Alter the recipe below to double, triple and half it. Show your work.

Ingredient	Full recipe	Double recipe	Triple recipe	Half recipe
Flour	2 ½ cups			
Baking soda	1 tsp			
Margarine	1 cup			
Sugar	¼ cup			
Brown sugar	¾ cup			
Vanilla	1 tsp			
4 serving size instant vanilla or chocolate pudding	1 package			
Eggs	2			
Chocolate chips	2 cups			

Module 17: The Science of Nutrition (Core)

Suggested time: 12-15 hours

Foundational Objectives

- To understand the importance of the science of nutrition.
- To better understand the social and cultural aspects of food for all people.
- To develop the desire and ability to access knowledge

Lesson 1: Canada's Food Guide and Nutrients Review

Introduction: The relationship between science, nutrition and health. In partners or small groups, define or explain science, nutrition and health and how they directly relate to one another. Consider that science plays an important role in discovering how nutrients work in the body. Research scientists continue to produce new information about nutrition.

1. Read through the information on the 6 essential nutrients together as a group.
2. Introduce the nutrient profile activity.
3. Students may read through the information on each nutrient independently or in pairs and complete the nutrient profile criteria specific to that nutrient.
4. I often try to plan a lab that pertains to each nutrient, or a combination of two nutrients in one food lab.

The 6 Essential Nutrients and their Functions

Carbohydrates

Carbohydrates are the body's main energy source. Without carbohydrates, the body could not function properly. Carbohydrates provide stored energy for the body to use throughout the day. Sources include fruits, breads and grains, starchy vegetables and sugars. Make at least half of the grains you consume whole grains. Whole grains and fruit are full of fiber, which reduces the risk of coronary heart disease and helps maintain normal blood glucose levels.

Protein

Protein is the major structural component of cells and is responsible for the building and repair of body tissues. Protein is broken down into amino acids, which are building blocks of protein. Nine of the 20 amino acids, known as essential amino acids, must be provided in the diet as they cannot be synthesized in the body. Ten to 35 percent of your daily calories should come from lean protein sources such as low-fat meat, dairy, beans or eggs.

Fat

Fats provide the body with quick energy and are good if you select the proper fats to consume. Fat is an energy source that when consumed, increases the absorption of fat-soluble vitamins including vitamins A, D, E and K (these require fat in order to be absorbed into the body). Healthy options such as omega-3-rich foods like fish, walnuts and vegetable-based oils make great choices. Omega-3s help with development and growth. Limit intake of saturated fats such as high-fat meats and full-fat dairy.

Vitamins

Vitamins regulate your body function for proper health. Different vitamins do different things. For example, Vitamin C is necessary for the synthesis of collagen, which provides structure to blood vessels, bone and ligaments. Rich sources include citrus fruits, strawberries and peppers. Folate, found in foods, helps to prevent birth defects. Pregnant women or women who plan to become pregnant should speak with their physician about taking a folic acid supplement, the synthetic form of folate, in addition to their diet. Vitamin D helps to maintain calcium homeostasis. It can be found in food sources or synthesized by the sun. It is important to eat a variety of vitamin-rich foods in order to reap the different benefits.

Minerals

Like vitamins, minerals are substances found in food that your body needs for growth and health. There are two kinds of minerals: macrominerals and trace minerals (also called

Cover Page Criteria:

- Titled "The 6 Essential Nutrients"
- Add color, pictures, designs, phrases – something appropriate to the assignment to decorate the page and make it appealing
- Your name(s) and grade

The information in your Nutrient Profile must contain the criteria listed on each individual nutrient profile sheet. You will get these sheets as we learn more and progress through this unit. Your profiles must be clear and easy to understand, with proper headings, lists, examples for each topic, etc.

Be sure to save your work and keep each of your research pages together so you can find your information and compile your profile with ease!

Carbohydrates

- Our body's main source of energy.
- 55-60 % of our diet should be made up of carbohydrates
- Some examples of foods high in carbohydrates are:

Carbohydrates are made up of:

1. Sugars,
2. Starches,
3. or Fiber (cellulose) – the part of the plant that we can't digest
 - a. Soluble – broken down by the body and lowers your LDL cholesterol by carrying it out of the body in your waste
 - b. Insoluble – can't be broken down; therefore, it contributes to bulk in the waste and keeps your intestines clean

There are different types of carbohydrates:

1. Complex Carbohydrates –. These consist of carbohydrates found from foods containing starch or fiber. These take longer for your body to digest, keeping you feeling full.
2. Simple Carbohydrates – These consist of carbohydrates found from sugars. There are sugars that occur naturally in foods, and sugars that are added during the processing and refining process

Nutrient Profile on Carbohydrates

Create a Nutrient Profile on carbohydrates by using the information you have been given as well as reliable internet resources.

Reference the criteria list below for what you must include on this profile. Please organize your findings with proper headings, clear lists, spacing, legible font and size, etc.

Keep this criteria sheet and hand it in when you submit your finished nutrient profile assignment. This will be used to mark your finished assignment.

Criteria:

- A title page for Carbohydrates (include images, designs, bold lettering, etc.) (3 marks)
- Define Carbohydrates and explain why they are an essential nutrient (3)
- Carbohydrates can be found from 3 main sources. (9)
 - Give 3 food examples of carbohydrates found from sugar
 - Give 3 food examples of carbohydrates found from starch
 - Give 3 food examples of carbohydrates found from fiber
- Explain Soluble and Insoluble fiber, giving 3 food examples for each. Some of these may be the same as your examples of carbs found from fiber – that is alright! (8)
- There are 2 types of Carbohydrates (8)
 - Explain Complex Carbohydrates and give 3 food examples
 - Explain Simple Carbohydrates and give 3 food examples
- Include 3 tips or facts that the public should know about carbohydrates (examples of good carbs vs. bad carbs, describe the wide variety, incorporating healthy carbs into your diet, white bread products vs. whole grain, how much should you consume, etc.) (3)

34 marks + 3 marks for overall neatness and organization = /37

Comments:

Protein

Proteins are part of every cell, tissue, and organ in our bodies. These body proteins are constantly being broken down and replaced. The protein in the foods we eat is digested into amino acids that are later used to replace these proteins in our bodies. Examples of foods that are rich in protein are:

What are the types of protein?

Proteins are made up of amino acids. Think of amino acids as the building blocks. There are 20 different amino acids that join together to make all types of protein. Some of these amino acids can't be made by our bodies, so these are known as *essential* amino acids. It's *essential* that our diet provide these.

In the diet, protein sources are labeled according to how many of the essential amino acids they provide:

- A *complete* protein source is one that provides all of the essential amino acids. You may also hear these sources called *high quality proteins*. Almost all animal-based foods are considered complete protein sources.
- An *incomplete* protein source is one that is low in one or more of the essential amino acids. *Complementary* proteins are two or more incomplete protein sources that together provide adequate amounts of all the essential amino acids.

For example, rice contains low amounts of certain essential amino acids; however, these same essential amino acids are found in greater amounts in dry beans. Similarly, dry beans contain lower amounts of other essential amino acids that can be found in larger amounts in rice. Together, these two foods are complementary proteins can provide adequate amounts of all the essential amino acids the body needs and forms a complete protein.

What if I am a vegetarian?

Because some vegetarians avoid eating all (or most) animal foods, they must rely on plant-based sources of protein to meet their protein needs. With some advanced planning and research, a vegetarian diet can meet the recommended protein needs of adults and children.

Nutrient Profile on Protein

Reference the criteria list below for what you must include on this profile. Please organize your findings with proper headings, clear lists, spacing, legible font and size, etc.

Keep this criteria sheet and hand it in when you submit your finished nutrient profile assignment.

This will be used to mark your finished assignment.

Criteria:

- A title page for Protein (include images, designs, bold lettering, etc.) (3 marks)
- Define Protein and explain why it is an essential nutrient (3)
- Define and explain amino acids (2)
- Define and explain essential amino acids (2)
- There are 2 types of protein (8)
 - Explain complete protein and give 3 food examples
 - Explain incomplete protein and give 3 food examples
- Explain complementary proteins and give an example of two foods that create a complementary protein (other than the example given in your notes). (3)
- Why can it often be difficult for vegetarians to get their recommended complete protein intake? (1)
- Give 3 examples of items high in protein that a vegetarian could consume. (3)
- Include 3 tips or facts that the public should know about protein (examples of low fat vs. high fat proteins, describe the wide variety, tips for vegetarians, tips on eating locally raised meats, how much should you consume, etc.) (3)

28 marks + 3 marks for overall neatness and organization = /31

Comments:

Fats

What counts as fat? Are some fats better than other fats? While fats are essential for normal body function, there are some fats that can lead to health problems and should be avoided.

Which fats should I choose and how much?

Most of the fat that you eat should come from unsaturated sources: polyunsaturated fats and monounsaturated fats. To keep your heart healthy, have a small amount (2 to 3 Tbsp) of unsaturated fat each day. These are considered healthy fats and do not contribute to health risks. In fact, some food items that contain unsaturated fats have health benefits of their own. Some foods containing

unsaturated fats are nuts, vegetable oil, salmon and trout.

Saturated fat

Saturated fat is an unhealthy fat that is naturally found in foods from animals such as fatty cuts of meat, poultry with the skin on and higher fat milk, cheese and yogurt. Saturated fat is also found in tropical oils, including coconut and palm kernel oils.

Eating a lot of saturated fat can increase the cholesterol in your blood. High levels of cholesterol can increase your risk of heart disease, heart attack and stroke. To lower your risk, limit foods high in saturated fat.

Trans fat

Trans fat is an unhealthy fat. It is made out of liquid oil that is then changed into a solid fat. Trans fat adds texture and flavour to food. It is most often found in commercially baked goods, fried foods and processed foods like packaged salty snacks and convenience foods including frozen foods. Trans fat can also be found naturally in some foods. Meat, milk, and butter naturally contain small amounts of trans fat. The trans fat found naturally in foods is different than manufactured trans fat and does not increase your risk of heart disease.

CholesterolCholesterol is a fatty substance that's found in animal-based foods such as meats, poultry, egg yolks, and whole milks— saturated fat. Your body also naturally produces cholesterol, which is influenced by your genetic make-up. There are 2 main types of cholesterol.

HDL. HDL stands for high-density lipoprotein cholesterol. The HDL cholesterol is often called "good" cholesterol because it helps carry cholesterol away from your body's organs and to your liver where it can be removed. To help you remember, that HDL is the "good" cholesterol, recall that the "H" stands for high and higher HDL cholesterol is good.

LDL. LDL stands low-density lipoprotein cholesterol. The LDL cholesterol is sometimes called "bad" cholesterol because it's the type of cholesterol that is linked with a higher chance of heart disease. Remember that L stands for "low" and you want to keep LDL lower in your blood.

Nutrient Profile on Fats

Reference the criteria list below for what you must include on this profile. Please organize your findings with proper headings, clear lists, spacing, legible font and size, etc.

Keep this criteria sheet and hand it in when you submit your finished nutrient profile assignment.

This will be used to mark your finished assignment.

- A title page for Fats (images, designs, bold lettering, etc.) (3)

- What do fats do in our diets – why are they considered a nutrient? (2)
- List some examples of foods that are considered “fats.” (These are not foods that are “fattening” for example – chocolate bars are not considered a fat. Don’t guess – do some research!) (3)
- Explain saturated and trans fats and what they can do to your body. (4)
- What is cholesterol? (2)
 - Why do people need cholesterol? (2)
 - What will happen if your body makes too much cholesterol? (2)
 - Name and describe three types of cholesterol found in the blood. (3)
 - Why types of fats, if eaten, will raise cholesterol levels? (1)
 - What types of fats, if eaten, will lower cholesterol levels? (1)
- Which type of fat helps prevent heart disease? (1)
- What is the link between fiber and cholesterol? (What type of fiber and what does it do?) (2)
- List 5 foods to avoid eating if you want to lower your cholesterol. (5)
- List 5 foods to include in your diet to help lower your risk of hypertension and heart disease. (5)

36 marks + 3 for neatness and organization = /39

Vitamins

Vitamins and minerals are substances that are found in foods we eat. Your body needs them to work properly, so you grow and develop just like you should. When it comes to vitamins, each one has a special role to play. Vitamins regulate body function for proper growth and health.

Vitamins Hang Out in Water and Fat

There are two types of vitamins: **fat soluble** and **water soluble**.

When you eat foods that contain fat-soluble vitamins, the vitamins are stored in the fat tissues in your body and in your liver. They wait around in your body fat until your body needs them.

Fat-soluble vitamins are happy to stay stored in your body for a while — some stay for a few days, some for up to 6 months! Then, when it's time for them to be used, special carriers in your body take them to where they're needed.

Water-soluble vitamins are different. When you eat foods that have water-soluble vitamins, the vitamins don't get stored as much in your body. Instead, they travel through your bloodstream. Whatever your body doesn't use comes out when you urinate.

Vitamins Feed Your Needs

Your body is one powerful machine, capable of doing all sorts of things by itself. But when it comes to vitamins, it can use some help. That's where food comes in. Your body is able to get the vitamins it needs from the foods you eat because different foods contain different vitamins. The key is to eat different foods to get an assortment of vitamins.

Ages and Stages

It is important to follow Canada's Food Guide and the recommendations of a physician to ensure we are eating a variety of foods from childhood through adulthood. Our bodies change as we age, and we may require more or less of a certain vitamin (or mineral) to ensure optimal health. For example, children need vitamin D for healthy bone and tooth development, and pregnant women need Vitamin B for the development of the spine, brain and skull of the fetus. When our bodies are not getting the required amount of a certain vitamin, we may develop a **deficiency**. This means our bodies are in need of this specific vitamin, and as a result, our bodies are not functioning properly. Since there are many different vitamins, there can be many different deficiencies.

Nutrient Profile on Vitamins

Reference the criteria list below for what you must include on this profile. Please organize your findings with proper headings, clear lists, spacing, legible font and size, etc.

Keep this criteria sheet and hand it in when you submit your finished nutrient profile assignment. This will be used to mark your finished assignment.

- A title page for Vitamins (images, designs, bold lettering, etc.) (3)
- What do vitamins do? Why are they an essential nutrient? (2)

- What are fat soluble vitamins? (1)
 - What are some examples of vitamins that are fat soluble? (3)
 - Give 3 examples of food items that contain fat soluble vitamins. (3)
- What are water soluble vitamins? (1)
 - What are some examples of vitamins that are water soluble? (3)
 - Give 3 examples of food items that contain water soluble vitamins. (3)
- What is a vitamin deficiency? (1)

Research a common vitamin deficiency and include the following:

- The name of the deficiency
- Which vitamin is lacking (if not stated in the name of the deficiency)
- Who can this affect? Is there a specific age or gender that is more commonly affected?
- The signs and symptoms – what happens when deficient in this vitamin?
- What can you do to correct this deficiency? Include specific food examples. (10 marks total)

30 marks + 3 for neatness and organization = 33

Minerals

Just like vitamins, minerals help your body grow, develop, and stay healthy. The body uses minerals to perform many different functions — from building strong bones to transmitting nerve impulses. Some minerals are even used to make hormones or maintain a normal heartbeat.

Minerals are essential nutrients that are needed in small amounts to keep you healthy. Minerals do not give you energy or calories, but can help with other functions in your body. Your body does not make minerals. To meet your daily needs, minerals must be obtained through your diet. Most people can meet their mineral needs by following "Eating Well with Canada's Food Guide" (CFG) and by eating a variety of healthy foods. This means choosing foods from all four food groups: vegetables and fruit,

grain products, milk and alternatives as well as meat and alternatives. Aim to meet the minimum number of servings for each food group every day.

Kinds of Minerals

The two kinds of minerals are: **macro minerals** and **trace minerals (or micro minerals)**. Macro means "large" in Greek (and your body needs **larger** amounts of macro minerals than trace minerals).

A trace of something means that there is only a little of it. So even though your body needs trace minerals, it needs just a tiny bit of each one.

Nutrient Profile on Minerals

Reference the criteria list below for what you must include on this profile. Please organize your findings with proper headings, clear lists, spacing, legible font and size, etc.

Keep this criteria sheet and hand it in when you submit your finished nutrient profile assignment. This will be used to mark your finished assignment.

- A title page for Minerals (images, designs, bold lettering, etc.) (3)
- What do minerals do? Why are they an essential nutrient? (2)

- What are macro minerals? (1)
 - What are some examples of macro minerals? (3)
- What are trace minerals? (1)
 - What are some examples of trace minerals? (3)
- Create 2 mineral charts – one for macro minerals and one for trace minerals. Each chart must include 3 minerals, what they do, and which food source you can find them in. Use the chart below as a template. (9 marks per chart = 18 total)

Macro minerals

<u>Name of Mineral</u>	<u>Its Function</u>	<u>Sources</u>

Water

The human body can last weeks without food, but only days without water. The body is made up of 50 to 75 per cent water. Water forms the basis of blood, digestive juices, urine and perspiration, and is contained in lean muscle, fat and bones. It also hydrates, cools us down, and helps carry the vitamins and minerals to their designated destinations for proper function and regulation of organs.

As the body can't store water, we need fresh supplies every day to make up for losses from the skin, urine and faeces. The amount we need depends on our body size, metabolism, the weather, the food we eat and our activity levels.

Importance of water

Water is needed for most body functions, including to:

- maintain the health and integrity of every cell in the body
- keep the bloodstream liquid enough to flow through blood vessels

- help eliminate the byproducts of the body's metabolism, excess electrolytes (for example, sodium and potassium), and urea, which is a waste product formed through the processing of dietary protein
- regulate body temperature through sweating
- moisten mucous membranes such as those of the lungs and mouth
- lubricate and cushion joints
- reduce the risk of cystitis by keeping the bladder clear of bacteria
- aid digestion and prevent constipation
- moisturise the skin to maintain its texture and appearance
- carry nutrients and oxygen to cells
- serve as a shock absorber inside the eyes, spinal cord and in the amniotic sac surrounding the fetus in pregnancy.

Water content in food

Most foods, even those that look hard and dry, contain water. The body can get approximately 20 per cent of its total water requirements from solid foods alone.

The digestion process also produces water as a by-product and can provide around 10 per cent of the body's water requirements. The rest must come from liquids.

Risks of inadequate fluid intake

Not drinking enough water can increase the risk of kidney stones and, in women, urinary tract infections. It can also lower your physical and mental performance, and salivary gland function, and lead to dehydration.

Sources of fluid

Fluids include fresh water and all other liquids like milk, coffee, tea, soup, juice and even soft drinks. Fresh water is the best drink because it does not contain kilojoules and is best for hydrating the body. Milk (particularly low-fat varieties) is an important fluid, especially for children, and is about 90 per cent water. Tea can be an important source of fluid. Tea can help you meet your daily fluid recommendations, and is a source of antioxidants and polyphenols, which appear to protect against heart disease and cancer.

Fresh fruit is preferable to fruit juice because it has more fibre and nutrients, and less sugar.

Nutrient Profile on Water

Reference the criteria list below for what you must include on this profile. Please organize your findings with proper headings, clear lists, spacing, legible font and size, etc.

Keep this criteria sheet and hand it in when you submit your finished nutrient profile assignment. This will be used to mark your finished assignment.

- A title page for Water (images, designs, bold lettering, etc.) (3)
- What does water do? Why is it an essential nutrient? (5)

- Aside from drinking water, how else can our body get the water it needs?
Give 3 examples of food or drink items and briefly explain water content in other sources. (4)
- How do outside factors contribute to your daily water needs? Think about water content of foods eaten, daily activity, heat, etc. (2)
- What can happen if a person does not consistently get enough water? (3)
-List some signs and symptoms of dehydration and what it can do to the body. (5)
- Can a person ever have too much water? Explain how this can be dangerous. (3)

Food Lab Evaluation

Kitchen Attire

- Hair tied back
- Apron on properly
- No baggy clothing (bunnyhugs, jackets, scarfs)
- Closed toe shoes

Kitchen Safety

- Clean up spills
- Close cupboard doors
- Proper knife use
- Kitchen behavior (No sitting on cupboards, towel snapping, pushing, etc.)

Food Safety

- Cook (cook to proper temperatures)
- Clean (wash hands, clean work area)
- Separate (don't cross contaminate)

Group Work

- Participation

Product

- Recipe followed (used proper measuring techniques, followed the steps as directed)

Clean-up

- Dishes washed (warm soapy water)
- Dried and put away in properly
- Counters, containers and stove top washed with warm soapy water, then disinfected.
- Sinks dried out
- Floor swept

KITCHEN 1	Name:			Name:			Name:			Name:		
Kitchen Attire	0	1	2									
Kitchen Safety	0	1	2									

Food Safety	0	1	2									
Group Work	0	1	2									
Product	0	1	2									
Clean up	0	1	2									
TOTAL:			/12			/12			/12			/12

KITCHEN 2	Name:	Name:	Name:	Name:
Kitchen Attire	0	1	2	0
Kitchen Safety	0	1	2	0
Food Safety	0	1	2	0
Group Work	0	1	2	0
Product	0	1	2	0
Clean up	0	1	2	0
TOTAL:			/12	

KITCHEN 3	Name:	Name:	Name:	Name:
Kitchen Attire	0	1	2	0
Kitchen Safety	0	1	2	0
Food Safety	0	1	2	0
Group Work	0	1	2	0
Product	0	1	2	0
Clean up	0	1	2	0
TOTAL:			/12	

KITCHEN 4	Name:	Name:	Name:	Name:
Kitchen Attire	0	1	2	0
Kitchen Safety	0	1	2	0
Food Safety	0	1	2	0
Group Work	0	1	2	0
Product	0	1	2	0
Clean up	0	1	2	0
TOTAL:			/12	

0 – Did not meet expectation 1 – Approaching Expectation 2 – Meeting Expectation

Sewing Checklist

You must prove that you can do all of these steps before you can say you are finished the sewing portion.

- Thread machine
- Wind bobbin
- Thread bobbin
- Change a needle
- Cut fabric
 - Use shears
 - Use rotary cutter
 - Follow pattern
- Machine Sewing
 - Complete License to Sew → properly
 - Start a seam properly
 - End a seam properly
 - Straight seam
 - Zig-zag seam
 - 3 different seam allowances
- Hand Sewing
 - Start a hand-stitch
 - End a hand-stitch
 - Sew on a button
 - Ladder stitch
 - Regular stitch
 - Back stitch
- Pressing a seam
- Complete Apron

- ❑ Complete Stuffed Animal
- ❑ Complete Drawstring Bag

The Retreat Bag

<https://emmalinebags.com/collections/sewing-patterns/products/the-retreat-bag-pdf>

FREE Pattern! - Comes with directions for 2 Sizes

The Retreat Bag is a simple zippered pouch with a wide base and a wide structured opening. There is a casing in the top where you insert two wire frames (one on each side), which helps it stay open when open, and helps turn the corners down when closed. It has two optional slip pockets inside and a long zipper that helps it open wide.

Pattern instructions are provided in both imperial and metric measurements and are geared towards a beginner to intermediate sewer. Measurements are given to cut pattern pieces with a rotary cutter, ruler and mat.