

Foodworks, “Bite” Sheet - Grades 10-12

Each year, you should complete a minimum of three activities. Within the two year project period, you should have completed at least 6 activities. Write the month, day, and year beside each of your activities you complete. Have your project helper initial that you have discussed the activity with them.

Introduction to Level D (Grades 10-12) Date: Helper Initials:

The Experimental Learning Model	_____	_____
Foodworks for the Future	_____	_____
Lifetime Nutrition	_____	_____
Nutrition Through the Lifecycle	_____	_____

Activities Date: Helper Initials

Infant & Toddler Nutrition	_____	_____
Cooking with Kids	_____	_____
Senior Nutrition	_____	_____
Planning Ahead	_____	_____
Divide in Two	_____	_____
Food Budgets	_____	_____
Food Insecurity	_____	_____
Oh, No-The Power’s Out	_____	_____
Turkey Safety	_____	_____
Intro to Perfect Pies	_____	_____
Intro to Canning	_____	_____
Pressure Canning Green Beans	_____	_____
Careers in Dietetics	_____	_____
Health-minded Catering	_____	_____
Plant-based Diets	_____	_____

Recipes Date: Helper Initials:

Marinade Madness	_____	_____
Meat Loaf Mania	_____	_____
Oven-baked Fish	_____	_____
Sizzling Chicken	_____	_____
All-American Apple Pie	_____	_____
Jam Jamboree	_____	_____
Make Your Own Fruit Leather	_____	_____

Name: _____ **Age:** _____

Project Helper’s Signature: _____ **Date:** _____