

# **Foods and Nutrition**

for the Eleventh Grade

November 7 – December 2, 2011

*Jane Marie Siemon*

This is one of the most moving units I teach in Foods and Nutrition as the students read excerpts from Rachael Carson's *Silent Spring*. It helps them understand the dangers of pesticides and herbicides and their lasting and cumulative effects. Besides the reading assignments, students will cook a variety of foods during this block using some seasonal foods and learning some ethnic recipes. I also am planning several field trips, one to experience the making of fermented foods, one to several fast food chains to get an inner look at what they serve, and one to the grocery store to study cuts of meat. We will also discuss the various methods of farming – organic, biodynamic, sustainable and conventional. We will also take a look at nutrition for adolescents – some of their specific needs. The students will be required to prepare a meal for their family as a homework assignment and write a report on it. The class has nine students so they should have plenty of cooking experience. This block will run for four weeks with the Thanksgiving break during that time. There will be a \$10 fee for the food costs of this class.

