

## Weekly Distance Learning

### Tri-Tech Skills Center

<b>Week</b>	May 04- 08 2020
<b>Program</b>	Culinary Arts
<b>Teacher</b>	Wiles
<b>Office Hours</b>	2-3
<b>What Delivery Method(s) you are using?</b>	Email, Remind, Zoom
<b>How are you Communicating with families?</b>	Email, or phone call
<b>How are you Monitoring Students? Ie spreadsheet, roster, etc. The work is not graded.</b>	Teams, Spreadsheet,
<b>Learning Goals &amp; Expectations for the week</b>	<b>NUTRITION AND WELLNESS</b> Learning Objectives <ul style="list-style-type: none"><li>▪ Students explore eating in amounts commensurate to physical activity</li><li>▪ Students can classify foods into food groups or as empty calories.</li><li>▪ Students examine nutrient differences between food groups and empty calories</li><li>▪ Students learn to keep a daily eating and activity journal</li><li>▪ Students analyze personal food logs and identify under utilized food groups</li></ul>