

Weekly Distance Learning
Tri-Tech Skills Center

Week	May 11-15 2020
Program	Culinary Arts
Teacher	Wiles
Office Hours	2-3
What Delivery Method(s) you are using?	Email, Remind, Zoom
How are you Communicating with families?	Email, or phone call
How are you Monitoring Students? I.e spreadsheet, roster, etc. The work is not graded.	Teams, Spreadsheet,
Learning Goals & Expectations for the week	<p>NUTRITION AND WELLNESS</p> <p>Learning Objectives</p> <p>Students will know:</p> <ul style="list-style-type: none"> ▪ the difference between food portions and actual serving sizes. <p>Students will be able to:</p> <ul style="list-style-type: none"> ▪ estimate recommended serving sizes using their hands. ▪ analyze personal food logs and identify appropriate portion sizes. ▪ identify how to trade empty-calorie foods to foods from the food groups. ▪ identify a potential behavior change related to portions and serving sizes.