

Distance Learning Introduction

What is in this distance learning module and how did we select our curriculum? We started with a theme of “Overall Wellness” and wanted to address student’s basic needs while also infusing College and Career Readiness. In uncertain times it is important to exert control, make plans, and develop a sense of balance. The below learning is a starting point for achieving wellness and we are focused on continued improvement.

Nutritional Wellness (Kitchen Basics)

Knowing that your students would now be home, outside of the normal food preparation routines we wanted to address their potential role in the kitchen. We want them to be safe, be successful, and be celebrated in their attempts to prepare food for themselves and others.

Environmental Wellness (Home Safety)

Overall safety and security in their home. How can your students help around their homes? The lessons include preparing for emergencies, fire safety, estimating, and making checklists to distribute jobs and seasonal tasks.

Overall Health and Wellness

With a deeper focus on health and the individuals that provide healthcare, students will explore healthcare careers and their responsibility in their own wellness. They will study and identify communicable and non-communicable diseases.

Occupational Wellness

Students will explore their interests to determine their top three career interests and the means to achieve them.

Financial Wellness

Students will evaluate scenarios to determine the uses of credit and the overall effect on financial wellness.

The process used to select the curriculum and activities for this Distance Learning module included the following:

- It can be completed at home
- It can be managed from a distance
- It is relevant
- It doesn’t require specialized equipment or software
- It’s Hands-on
- It’s consistent with our goal of Career and College Readiness

What is different?

In these Distance Learning lessons we have made modifications in the following ways:

- Eliminated the need to submit PDF documents.
- Reduced Evidence submissions. In most cases students will submit a single prompt; however, for motivated students they can submit a link to a video they create using a social media application. Student examples are included.
- We’ve included a 5 question Checkpoint Test every 2-3 lessons. The Checkpoint Tests are not cumulative.
- Intro to each activity is written specifically for the student working independently at home and all references to “Ask your instructor” have been eliminated.
- There is no rotation, all students will do the same thing at the same time.

Unit	Activity Name and Description	Prompt	File	Rubric
1	*Proper Handwashing Practice the proper technique of handwashing according to the World Health Organization	X		
2	Safety & Sanitation in the Kitchen Examine and identify 5 safety hazards in the provided image	X		
3	Baking and Equivalents Utilize math in the kitchen to halve and double a list of ingredients	X		
Checkpoint Test 1 / Culinary Arts				
4	*Presentation and Creating a Garnish Demonstrate the principles of food presentation, garnishing, and plating	X	X	X
5	*Following a Recipe Utilize a recipe to prepare a simple dish		X	
6	Critical Writing - Narrative Critical writing on menu item development, preparation, and plating	X		X
Checkpoint Test 2 / Culinary Arts				
7	Preparing for Emergencies Identify procedures when preparing for and recovering from natural disasters and household emergencies	X		
8	Fire Safety & Escape Routes Evaluate and create a fire escape plan		X	
Checkpoint Test 1 / Home Maintenance				
9	What's Your Estimation? Calculate the cost of common home maintenance and repair jobs utilizing the provided information and equations	X		
10	*Home Maintenance Checklist Examine the benefit of daily and seasonal checklists in maintaining the home	X		
11	Critical Writing - Argumentative Critical writing reflecting the risks of smart home technologies	X		X
Checkpoint Test 2 / Home Maintenance				
12	Health Science Pathway Exploration Conduct research to learn more about the five pathways within the Health Science Career Cluster and identify careers in each	X		
13	Preventing Disease Transmission Classify whether a disease is communicable or non-communicable	X		
Checkpoint Test 1 / Health & Wellness				
14	Career Cluster Survey & Exploration Complete a Career Cluster Interest Survey to determine top three cluster areas and research careers of interest	X		
15	Who Uses Credit? Evaluate scenarios to determine possible uses of credit	X		
Checkpoint Test 2 / Health & Wellness				
	To be continued...			

Unit	Activity	Notes
1	Activity: Proper Handwashing	<p>* Option for video submission</p> <p>Writing Prompt Questions and Answers:</p> <ul style="list-style-type: none"> Describe three important facts you learned about handwashing. Answers will vary.
2	Activity: Safety & Sanitation in the Kitchen	<p>Writing Prompt Questions and Answers: Answers may be listed in a different order and vary.</p> <ul style="list-style-type: none"> Describe the five safety hazards you've identified in the picture. <ul style="list-style-type: none"> The bag of carrots is not stored properly or safely. The cleaning product should not be placed on a sterile work surface. The blue rag appears dirty and should not be placed on a sterile work surface. The knife is out over the edge of the table and is facing outward. Boxes should not be stacked on a stovetop. The cook should be wearing an appropriate hat or hair net. The oven door is open. The cook is leaning over an open oven door and isn't wearing protective gloves for lifting a hot pot. There are oven mitts sitting on the stovetop. A milk crate and bucket are being used to catch grease and are an obstacle in the walkway.
3	Activity: Baking and Equivalents	<p>Writing Prompt Questions and Answers:</p> <ul style="list-style-type: none"> Double (Multiply by 2) the following ingredients: <ul style="list-style-type: none"> 1 c. old-fashioned oats = 2 c. ½ c. peanut butter = 1 c. ¼ tsp. salt = ½ tsp. ⅓ c. honey = 2/3 c. Half ((Multiply x ½) the following ingredients: <ul style="list-style-type: none"> 1 c. old-fashioned oats = ½ c. ½ c. peanut butter = ¼ c. ¼ tsp. salt = 1/8 tsp / Pinch ⅓ c. honey = 2 Tbsp. + 2 tsp. OR 2 ½ Tbsp +1/2 tsp.
4	Activity: Presentation and Creating a Garnish	<p>* Option for video submission</p> <p>Your students are to submit a photo of their completed plate demonstrating the clock it method, plate presentation and garnish.</p>
5	Activity: Following a Recipe	<p>* Option for video submission</p> <p>Your students are encouraged to select a different recipe with the ingredients available to them. Your students are to submit a photo of their completed recipe / finished product.</p>

6	Activity: Critical Writing	<p>Your students are required to write a critical writing response detailing the following topics: Responses will vary by student.</p> <ul style="list-style-type: none"> • What type of meat did you choose and why? (Chicken or Steak) • What cooking method would you use to cook the steak or chicken? Why? • What type of theme would you create for your recipe? • What other food items would you serve with the steak or chicken and why? • What equipment, kitchen tools and terms would you use in preparing the food? • What safety and sanitation steps would you follow when preparing the food? • Explain how you would plate, garnish and present your dish.
7	Activity: Preparing for Emergencies	<p>Writing Prompt Questions and Answers: Answers will vary by student.</p> <ul style="list-style-type: none"> • Which items in the Emergency Preparedness Kit do you think are most important, and why? • Which type of natural disaster(s) could affect the community you live in? • Why is it important to create an emergency preparedness plan and share it with all members of your household?
8	Activity: Fire Safety & Escape Plan	<p>Your students are to submit a photo of their Fire Escape Plan.</p>
9	Activity: What's Your Estimation?	<p>Writing Prompt Questions and Answers:</p> <ul style="list-style-type: none"> • Scenario #1 = 43.56 Total Volume Cu. Ft / \$806.67 Total Cost • Scenario #2 = 582.75 Total Area (including waste) / \$9,314.59 Total Cost • Scenario #3 = 834 Total Area (Paint/Primer) / \$1,476.00 Total Cost
10	Activity: Home Maintenance Checklist	<p>* Option for video submission</p> <p>Writing Prompt Question and answer: Answers will vary by student.</p> <ul style="list-style-type: none"> • Your students will need to list the item they checked off the checklist they selected and describe their experience.
11	Activity: Critical Writing	<p>Your students are required to write a critical writing response reflecting their views on the risks of smart home technologies. Responses will vary by student.</p>

<p>12</p>	<p>Activity: Health Science Pathway Exploration</p>	<p>Writing Prompt Questions and Answers: Career Examples will vary by student.</p> <ul style="list-style-type: none"> • Describe each of the five pathways within the Health Science Career Cluster and provide two occupations that fall within each pathway. <ol style="list-style-type: none"> 1. Biotechnology R&D: This pathway involved in bioscience research and development as it applies to human health. Workers may study diseases to discover new treatments or invent medical devices used to directly assist patients or to improve the accuracy of diagnostic tests. 2. Diagnostics: This pathway includes occupations related to the tests and evaluations that aid in the detection, diagnosis and treatment of diseases, injuries or other physical conditions. 3. Health Informatics: This pathway includes workers involved in all aspects of managing health care agencies, patient data and information, financial information, and computer applications related to health care processes and procedures. Workers usually have limited interaction with patients. 4. Support Services: This pathway includes occupations that interact with patients or the public to provide a therapeutic environment for the delivery of health care. Includes technical and professional careers. 5. Therapeutic Services: This pathway includes occupations focused primarily on changing the health status of patients over time through direct care, treatment, counseling, or health education information.
<p>13</p>	<p>Activity: Disease Transmission Prevention</p>	<p>If your students have the materials available to them, they can complete the Optional Activity Extension - Preventing Disease Transmission. Materials include.</p> <p>Writing Prompt Questions and Answers:</p> <ul style="list-style-type: none"> • Record the 12 communicable diseases listed on the worksheet. <ol style="list-style-type: none"> 1. Common Cold 2. Influenza (Flu) 3. Strep Throat 4. Lice 5. Pink Eye 6. Mumps 7. AIDS 8. Chicken Pox 9. Rabies 10. Pneumonia 11. Tuberculosis 12. Measles

14	Activity: Career Cluster Survey & Exploration	<p>Writing Prompt Questions and Answers:</p> <ul style="list-style-type: none"> What career did you select? Be sure to include the information outlined below: Answers will vary by student. <ol style="list-style-type: none"> Career Title / Career Cluster & Pathway Description of the career and responsibilities Education requirements Local / National Salary Job growth outlook
15	Activity: Who Uses Credit?	<p>Writing Prompt Question and Answers: Answers will vary but should include the below.</p> <ul style="list-style-type: none"> Describe what each person or couple from each scenario may need to purchase in the near future and why they may have to use credit for those purchases. <ol style="list-style-type: none"> Scenario #1: Vehicle, utility & entertainment setup costs, furniture and items for the new apartment. Scenario #2: New homeowner expenses (yard & house maintenance); new baby costs (medical care, diapers, clothing, toys, baby equipment & furniture, daycare); moving costs. Scenario #3: Unplanned purchases, travel and vacations, unexpected medical costs (accident, illness or disease).
To be continued...		