

Food for Life, Second Edition Teacher's Resource

Table of Contents

Introduction: A Tour of the *Teacher's Resource*

About this Teacher's Resource
British Columbia Curriculum Congruence
Alberta Curriculum Congruence

Unit 1: Influences on Food Choices and Food Patterns

Chapter 1: Understanding Personal Food Choices

Teaching/Learning Activities

Activity 1: Tour of the Text Scavenger Hunt
Activity 2: More Than Meets the Tongue?
Activity 3: Why Do We Eat?
Activity 4: Comfort Foods—Become a Food Studies Researcher

Chapter 2: Influences on Food Patterns and Customs

Teaching/Learning Activities

Activity 1: Staple Food around the World—People Search
Activity 2: The World in a Baked Product
Activity 3: No Small Potatoes

Chapter 3: Food Traditions and Etiquette

Teaching/Learning Activities

Activity 1: Exploring Our Food Traditions—Creating a Food Coat of Arms
Activity 2: Breads around the World
Activity 3: Imagine You Were There—Famous Feasts

Unit 2: Making Healthy Food Choices

Chapter 4: How the Body Uses Food

Teaching/Learning Activities

Activity 1: What Nutrient Am I?
Activity 2: Digestive System Simulation
Activity 3: How Nutri-Smart Are You?

Chapter 5: A Guide to Healthy Food Choices

Teaching/Learning Activities

Activity 1: Getting to Know *Eating Well with Canada's Food Guide*

Activity 2: Eating the Colour Way

Activity 3: Got Good Eats?

Chapter 6: Good Nutrition Throughout the Life Span

Teaching/Learning Activities

Activity 1: Nutri-Poetry

Activity 2: Healthy Eating is Elementary

Activity 3: Make Your Own Sports Drink

Chapter 7: Living with Special Considerations

Teaching/Learning Activities

Activity 1: Living with Special Considerations Crossword Puzzle

Activity 2: Feeding Baby

Activity 3: Guests Who Are Coming to Dinner

Chapter 8: Body Image and Lifestyle Choices

Teaching/Learning Activities

Activity 1: Building a Positive Body Image—A Dozen Building Blocks

Activity 2: Super Sleuth

Activity 3: What's for Lunch?

Unit 3: Kitchen Basics

Chapter 9: Food Safety

Teaching/Learning Activities

Activity 1: Pathogen Jeopardy

Activity 2: Cross-Contamination

Activity 3: Four Steps to Food Safety

Activity 4: Food Spoilage Wordsearch

Chapter 10: Kitchen Safety

Teaching/Learning Activities

Activity 1: Identifying Potential Kitchen Hazards

Activity 2: Accident Prevention in the Kitchen

Activity 3: Hazard Symbols

Activity 4: Green Alternative to Hazardous Products

Chapter 11: Kitchen Appliances, Equipment, and Tools

Teaching/Learning Activities

- Activity 1: Kitchen Equipment Crossword Puzzle
- Activity 2: Kitchen Tools Catalogue
- Activity 3: Mad Scientists Invent Kitchen Gadgets

Chapter 12: Kitchen Literacy and Numeracy

Teaching/Learning Activities

- Activity 1: Anatomy of a Recipe
- Activity 2: Tips for Measuring
- Activity 3: Going ... Going ... Gone!

Unit 4: Providing Healthy Food

Chapter 13: Becoming a Wise Consumer

Teaching/Learning Activities

- Activity 1: Purple Ketchup?
- Activity 2: What Colours Will You Eat?
- Activity 3: Designer Cereal

Chapter 14: Meal Planning and Preparation

Teaching/Learning Activities

- Activity 1: Writing a Menu?
- Activity 2: Planning a Meal
- Activity 3: Convenience Foods

Unit 5: Early Canadian, Regional, and Global Foods

Chapter 15: Canadian Food Heritage

Teaching/Learning Activities

- Activity 1: Canadian Foods Crossword
- Activity 2: Eating Locally across Canada Webquest
- Activity 3: Preserving a Canadian Tradition

Chapter 16: A Mosaic of Cuisines

Teaching/Learning Activities

- Activity 1: Food Favourites around the World
- Activity 2: Food Guides Webquest
- Activity 3: What's Your Family Food Story?

Chapter 17: Providing Food for Canadians

Teaching/Learning Activities

Activity 1: Taking the 100-Mile Challenge

Activity 2: Beyond Food Banks

Blackline Masters

Toolkit

Teaching Strategies

T-1-A: Bingo Review Card

T-1-B: World Map

T-1-C: Mind Map

T-1-D: Concept Map

T-1-E: Consumer Comparison Chart

T-1-F: Research Record Form

T-1-G: Venn Diagram

T-1-H: Placemat

T-1-I: KWL Chart

Assessment and Evaluation

T-2-A: Student Self Assessment for Projects

T-2-B: Observation Checklist

T-2-C: Group Process Evaluation

T-2-D: Scoring Rubric for Mind Maps

T-2-E: Scoring Rubric for Projects

T-2-F: Learning Logs/Journals

T-2-G: Exit Slip

T-2-H: Peer Assessment Form for Student Presentations

T-2-I: Self Assessment Form for Labs

T-2-J: Lab Evaluation Form for Teachers

Classroom Organization and Management Strategies

T-3-A: Tips for Running Successful Labs

T-3-B: Rules for Brainstorming

T-3-C: Market Order

T-3-D: Student Lab Planning Form

T-3-E: Web Site Reliability

CD-ROMs

Food for Life, Second Edition Teacher's Resource CD-ROM

Food for Life, Second Edition Images CD-ROM

Table of Contents for Images CD-ROM

Credits