

Name _____ Period _____ Date: _____

It's In the News

Foodborne Illness

Food poisoning is a common, yet distressing and sometimes life-threatening problem for millions of people in the U.S., and throughout the world. People infected with foodborne organisms may be symptom-free or may have symptoms ranging from mild intestinal discomfort to severe dehydration and bloody diarrhea. Depending on the type of infection, people can even die as a result of food poisoning.

For this assignment, you must locate and read a recent news story about a Foodborne illness outbreak. You may use a newspaper, magazine or website. There are several reputable sources including www.foodsafetynews.com. Print and attach a copy of the article and answer the following questions.

1. Name and date of publication and/or web address.
2. Where did this outbreak occur?
3. Which pathogen was responsible?
4. How many people did it affect?
5. What food was linked to this outbreak?
6. How many people got sick or died?
7. What was identified as the cause of this outbreak?
8. What was the response of the authorities?
9. What would have prevented this from happening?
10. Go to www.cdc.gov and search and read about the pathogen that cause the outbreak you read about. What are the typical causes, sources and symptoms of this pathogen?
11. Was this outbreak similar or different from the typical situation found at cdc.gov? Why or why not? In what ways?
12. What did you learn from this assignment?

Name: _____

Period: _____

Plan a Menu Using a Grocery Store Ad

Look through a grocery ad and plan 1 meal for you and your family. When you are planning, make sure that you take into account the dietary guidelines and MyPlate.

Meat-

Vegetable-

Fruit-

Dairy-

Bread-



Now, use the prices in the ad to figure out how much it would cost to buy these items.

Do you feel like you're getting a lot of food for the amount of money you spent? Why/Why Not?

Why do you think people use the weekly ad to do their grocery shopping?

Total Price of Meal: _____

****Attach the ad you used to this worksheet****

Nutrition In The News

(Lab Make-up Assignment)

1. Locate an article on Nutrition & Wellness or any Health/ Diet/ Fitness related topic.
CHOOSE SOMETHING OF INTEREST TO YOU!
2. Include the link to the article (if electronic) or provide a copy of the article
3. Summarize the article in at least 8 sentences
4. Answer the following questions:
 - How does the article relate to Nutrition & Wellness?
 - How will this information apply to your life or the lives of others? Who benefits most from this information?

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Attach Receipt Here

Restaurant Evaluation

Limit: 1 per term, Sit down restaurant, no receipt no credit

Name: _____ Period: _____ Visit Date: _____

Name of Restaurant: _____

Restaurant City: _____ Food Chain: _____ Private Owner: _____

Have you eaten at this restaurant before: Yes No Price range: \$ _____

Menu arrangement: (what is offered)

First impression of decorations/orderliness/cleanliness: (check the bathroom)

First Impression of hostess/waiter/waitress: (courteous, friendly, smiling, appearance, hygiene, attitude, knowledge)

On a scale of 1-5, 5 being the best service; answer the following questions:

Comment Below where appropriate:

You were greeted promptly	1	2	3	4	5
You received a friendly greeting	1	2	3	4	5
You were seated promptly	1	2	3	4	5
The waiting time was as long as they said or less	1	2	3	4	5
Your drinks came in a timely manner	1	2	3	4	5
Your appetizers were served in a timely manner (optional)	1	2	3	4	5
Your food was served in a timely manner	1	2	3	4	5
Your waiters' attitude was friendly	1	2	3	4	5
Your waiters' appearance was appropriate	1	2	3	4	5
Your food was hot and tasty	1	2	3	4	5
You enjoyed the atmosphere of the restaurant	1	2	3	4	5
Someone besides the waiter/waitress spoke to you	1	2	3	4	5
Who??					
Was your table clean and set correctly	1	2	3	4	5
Your food matched the description on the menu	1	2	3	4	5
Your overall satisfaction with the restaurant was	1	2	3	4	5
Overall satisfaction of the restaurant of those with you	1	2	3	4	5

Please turn over

Overall comments about the restaurant: *(At least 3)*

Suggestions of improvement for restaurant: *(At least 3)*

Name: _____

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Work Experience – Lab Make-Up

If you work in Food Service, volunteer in the cafeteria or volunteer at a food bank you may fill this in and use it for lab make-up. If you are volunteering you must work for at least 1 hour.

Summary of what you did:

Something new you learned:

Supervisor's Name: _____

Supervisor's Phone Number: _____

Supervisor's Signature: _____

Include one of the following:

A picture of you at work

A business card from the place you worked

A letter or recommendation from your supervisor



Name: _____

Period: _____

Cooking Class – Lab Make-Up

There are lots of cooking classes available for you to attend. Some are free some aren't. Williams Sonoma in Provo, Thanksgiving Point, Sur La Table in Salt Lake are a few options. **Please approve this with Becky before going.**



Class Name: _____ Teacher OK _____

Location: _____

Date: _____ Time: _____

Summary of what you learned:

Include one of the following:

A picture of you in the class or of the food prepared in class

A class schedule that includes the class you are attending

A flyer or handout from the class

Name: _____

Period: _____

Cooking Show – Lab Make-Up

Choose 2 different TV Shows that demonstrates culinary ability, like Chopped, Cutthroat Kitchen, Food Truck Face Off and so on (there are lots to choose from) . Fill out the following information about the shows below.

Name of Show: _____

Date: _____ Time: _____ Network: _____

What did you learn in show number 1

What did you learn in show number 2

Compare the two shows, which do you think did a better job sharing information and helping people learn about cooking? Which one did you prefer.

Your job is to write a description about the show that is 2-4 sentences long. This should be written in a persuasive way that would make people want to watch the show.

Show 1

Show 2

