

INTRODUCTION

The Functional Foods Program was developed due to a dissatisfaction from mainstreaming students into the regular foods classroom. Both regular and Special Education educators felt that the students with disabilities were not having their individual needs met in a typical Foods I program at the high school setting. Therefore, a stand alone Functional Foods class was created to satisfy this need.

The developed curriculum was a joint effort between the Home Economics foods teacher and the Special Education teachers. The laboratory experiences, activities, and recipes were created specifically to meet the needs of the students or were adapted from published resources purchased and obtained for student use.

The entire program is individualized and has been successful because of the cooperation with peer tutors who help and assist with the students. This helps each student become more independent in the kitchen. The tutors monitor data and work one-on-one with the students. The peer tutors also provide social interaction for skill improvement similar to experiences found in a complete mainstreamed setting.

The class is taught using a team teaching approach. The Home Economics teacher actually teaches the concepts to the students and the Special Education teacher supervises the peer tutors. In addition, two or three Special Ed. aides assist with the program. They monitor the peer tutors and help as needed with the students. The success of the total program will only occur when there is support, help, and cooperation from all involved -- teachers, aides and peer tutors.

Recipes will continue to be developed as the need, time and funding allows. For information concerning additions and cost, contact:

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