

Unit 1 Culminating Activity - Food Planning Project

Student: _____

Released on: Mar 10th, 2023 (Friday)

Due on: _____

Food Planning Project Guidelines & Expectations:

1. First, use PowerPoint & ideas from today's worksheet & Canada's Food Guide to plan meals for 7 days.
2. Secondly, think about these factors before you plan the individual meals:
 - A) **Budget**- How much money (\$) will you spend for 1 week of food for 2 to 4 people in your home? –be specific. Budget also includes food preparation time for preparing your meals according to the recipes you use, some breakfasts might not need a recipe if it is just cereal, toast & fruit; however brunches, lunches & suppers do!
 - B) **Nutrition**- plan for balanced meals
 - C) **Allergies**- Do any of your family members or guests have any allergies?
 - D) **Special Diets**- Vegetarian, or low-fat, or cultural, or religious considerations.
 - E) A person's **age** - food requirements are different for different age.
 - F) A person's **activity level** - athletes & adults doing physical work usually require more food than inactive people
3. **Make 15 to 20 power-point slides** to include all your information for planning food for 7 days of meals.
4. The power-point must have these things otherwise you will lose marks:
 - a) **Cover page**- title, your full name, date, & course = Slide 1
 - b) **Table of Content** = Slide 2
 - c) **Main Body Slides** = Food planning steps & considerations from point # 2, including at least 5 -7 recipes.
 - d) **Conclusion Slide**- stating 3-4 ideas you learned from this project & how you could apply it to your life!
 - e) **References** = last slide = 3 to 5 references of where you copied or borrowed your information from (e.g. recipes from youtube, Instagram, or a cookbook)
5. **Length** - about 15 to 20 minutes presentation
6. **Due Date:** Slide show is due **Mar 21st, Tuesday** by the end of class.
The presentation is on **Mar 22nd, Wednesday** and **Mar 23rd, Thursday**.
7. **Reminder:** this project is worth 10% of your marks so please do your best!

Food Project Rubric for Unit 1 Culminating Project

Teacher: Ella Hou Student: _____

Class: HFC3M

Content - Knowledge & Understanding of the topic& how to use new food vocabulary.

/5

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| 1-2 Poor understanding knowledge of their topic choice or question | 2-4 Understands some of the main areas of the unit, but lacking some important information... | 3-4 Adequate content understanding of their topic & great detailed info./poster or ppt. slides on Food Planning | 4-5 Excellent detailed content in their poster, or pamphlet, or ppt. & understanding of how to make a Weekly Food Plan using Canada's Food Guide/Recipes |
| Comments: | | | |

Thinking - Researching the Food topic & writing/talking about it

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|---|---|--|---|
| 1-2 Poorly organized speech = lacking unity, focus & an Intro. / Body / Summary | 2-3 Has a disorganized conversation that is lacking fluency/references. | 3-4 Has an organized conversational speech that is fluent & has a detailed poster, or ppt, or pamphlet and menus/ references | 4-5 Excellent well organized speech with : 3 major parts & a high degree of fluency/accurate detailed info./analysis of balanced meals for 1 week |
| Comments: | | | |

Communication- How well do you speak in front of the class? / - your grammar...

/5

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|--|--|--|--|
| 1-2 Very poor pronunciation, & lack of sentences when speaking / or writing their ppt. & fail to follow the presentation guidelines. | 2-3 Adequate pronun. Skills, but many sentences are missing key verbs, tenses, prepositions, or other words. Therefore grammar sometimes interferes with the listener's understanding of the speech / or notes. Inadequate or missing information. Reading notes- word-for-word! | 3-4 Clear pronun. of words & sentences; also, clear, well-formed sentences & delivery style. Only a few grammar mistakes or mispronounced words... Sometimes lacking eye contact with the audience & fails to use body gestures effectively & Terrific content (Reading notes around 50% of the time.) | 4-5 Excellent pronun. skills, & delivery of speech. (Maintains eye contact with the audience & uses body gestures well.) Uses appropriate words & sentences to describe their food plan. Only 2-3 minor grammar errors/ Excellent content/ Food Project Plan description |
| Comments: | | | |

Application- Comprehension & Discussion Questions

/5

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|---|---|---|---|
| 1-2 Very poorly written ppt/ or poster, or pamphlet= hard to understand. Missing 2-3 references & slides= poorly organized. | 2-3 Has some good sentences but many sentences are poorly worded, therefore they are hard to understand. Also, a messy poster, or pamphlet, or ppt. with missing info & references. Weak plan= missing recipes & proper budget/safety/cultural considerations | 3. Adequate number of sentences & analysis of their Weekly Food Plan= well formatted & understandable. Has at least 2-4 references, & is related to the concepts of healthy food choices & a balanced diet that respects diverse cultures in Canada | 4. Excellent formatted writing/visuals or Presentation which includes at least 3-5 major references & 5-7 menus/ ideas about food sustainability, or healthy eating choices & cultural & safety considerations... |
| Comments: | | | |

Total Score: /25, or %