

Intro to Foods Optional Assignment

Choose a few of these activities to complete in your free time.

Home Management	Human Interaction	Health and Wellness
Sweep and mop your kitchen floor	Video yourself making a dessert. Take a picture of your family enjoying it.	Research and prepare a healthy meal for your family
Clean out the fridge, check dates, when in doubt ask an adult	Eat dinner with your family. Catch up and take a picture.	Start a collection of favorite meals
Empty the dishwasher	Help prepare and make a meal	Make a healthy snack and share it with a family member
Help clean up after dinner and do the dishes	Discuss with your family how grocery shopping and meal prep has affected your family	Exercise for at least 30 minutes
Deep clean your kitchen sink	Discuss with your family proper handwashing technique you learned in class	Spend a whole day without using your phone