

## Practical Arts 6-8

The practical arts food labs in grades 6, 7, and 8 are some of the most popular classes in the upper grades. In the food labs, students work in small cooking groups to prepare and sample specific “healthy” recipes using a variety of fruits, vegetables, and whole grains. In addition to their “hands on” experiences in the lab kitchens, students will discuss the importance of eating healthy foods and concentrating on developing healthier ways to choose what they eat at mealtimes and for their snacks. Using the USDA’s *MyPlate* and its recommendations, they will track their individual eating patterns and daily food choices for a week. Then they can see what they need to change, add, or decrease in terms of the various food groups and the recommended RDA's for their age groups. In each grade, they will also do a creative group project related to choosing foods from the five food groups in the *MyPlate* concept.

Students will also be encouraged to keep themselves hydrated during the school day by carrying water bottles and getting frequent drinks from our water fountains between classes.

I hope you will enjoy trying some of the healthy recipes we will be preparing in food labs this year in our small cooking groups. Also be sure to check out "Recipe of the Week" on my teacher website for some of the most popular recipes from our cooking labs as well as some of my own personal favorites!

Practical arts is designed to be a credit-non-credit course in the upper grades.