**Chemistry of Foods**

Dear Chemistry of Foods Student,

First of all, I MISS YOU SO MUCH!!!!!!! I miss greeting you at the door and seeing your sweet faces. I miss seeing you cook and clean. I miss seeing you learning. I just miss everything! I hope that you are being safe and following the governor’s mandates.

Typically each morning, I enter our classroom and spend time praying over each chair. I miss that intentional time asking for God to watch over each student that sits in that particular chair each day. So instead, just know that I am still lifting you up in prayer, just without touching your chair. Please let me know if you have anything specific that you need lifted to the Lord.

Now on to our assignments. It breaks my heart that we will not be cooking together any more this semester. I definitely miss those special times of learning and laughter. The second nine weeks of our class would have seen a continuation of us cooking as well as looking at the scientific principles of cooking certain groups of food. However, the cooking together part is out of the question. So unfortunately, that leaves us with looking at the scientific principles of cooking.

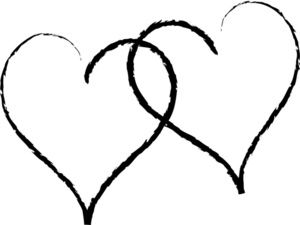
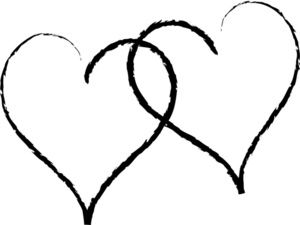
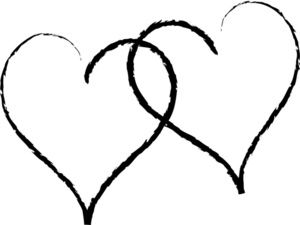
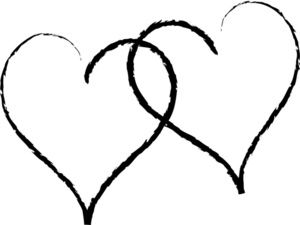
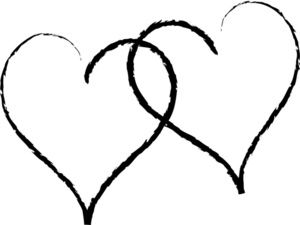
Whether you parent selected online or paper/pencil, all assignments are the same. If your parent selected online - then you will complete the assignments and email them to [bbrewer@lanettcityschools.org](mailto:bbrewer@lanettcityschools.org).

If your parent selected a paper/pencil option, then you will complete the assignments on paper and turn them in sometime in May. You should receive a robo-call telling you the procedure for tuning in assignments at a later date. If you have questions concerning any part of the assignments, please email me at [bbrewer@lanettcityschools.com](mailto:bbrewer@lanettcityschools.com).

Your assignments each week will be to read five articles from Food Science and then answer some questions about the article. You will also complete one project and one cooking assignment each week. Please remember that just because we are not meeting together, my style has not changed. I will try my best to be understanding of things and will grade what you turn in to me in a fair way.

Hugs and Kisses,

**NEW CLASS RULES**

1. **Do not get stressed out!**
2. **Do your best!**
3. **Remember that Mrs. Brewer loves you!**

**Chemistry of Foods Projects**

Each week, in addition to your food science articles, you will select ONE of the following projects. I have given you several to select from. You will only have to complete a TOTAL of four of the activities listed below. I suggest reading each option and then deciding which options you would like to complete. If you complete additional activities, those will be used as bonus points.

**Option #1**

Daily Food Journal Assignment

1. Journal all the food you eat each day. Include all meals and snacks.
2. Next to each item, write which part(s) of MyPlate the food would be classified
   1. As a refresher, My Plate includes fruits, vegetables, protein, grains and dairy. You can abbreviate each part of MyPlate with f, v, p, g, d.
   2. For example: March 20 Breakfast: Cereal (g and d) and orange juice (f)
3. Complete this assignment for one week.

**Option # 2**

Chopped - Home Style

Many of you enjoy watching the television show Chopped. Contestants are given ingredients and asked to cook something. **If you select this option, please get permission from a parent.**

1. Dig through the pantry and/or fridge.
2. Select a few ingredients that you could use to make a dish. The ingredients that I selected were:
3. If you have the internet, you can go to [www.allrecipes.com](http://www.allrecipes.com) and do an ingredient search to locate some recipes that contain the ingredients that you find.
4. If you do not have the internet, then discuss with a parent what you could make with the ingredients that you found.
5. Make it yummy & be creative!

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1. What is the name of the dish you created?
2. On a scale of 1-10 with a 10 being AMAZING and 1 being disgusting, rate how your cooking went for today.
3. Describe how this activity went in the space below.

**Get a parent or guardian to grade your cleaning project.**

**Signature Grade**

**Option # 3**

Clean out your family’s refrigerator. I have included a step-by-step guide from <http://www.startribune.com/eight-steps-to-a-clean-refrigerator/112557499/>

Items needed: hot water, liquid dish detergent, sponge, soft cloths or paper towels for drying.

1. Clean out the refrigerator. "Get rid of old food you're not going to use, things way past their prime," Wipe drips and condensation off jars and bottles.
2. Do one shelf at a time; temporarily move items to another shelf -- if there's room. Tackling the whole thing? Move items to a counter. If cleaning takes longer than 30 minutes (it shouldn't), consider using a cooler.
3. Mix hot water and dishwashing liquid in the sink. Start with the main shelves; they're generally removable, so take them out and put them in the dishwater. Wash, rinse, dry and put back. Can't remove them? Wash with a soft cloth or sponge and soapy water, rinse and wipe dry.
4. Bins generally come out; wash, rinse, dry and put back. Check and clean places that collect drips: behind and under the bins. Pull out drawers; check the runners of the drawers. Wipe bins on the door.
5. Clean the gaskets around the door a cleaning with the soap and water
6. Cover food well and return to the refrigerator.
7. Wipe down the exterior using an all-purpose cleaner (or a stainless steel cleaner for a stainless steel refrigerator). Pay attention to the handles. Clean the top of the refrigerator.
8. Vacuum out dust or use a brush to clean the coils according to your manual (many refrigerator manuals are now online). If you have an ice and water dispenser, make sure you change the filter.
9. Describe how the project went in the space below.

**Get a parent or guardian to grade your cleaning project.**

**Signature Grade**

**Option # 4**

Clean out your family’s pantry or whichever cabinets they store food. I have included a step-by-step guide from <https://www.wikihow.com/Clean-up-Your-Pantry>

1. Clean one shelf at a time. Remove the contents of each shelf. Use a clear section of counter space or pull a kitchen table close.
2. Throw out anything you don't need. Use your judgment and remove any of the following:

Foods that are spoiled or too old or stale to eat

Foods that are infested with insects

1. Remove items that don't belong in your pantry. If things besides food have slipped in, or if some shelves seem to be taken up by general storage, decide on new homes for these items.
2. Use a damp cloth to wipe crumbs, dust, dirt, and debris off the empty shelves. Allow the shelves to dry thoroughly. Take this opportunity to line the shelves if you
3. Clean the containers as you return them to the shelves. If anything has leaked or gotten sticky or oily on the bottom, wipe them off or (if necessary) repackage it before returning it to the shelf.
4. Organize items as you put them back. If your shelves were a jumble of different foods, now is the time to designate shelves or parts of shelves for particular purposes. Put spices in one place, canned foods in another. If snacks or baking supplies are a part of your pantry, make separate spaces for those, too.
5. Describe how the project went in the space below.

**Get a parent or guardian to grade your cleaning project.**

**Signature Grade**

**Option # 5**

Clean out each kitchen cabinet. I have included a step-by-step guide from <https://www.mollymaid.com/practically-spotless/2017/june/the-best-way-to-keep-your-cabinets-clean-inside-/>

1. Empty your cabinets.
2. Mix a 50:50 solution of vinegar and warm water in a spray bottle. Add a few drops of liquid dishwashing detergent for extra grimy surfaces.
3. Spray the solution on the outside of the cabinet doors and let it sit for a minute or two.
4. Wipe the cabinet doors clean with a soft cloth. Repeat if necessary to tackle stubborn spots.
5. Open the cabinets and spray the inside of the door and the shelves. Let the solution sit on any trouble spots.
6. Wipe the cleaner away with a soft cloth.
7. Clean around hinges, knobs, and handles with [Q-tips](https://www.mollymaid.com/practically-spotless/2016/march/ultimate-q-tips-cleaning-tips/) saturated in the cleaning solution.
8. Wet a second cloth or sponge with clean water and wipe over all surfaces to remove residual cleaner.
9. Dry all surfaces thoroughly with a clean towel.
10. Put items back into the cabinets in a neat and organized manner.
11. Throw away broken items that you might find during this activity.
12. Describe how the project went in the space below.

**Get a parent or guardian to grade your cleaning project.**

**Signature Grade**

**Option #6**

Clean the oven

First of all, get permission from a parent to complete this option. Then discuss with your parent the steps they usually take to clean the oven. Write the steps you plan to take below. Finally, describe how the project went.

**Get a parent or guardian to grade your cleaning project.**

**Signature Grade**