

Foods



Otter: Do 4 requirements including the 2 starred

_____ 1.* Where does our food come from? Make a chart of your favorite meal. What food had to be produced in order to make the meal. For example if your favorite meal is spaghetti with meatballs, salad with Italian dressing, and chocolate chip cookies, under the spaghetti you should have beef, wheat, tomatoes, herbs, etc. Under salad you should have lettuce, carrots, cabbage, vegetable oil, vinegar, herbs, garlic, etc. And under cookies you should have sugar, cocoa beans, wheat, milk, etc. How many different farms do you think it took to grow the food just in this one meal?

_____ 2.* How did the invention of each of the following effect the foods people eat? Railroads, transport trucks, refrigerated railroad and truck cars, airplane, commercial canning, prepackaged frozen foods, dehydrating food, and preservatives.

_____ 3. Try one or more vegetables in each of the following ways: fresh, canned, and frozen. Which did you like best? Why?

_____ 4. Create a booklet of at least 5 different descriptive labels from various food products. What information should you look for on a label to help you make wise buying decisions? What good things do you see on each label, what things should you avoid?

_____ 5. Help to run a canned food drive for your local food bank.

_____ 6. Create a poster of a food pyramid with examples of each type of food.

_____ 7. Visit a local farm or ranch.

Dolphin: Do 5 requirements including the 2 starred

_____ 1.* Do Otter requirements #1 & #2

_____ 2.* Where are major food crops grown in the greatest quantity. Create a world map that shows which countries produce enough food for themselves, that have enough to export, or need to import. How does this affect the food situation in our world?

_____ 3. Create a display of foods now readily available due to the world market such as bananas, pineapples, coconuts, salmon, tuna, etc.

_____ 4. Try one or more vegetables in each of the following ways: fresh, canned, and frozen. Compare cost and nutritional values as well as ease of preparation. Which did you like best? Why?

_____ 5. Create a booklet of at least 10 different descriptive labels from various food products. What information should you look for on a label to help you make wise buying decisions? What good things do you see on each label, what things should you avoid?

_____ 6. Select 10 fruits or vegetables and make a calendar showing which months it is best to buy. If you buy them in the off season, where are they coming from?

_____ 7. Help to run a canned food drive for your local food bank.

_____ 8. Visit a local farm or ranch.

Butterfly: Do 6 requirements including the 2 starred

_____ 1.* Do Dolphin requirements # 1 & #2

_____ 2.* What resources are there in your area for people who do not have enough food? Don't forget government food programs as well. How can you help?

_____ 3. Visit a local farm or ranch.

_____ 4. What are the advantages and disadvantages to preserving foods in the following ways? Canning, freezing, drying, dehydrating, salting, bottling, and vacuum sealing. Demonstrate at least one method.

_____ 5. What is botulism and how can you prevent it when preserving foods?

_____ 6. Learn how at least 2 foods can be stored in your climate in storage pits, basements, cellars, garages, or back yards.

_____ 7. Help to run a canned food drive for your local food bank.

_____ 8. What careers are there in the food industry? What education do you need for various jobs? Shadow someone for a day that works in the food industry.

Eagle: Do 7 requirements including the 2 starred

_____ 1.* Do Butterfly requirements #1 & #2

_____ 2.* Learn about at least 5 preservatives used in processed foods. What are the health risks of each?

_____ 3. Compare the nutritional value of a boxed ready made food with it's homemade counter part. Prepare each and decide which you like better based on nutritional value, taste, and convenience.

_____ 4. With the help of your local butcher, learn how to select meat for various methods of cooking. Which cuts are the least expensive? Which are the most? Why? Learn the name and be able to recognize one cut of meat for each of the following cooking methods: fry, broil, bake, grill.

_____ 5. Find out what kinds of fish are available in your area. Where do they come from and what do they cost? What is the difference between farm raised fish and wild fish?

_____ 6. What are the advantages and disadvantages to preserving foods in the following ways? Canning, freezing, drying, dehydrating, salting, bottling, and vacuum sealing. Demonstrate at least one method.

_____ 7. Help to run a canned food drive for your local food bank.

_____ 8. Visit a local farm or ranch.

_____ 9. . What careers are there in the food industry? What education do you need for various jobs? Shadow someone for a day that works in the food industry.