**Grade 12 Independent Study Project**

**WHAT:** An individual project that groups of 2-4 will work on together. You get to decide the topic and complete the research to accompany it. It is required that you present a 10-15 minute lecture on the topic, giving background information, why you choose this topic and other relevant information. You must also give a demonstration on a recipe to go with your chosen topic and have recipes prepared for the class to then complete a lab that you will monitor and mark.

My Group: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**WHEN:** You will be given 2 in class research days to prepare. Then groups will be presenting on THURSDAYS or FRIDAYS throughout the remainder of the year.

My Presentation Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**HOW:** 10-15 minute lecture, followed by a 10-15 minute demonstration then the class completing a lab. Must time everything to fit one class period.

**WHY:** This will allow you to get to study a topic that you find interesting and get the opportunity to show your presentation and cooking skills.

*Things that need to get done:*

1. Decide on your topic and complete the research and put it in a format to present to the class. Can be prezi, powerpoint, poster, game, video, other…
2. Find the recipe you wish to teach to the class
   1. Make sure it can be completed in class time (theory, demo, lab, clean-up)
   2. Make sure it is a reasonable price – under $50
   3. Prepare a recipe that will be printed out for the class
   4. Prepare a grocery list
3. Make sure you know what to say during the presentation and demonstration
4. Plan how you intend to mark the class during the lab

Example Topics:

* Choose a country that interests you
* GMOs (Genetically Modified Organisms)
* Eating Local (100 Mile Diet)
* Eating for a certain diet/disease – vegetarianism, celiac, etc.
* Health related diseases – cancer, heart disease, obesity, etc.
* The Food Guide and dietary guidelines
* Food related documentaries/movies
* How food relates to fitness
* School Cafeterias
* Food Science
* Growing a garden (indoor or outdoor)
* Canning
* Food related career opportunities
* ***Anything we have not covered in class…***