

Week of November 10, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
Foods & Nutrition	<p>EQ - What are the key elements to a healthy eating pattern?</p> <p>Resources: Check in class google forms for Chapter 1 of Dietary Guidelines and Evaluate each others food patterns from 3-day tracker in regard to chapter 1 highlighted guidelines</p> <p>Assign Quiz</p>	<p>Lab: Spinach Kiwi Chia Seed Smoothie</p> <p>https://joythebaker.com/2013/01/spinach-kiwi-chia-seed-smoothie/</p> <p>or</p> <p>http://www.sprinklewithflour.com/2013/01/berry-green-smoothie.html</p>	<p>EQ - What shifts do I need to make to align my eating pattern with the recommended guidelines?</p> <p>Resources: American Dietary Guidelines Chapter 2</p> <p>https://health.gov/dietaryguidelines/2015/guidelines/chapter-2/</p> <p>Assign Google Form Chapter 2 Shifts Needed . . .</p>	<p>EQ - What dietary shifts do I need to make?</p> <p>Due - Google Form "Shifts needed . . ."</p> <p>Resources: CTE - MyPlate Lesson 1</p> <p>https://www.cteonline.org/curriculum/lessonplan/choosemyplate-lesson-1-of-4/j3A2Gy</p> <p>Assign: Projected Food Tracker using MyPlate Grains Due Monday</p> <p>3 days = 60% 4 days = 70% 5 days = 80% 6 days = 90% 7 days = 100%</p>	Work Day on Tracker
Senior Strategies	<p>Reaching the Age of Majority</p> <p>EQ - How can I manage my personal career development?</p> <p>Due - Brands & Labels assignments Present</p>	<p>Reaching the Age of Majority</p> <p>EQ - Work -- love it or leave it?</p> <p>Resources: https://www.education.ne.gov/nce/careerdevelopment/lesson-plans/?ndepdf=1&id=1527712442vbhdd&type=lessonplan&pdfnonce=d1d151ce3b</p> <p>Assign Interviews</p>	<p>Reaching the Age of Majority</p> <p>Work Day on Interview</p>	<p>Reaching the Age of Majority</p> <p>Due - Interviews</p> <p>Assign Part 3 of https://www.education.ne.gov/nce/careerdevelopment/lesson-plans/?ndepdf=1&id=1527712442vbhdd&type=lessonplan&pdfnonce=d1d151ce3b</p>	Focus: College Readiness Scholarship Work

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Elem Guidance 11:00-11:30	5th Grade Conclude RRW w/ Fatal Vision Goggles/Puzzle and info on vaping Resources: Center for Disease Control https://www.cdc.gov/tobacco/basic_information/e-cigarettes/youth-guide-to-e-cigarettes-presentation.html?s_cid=OSH_misc_M148		2nd Lesson 4 Being Assertive	4th Grade see last week	
Elem Guidance 2:15-2:45		1st Lesson 9 Feelings Change	3rd Lesson 7 Conflicting Feelings	Kindergarten Tattle Tongue Preventative Bullying Lesson 1	6th Grade Watch videos re: Human Services from nebraskacaree rclusters.com. Grid work - Gov't & Public Admin (onenetonline)