

**Nutrition and Cooking for Lifelong Wellness**

**& HVE Cooking Show**

**Quarter 3, 2018**

**August 22 and 23 – Welcome Class.** Overview of quarter topics and brainstorm of student interests and learning goals.

**August 29 and 30 –** **Nutrition Overview- (DU Guest Speaker)** Our guest speaker will share with us the basics of lifelong wellness nutrition, including snack and meal planning, organizing a healthy plate, portion control, and the link between nutrition, hydration, energy and wellness.

**September 5 and 6 –** **Nutrition and recipes on the iPad-** In preparation for their cooking show project, students will use their iPads to research and save one or two healthy recipes, and then create an ingredients list from their saved recipes.

**September 12 and 13–** **Cooking Show Planning Session-** Students will work in small groups to brainstorm and plan their cooking show scripts, including researching recipes, preparing a shopping list, and writing a basic script.

**September 19 and 20 –- iPad Video Workshop-** Guest presenter Tim Gilbert will be here to walk the students through the video features on the iPad.

**September 26 and 27– Cooking Show Taping Session-** with DU Cooking Club and Guest Judges.

**October 3 and 4 –** **Cooking show Editing Session-** Students will work with their groups and DU Film student volunteers to edit and finalize their cooking show videos.

**October 10 and 11 – Cooking Show Screening and Celebration-** Friends and families are invited to join us for an end of quarter celebration and screening of HVE’s final cooking show videos