

Say NO to Gluten CTF Challenge Idea

Challenge	Say NO to Gluten		
Essential Question	Can you create a gluten free menu that is well balanced, nutritious and tastes great?	Estimated Time	20 hrs.

All CTF learning outcomes should be addressed in each CTF challenge.

Challenge Description	Students will design and modify recipes that eliminate the need for gluten products (wheat, rye, oats and barley) and then present them to a panel of judges.																														
Scenario	Can you imagine going to a restaurant, cafeteria or grocery store and not being able to eat 80% of the food? For some, this is a reality. You will be required to create a menu with snacks and meals that all people can enjoy and test them out in class. Your group will be responsible for writing a business letter, inviting a panel of judges (based on a public audience) and presenting to this panel of judges your main food items.																														
Occupational Areas	<p>BUSINESS</p> <table style="width: 100%; border: none;"> <tr> <td><input type="checkbox"/> Computing Science</td> <td><input type="checkbox"/> Financial Management</td> <td><input type="checkbox"/> Management & Marketing</td> </tr> <tr> <td><input type="checkbox"/> Enterprise & Innovation</td> <td><input type="checkbox"/> Information Processing</td> <td><input type="checkbox"/> Networking</td> </tr> </table> <p>COMMUNICATION</p> <table style="width: 100%; border: none;"> <tr> <td><input checked="" type="checkbox"/> Communication Technology</td> <td><input type="checkbox"/> Design Studies</td> <td><input type="checkbox"/> Fashion Studies</td> </tr> </table> <p>HUMAN SERVICES</p> <table style="width: 100%; border: none;"> <tr> <td><input type="checkbox"/> Community Care Services</td> <td><input checked="" type="checkbox"/> Foods</td> <td><input type="checkbox"/> Legal Studies</td> </tr> <tr> <td><input type="checkbox"/> Cosmetology</td> <td><input type="checkbox"/> Health Care Services</td> <td><input type="checkbox"/> Recreation Leadership</td> </tr> <tr> <td><input type="checkbox"/> Esthetics</td> <td><input type="checkbox"/> Human & Social Services</td> <td><input type="checkbox"/> Tourism</td> </tr> </table> <p>RESOURCES</p> <table style="width: 100%; border: none;"> <tr> <td><input type="checkbox"/> Agriculture</td> <td><input type="checkbox"/> Forestry</td> <td><input type="checkbox"/> Wildlife</td> </tr> <tr> <td><input type="checkbox"/> Environmental Stewardship</td> <td><input type="checkbox"/> Primary Resources</td> <td></td> </tr> </table> <p>TECHNOLOGY</p> <table style="width: 100%; border: none;"> <tr> <td><input type="checkbox"/> Construction</td> <td><input type="checkbox"/> Fabrication</td> <td><input type="checkbox"/> Mechanics</td> </tr> <tr> <td><input type="checkbox"/> Electro-Technologies</td> <td><input type="checkbox"/> Logistics</td> <td></td> </tr> </table>	<input type="checkbox"/> Computing Science	<input type="checkbox"/> Financial Management	<input type="checkbox"/> Management & Marketing	<input type="checkbox"/> Enterprise & Innovation	<input type="checkbox"/> Information Processing	<input type="checkbox"/> Networking	<input checked="" type="checkbox"/> Communication Technology	<input type="checkbox"/> Design Studies	<input type="checkbox"/> Fashion Studies	<input type="checkbox"/> Community Care Services	<input checked="" type="checkbox"/> Foods	<input type="checkbox"/> Legal Studies	<input type="checkbox"/> Cosmetology	<input type="checkbox"/> Health Care Services	<input type="checkbox"/> Recreation Leadership	<input type="checkbox"/> Esthetics	<input type="checkbox"/> Human & Social Services	<input type="checkbox"/> Tourism	<input type="checkbox"/> Agriculture	<input type="checkbox"/> Forestry	<input type="checkbox"/> Wildlife	<input type="checkbox"/> Environmental Stewardship	<input type="checkbox"/> Primary Resources		<input type="checkbox"/> Construction	<input type="checkbox"/> Fabrication	<input type="checkbox"/> Mechanics	<input type="checkbox"/> Electro-Technologies	<input type="checkbox"/> Logistics	
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Skills Related to Occupational Areas	<p>Communication Technology</p> <ul style="list-style-type: none"> Using appropriate tools and methods to communicate a specific message Using appropriate language and etiquette for communications Demonstrating good health and safety practices (posture, ergonomic design) Ensuring safety of equipment, software, supplies and personal work <p>Foods</p> <ul style="list-style-type: none"> Recipe writing and testing Knowledge of Canada's Food Guide 																														
Safety and/or Environmental Concerns	<ul style="list-style-type: none"> Kitchen safety rule discussion (running, spills, etc., Kitchen Safety Rules for Kids Who Cook) Hygiene and sanitation (see Health and Life Skills resources W-6.2 and Food Safety and You) Proper cutting techniques (Basic Knife Skills video) Food storage considerations <p style="color: red; font-weight: bold;">Remember to follow your school's and/or district's safety requirements at all times.</p>																														

Grade	<input type="checkbox"/> 5 <input checked="" type="checkbox"/> 6 <input type="checkbox"/> 7 <input type="checkbox"/> 8 <input type="checkbox"/> 9												
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