



*M. H. E. T. A.*

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*foods*



*family*



*clothing*

*manitoba home economics teachers' association*

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# 2013–2014 MHETA Executive and Committee Directory

## President

Sheryl Berglund  
Green Valley School  
204-434-6415  
sberglund4@shaw.ca

## Treasurer

Maxine Chamish  
John Henderson Junior High  
School  
204-661-2503  
mchamish@retsd.mb.ca

## Secretary

Brittney Casavant  
Brun's Collegiate  
204-588-2023  
b.cas@hotmail.com

## SAGE Chair

Maxine Chamish  
John Henderson Junior High  
School  
204-661-2503  
mchamish@retsd.mb.ca

## Editor

Lesley Roy  
Maples Collegiate  
204-632-6327  
Lesley.roy@7oaks.org

## President Elect

Shannon McLeod  
Steinbach Regional  
204-326-6426  
204-736-2197  
smcleod@hdsd.ca

## Members services

Carmen Sichevski  
St. Mary's Academy  
477-0244 x267  
carmenandjeff@shaw.ca

## Display stand

Karen Mercer  
Henry G Izatt Middle School  
204-489-1239  
kmercerc@pembinatrails.ca

## Website

Krystyna Luczak  
Clearspring Middle School  
204-346-9644  
ksluczak@hotmail.com

## Regional rep

**Winnipeg**  
PD Representative  
Heidi Forrester  
Glenlawn Collegiate  
204-233-3986  
Heidi.Forrester@lrsd.net

## North

Jasmine Presto  
Gimli High School  
204-642-8546  
jasminepresto@gmail.com

## South East

Vacant

## South West

Vacant

## Special Projects

Erin Ward  
Lord Selkirk Regional  
204-798-4279  
ward.erin.e@gmail.com

## Professional & Academic Liaison

Roberta Sarty  
Windsor Park Collegiate—  
Bistro in the Park  
204-253-3885  
roberta.sarty@lrsd.net

## MAHE rep

Alison Delf-Timmerman  
Treherne Collegiate  
204-723-2781  
countryside179@explornet.ca

## U of M student rep

Maya Radunz  
204-421-7507  
mjradsunz@gmail.com

# Bali Tour 2014

Hello. I apologize for the “form letter” feel here but I want to get this information out quickly so people can make plans. Tentative tour dates are....

**Tour #1 – April 21st – May 4th**

**Tour #2 – September 28th – October 11th**

**Tour price:** With shared hotel room: \$3850 US per person  
Single supplement (own hotel room) an additional \$900 US (\$4750 US) per person

This is a very full and informative tour. I have been traveling to Bali every year since 1999 and have many Balinese friends who make this tour extra special. Your tour fee includes the following and more:

- A 14-day fully-guided tour of Bali (two knowledgeable guides) with many personal connections to local artisans and “regular folk” that you are sure to enjoy immensely.
- Specially-designed fiber-related activities (designed for the novice but not limited in scope to that) including tjap (pronounced “chop”)(stamp) batik, tjanting (pronounced “chanting”)(wax drawing tool) batik, silk batik painting, hand-dyeing fabric with indigo (from the plant source) and LOTS of fabric shopping (with quality cotton and rayon batiks selling at \$2.50 a meter!)
- All accommodation at 4 and 5 star resorts both in Ubud (the art center of Bali) and Sanur (on the east coast, Indian Ocean), 13 nights.
- 25 meals.
- An interactive day in a batik factory (where The Batik Butik fabrics were produced) including an explanation of how to design fabric for batik, a demo of a batik tjap being formed by an artisan and various dye methods and fabric manipulations. Each guest will design her own 5 meter length of fabric by choosing batik tjaps from those on display. She can either tjap her own length of fabric or have it done for her by a master under her direction. A fun and fascinating day!
- A very informative presentation on traditional Indonesian/Balinese textile history and ceremonial cloths – what they’re used for and their importance in Balinese culture.
- A guided tour to a weaving village in East Bali where various types of ikats will be demonstrated. Opportunities to buy ikats inexpensively while stopping at the oldest traditional market in Bali.
- A visit to a weaving master who keeps natural dyes and traditional weaving practices alive by teaching women and teens these age-old methods to tie the present to the past.
- A visit to an outdoor natural dye studio where threads are dyed and woven into fabric



for clothing designers in Europe, North America and Bali. Unusual woven fabrics are for sale very reasonably.

- A guided walk through functioning rice paddies.
- A visit to our hotel by my delightful friend, Kadek, who will explain Balinese life/culture/religion and provide a glimpse of what life is like for a Balinese woman. (Bring your questions).
- A cooking class held inside a beautiful Balinese family compound following a guided tour through a local food market. An opportunity to buy spices (Indonesia was called the Spice Islands).
- A Balinese dance performance in a palace.
- A visit to a picturesque Balinese Hindu temple at sunset.
- Shopping at a huge craft supply store and sewing notions store; wholesale sarong market; French-designed/Balinese made clothing outlet and a wonderful button store! Lots of bargains!!
- An opportunity to shop at two fabulous silver shops with deep discounts for our group.
- (Optional) A visit to our hotel by a talented leather tailor so you can have your custom-designed bags and wallets made in your choice of colors and leathers.
- And MUCH more – several optional activities are offered and included in your tour fee (such as shopping for knit and voile tie-dyed fabrics and garments...and visiting a unique shop owned by a former Cirque de Soleil designer where some fabrics are produced in limited quantities...shopping for batik bed-sheets and tablecloths, hand-painted on location...and more).
- My co-leader (and friend of 40 years), Cheryl, and I will take you shopping if that's "your thing". Bali is a treasure trove of beautiful handicrafts – lots of gift potential (for yourself and others)...
- We have revamped the itinerary (but haven't removed anything) so there is one free day in Ubud and one free day in Sanur – this as a result of feedback received from previous guests.

Merit Travel – whom I work with on these tours – is accepting deposits. The contact person is Andrea Ritchie, phone her at 1-800-409-1711 (ext. 7249) or email her at [andrea.ritchie@merit.ca](mailto:andrea.ritchie@merit.ca). You can only secure your place on a tour by providing a deposit. (If the tour doesn't go ahead you will be reimbursed). Checks in US funds or bank drafts in US funds should be made payable to Merit Travel Group. Mail to:

Merit Travel Group  
Attn: Bali Fiber Tours/Andrea Ritchie  
3617 Shelbourne St.  
Victoria, BC  
V8P 4H1

(If you are from the US please ensure you have sufficient postage which is \$1.15. If you wish to pay for the entire trip in one payment, of course that is fine). With various price increases associated with this tour and all the activities included in it, I have worked hard to keep the price as low as possible – this has been possible by not accepting credit cards which have a

## News

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\$100 surcharge on my end. Your understanding of the decision to ask for checks and bank drafts over “plastic” is appreciated.

Once you have confirmed, you will receive the first of two documents from me that I believe will answer any and all questions/concerns you may have and will prepare you well for the trip. You are in good hands! PLEASE NOTE: Flights should NOT be arranged until you have heard personally from me that the tour is going ahead.

I’m happy to say the April tour is well on the way to filling with four women signed on – I need a minimum of 8 women (and maximum of ten) to make the tours a “go”. Please do not hesitate if you are interested in going – let me know ASAP as the clock is ticking. The September tour has some room – it’s early yet.

Thanks so much for your patience. I welcome your questions by email or phone.

If you know you will not be able to come on either the spring or fall tour this year but are interested in a future tour please let me know and I’ll tuck your name into my 2015 folder. And if you wish to be removed from my mailing list just let me know.

I sincerely hope you can join me on this tour-of-a-lifetime! Bye for now...

Barb Alexander

Bali Fiber Tours

[www.balifibertours.com](http://www.balifibertours.com)

Ph. (250) 658-2612 (Pacific time zone)

[barb.alexander@merit.ca](mailto:barb.alexander@merit.ca) or [info@balifibertours.com](mailto:info@balifibertours.com)



Date: \_\_\_\_\_ Home School: \_\_\_\_\_ Student: \_\_\_\_\_ School Day: 1 2 3 4 5 6 AM / PM

**FOODS & NUTRITION PERFORMANCE & THEORY RECORD**

**Today's Recipe:** \_\_\_\_\_

**FOOD PREP TECHNIQUES Trained & Practiced**

**Cutting Techniques** (circle each that you performed today)

**Chop Dice Julienne Cut Grate Mince Slice Other:** \_\_\_\_\_

• Draw or describe how to perform one of these cutting techniques:



**Mixing Techniques** (circle each that you performed today)

**Beat Blend Fold In Knead Stir/Mix Whip Other:** \_\_\_\_\_

• Draw or describe how to perform one of these mixing techniques:



**Cleaning Skills:** Today's Cleaning Duty (circle one) – **Washer Dryer Host**

List all areas needing improvement (things you had to fix or do better today):



What's your **'Safety Rule or Tip of the Day'** for this recipe?



Describe ways in which you were **hygienic** today –



**RECIPE COMPREHENSION & BASIC NUTRITION**

Write down at least 2 ingredients that you used in today's recipe & explain something about each:

1.	
2.	



Explain one Nutrition tidbit you've learned from today's class:

For more information, please contact [DARLENE.SMITH@LRSD.NET](mailto:DARLENE.SMITH@LRSD.NET)

# Focus on Food

Date: \_\_\_\_\_ Home School: \_\_\_\_\_ Student: \_\_\_\_\_ School Day: 1 2 3 4 5 6 AM / PM

## FOODS & NUTRITION PERFORMANCE & THEORY RECORD

**Today's Recipe:**

Write down at least 2 ingredients that you used in today's recipe & explain something about each:

1.

2.



Explain one Nutrition tidbit you've learned from today's class:

### Mixing Techniques

(circle each that you performed today)

Beat

Stir/Mix

Blend

Whip

Fold In

Other: \_\_\_\_\_

Knead

Draw or describe how to perform one of these mixing techniques:



### Cutting Techniques

(circle each that you performed today)

Chop  
Mince

Dice  
Slice

Julienne Cut

Other: \_\_\_\_\_

Grate

Draw or describe how to perform one of these cutting techniques



### Cleaning Skills:

Today's Cleaning Duty (circle one):

Washer    Dryer    **Host**

List all areas needing improvement (things you had to fix or do better today):



What's your **Safety** Rule or Tip of the Day for this recipe?



Describe ways in which you were **hygienic** today –

For more information, please contact [DARLENE.SMITH@LRSD.NET](mailto:DARLENE.SMITH@LRSD.NET)

Date: \_\_\_\_\_ Home School: \_\_\_\_\_ Student: \_\_\_\_\_ School Day: 1 2 3 4 5 6 AM / PM

**FOODS & NUTRITION PERFORMANCE & THEORY RECORD**

**Today's Recipe:**

Write down at least 2 ingredients that you used in today's recipe & explain something about each:

1.

2.

What did you personally prepare or contribute to the making of today's recipe?

**Mixing Techniques**  
*(circle each that you performed today)*

**Beat**      **Blend**      **Fold In**      **Knead**  
**Stir/Mix**      **Whip**      **Other:** \_\_\_\_\_

**Draw or describe how to perform one of these mixing techniques:**



**Cutting Techniques**  
*(circle each that you performed today)*

**Chop**      **Dice**      **Julienne Cut**      **Grate**  
**Mince**      **Slice**      **Other:** \_\_\_\_\_

**Draw or describe how to perform one of these cutting techniques**



What's your **'Safety Rule or Tip of the Day'** for this recipe?



**Cleaning Skills:**  
*Today's Cleaning Duty (circle one):*

**Washer    Dryer    Host**

**List all areas needing improvement (things you had to fix or do better today):**





Describe ways in which you were **hygienic** today –



**Explain one Nutrition tidbit you've learned from today's class:**

For more information, please contact [DARLENE.SMITH@LRSD.NET](mailto:DARLENE.SMITH@LRSD.NET)

# Focus on Food

Student -		School -	Grade -	Section -	
  <h2>Safety &amp; Hygiene</h2>		<b>C</b>	<b>U</b>	<b>S</b>	<b>R</b>
		<b>Consistently</b>	<b>Usually</b>	<b>Sometimes</b>	<b>Rarely</b>
		Almost all or all of the time	More than half of the time	Less than half of the time	Almost never or never
					
<b>Top of Stove Safety</b>	<i>Correct element selection (small pots on small elements, etc)</i>	C	U	S	R
	<i>Handles are always turned inwards</i>	C	U	S	R
	<i>Temperature is correctly set (prevents burns, fires, etc)</i>	C	U	S	R
	<i>Prep work &amp; serving- done far away from stove</i>	C	U	S	R
<b>Oven (Baking) &amp; Safety</b>	Oven is always set to <b>correct temperature</b> to prevent burning	C	U	S	R
	Oven mitts are always used when putting food into and taking food out of oven	C	U	S	R
	You use a 'buddy' (holds door) when placing food in or taking food out of the oven	C	U	S	R
<b>Safety &amp; Hygiene of Self</b>	Long <b>hair</b> is always <b>tied back</b>	C	U	S	R
	<b>Clothing</b> is <b>adjusted</b> (roll up loose sleeves, bulky clothing is removed)	C	U	S	R
	<b>Hands</b> are always <b>washed</b> before cooking ( <b>and as needed</b> throughout cooking)	C	U	S	R
	When <b>sneezing</b> , you sneeze into the crook of your arm to prevent spreading of germs	C	U	S	R
	You <b>eat</b> out of your <b>own dish</b> with your <b>own cutlery</b>	C	U	S	R
<b>Safety &amp; Hygiene around Others</b>	You handle potentially <b>dangerous tools safely</b> (moving knife around kitchen, etc)	C	U	S	R
	You are always <b>alert to possible hazards</b> and <b>take action to fix</b> the problem	C	U	S	R
	You <b>avoid initiating</b> potentially <b>unsafe situations</b>	C	U	S	R
<b>Safety &amp; Hygiene of Tools, Supplies &amp; Work-place</b>	You always <b>set up ALL tools &amp; equipment</b> as explained	C	U	S	R
	You always <b>safely handle tools &amp; equipment</b> as explained	C	U	S	R
	You always <b>keep tools &amp; equipment clean</b> (rewash if dropped on floor, etc)	C	U	S	R
	You maintain the <b>cleanliness of your workspace</b> , <b>clean up spills</b> as they happen	C	U	S	R

For more information, please contact [DARLENE.SMITH@LRSD.NET](mailto:DARLENE.SMITH@LRSD.NET)

Student -

Section -



# Cooking Techniques

<b>C</b>	<b>U</b>	<b>S</b>	<b>R</b>
<b>Consistently</b>	<b>Usually</b>	<b>Sometimes</b>	<b>Rarely</b>
Almost all or all of the time	More than half of the time	Less than half of the time	Almost never or never
			

<b>Measuring</b>	Able to <b>choose appropriate</b> measuring tools (spoons vs. dry cups vs. liquid cups)	C	U	S	R
	<b>Proper Measuring Technique:</b> <b>Dry Ingredients</b> - overfilled then levelled off; <b>Liquids</b> reach exact measurement line/amount	C	U	S	R
<b>Mixing</b>	Able to <b>choose correct tool</b> as indicated in recipe (whisk, spoon, beater, etc)	C	U	S	R
	End up with <b>results as stated</b> (fluffy, creamy, uniform, etc)	C	U	S	R
<b>Cutting</b>	Able to choose the <b>correct tool</b> as indicated (chef's, paring, bread, grater, etc)	C	U	S	R
	End up with <b>results as stated</b> (slices, chopped or minced pieces, etc)	C	U	S	R
<b>Top of Stove Cookery</b>	Able to select the <b>correct pots</b> (saucepan vs. fry pan, etc)	C	U	S	R
	End up with <b>results as stated</b> (crispy, tender, boil vs. simmer, etc)	C	U	S	R
<b>Baking or Oven Usage</b>	Able to select the <b>correct bakeware</b> (cookie sheet, cake/pizza pan, etc)	C	U	S	R
	End up with <b>results as indicated</b> (test for doneness, batter is set, etc)	C	U	S	R

<b>Washer:</b>					<b>Dryer:</b>					<b>Host:</b>				
Prepping Kitchen	C	U	S	R	Prepping Kitchen	C	U	S	R	Collecting Ingredients	C	U	S	R
Washing	C	U	S	R	Quality Control Inspection	C	U	S	R	Counters & Cupboards	C	U	S	R
Rinsing	C	U	S	R	Drying	C	U	S	R	Stove	C	U	S	R
Stacking	C	U	S	R	Cupboard Organization	C	U	S	R	Floors	C	U	S	R
Sink Clean Up	C	U	S	R										

For more information, please contact [DARLENE.SMITH@LRSD.NET](mailto:DARLENE.SMITH@LRSD.NET)

# Focus on Food

School Day -

Home School -

Term -

Year:

**Consistently = 9-10**

**Usually = 7-8**

**Sometimes = 4-6**

**Rarely/Never = 0-3**

		Food Prep & Cooking Techniques					Safety & Hygiene				
		Measuring	 Mixing	Cutting	Top of Stove	Baking	Self/Others & Tools/Equipment				
							Prepping	Oven Usage	 Hygiene	Supplies	Equipment
1	Student Name										
	Student Name										
	Student Name										
	Student Name										
2	Student Name										
	Student Name										
	Student Name										
	Student Name										
3	Student Name										
	Student Name										
	Student Name										
	Student Name										
4	Student Name										
	Student Name										
	Student Name										
	Student Name										
5	Student Name										
	Student Name										
	Student Name										
	Student Name										

For more information, please contact [DARLENE.SMITH@LRSD.NET](mailto:DARLENE.SMITH@LRSD.NET)

<p>Cutting _____</p> <p>Mixing _____</p> <p>Measuring _____</p> <p>Kitchen Set Up _____</p>	<p><b>Food Prep</b></p> <p><b>/ 10</b></p>	<p><b>Culinary Assessment</b></p>
<p>Your Name: _____</p>		
<p>Your School: _____</p>		
<p>Day: 1 2 3 4 5 6 AM PM</p>		
<p>Washer _____</p> <p>Dryer _____</p> <p>Hot _____</p>	<p><b>Cleaning</b></p> <p><b>/ 10</b></p>	
<p>Self &amp; Others _____</p> <p>Tools &amp; Equipment _____</p>	<p><b>Safety</b></p> <p><b>/ 10</b></p>	
<p>Self &amp; Others _____</p> <p>Tools &amp; Equipment _____</p>	<p><b>Hygiene</b></p> <p><b>/ 10</b></p>	
<p>Followed each step exactly as described or explained _____</p> <p>Terms &amp; techniques _____</p> <p>Turned words into correct actions _____</p>	<p><b>Recipe Comprehension</b></p> <p><b>/ 10</b></p>	
<p>Relationships between food &amp; health _____</p> <p>Answers _____</p> <p>Learning activities _____</p>	<p><b>Basic Nutrition</b></p> <p><b>/ 10</b></p>	

For more information, please contact DARLENE.SMITH@LRSD.NET

### Home Economics: Embracing Your Inner Geek An Opportunity to Promote

Darlene Smith (Louis Riel School Division) ~ November 02, 2013

Last night I attended the 2013 C4 (Central Canada Comic Con) convention at the Convention Centre in downtown Winnipeg with my boyfriend, who's a Sci-Fi fan. While my boyfriend and his friends are self-confessed Geeks, I, on the other hand, am not (okay, maybe just a little). As my boyfriend was rubbing his palms together in eager anticipation of what there is to discover from looking through all the plethora of Sci-Fi T-shirts, games, cards, books/magazines and 'collectables', I was simply tagging along, observing the going-ons around me.

Immediately upon walking through the convention doors, my eyes were opened up to a whole new world around me – a culture of very unusual people, truly. People were decked out in a variety of colourful costumes: From superheroes to action figures; from robots to cartoon characters. Some costumes were most definitely not for the 'faint of heart'. But perhaps these people were not so unusual after all? Because what I saw were literally hundreds and hundreds - if not a few thousand - people attending this venue. According to the Winnipeg Free Press, the event had 'pre-sold 22,000 tickets'. I, the 'sidekick' dressed up as, well, just me – was (in this reality)

the unusual one. It was all quite fascinating...really. People from all walks of life (there were children to business people and everything in between), coming together, moving along in sync with one another, all searching for that elusive 'thing' yet to be found. Booth

after booth, vendor after vendor, row after row, geeks were literally swarming around everywhere.

These Sci-Fi fans came to see artists with their amazing artwork and vendors selling 'collectables' along with the latest (or old favourite) TV and movie T-shirts. Nice stuff for some folks, but not really my cup-of-tea. However, after a short while of

walking up and down some aisles something did indeed catch my eye and actually made me stop in my tracks – making me somewhat excited. Before me, I saw a display board of simply-constructed, colourful polar fleece hats decorated in a multitude of pop icon themes. And these hats were selling for at least \$40 each! People were buying them! Hmmm....This got me thinking; maybe I should be here selling some home sewn items? Why not

make a few bucks on the side while my boyfriend walks around with glee? But after a few seconds, reality kicked in. I realized that I didn't want the stress of so much extra work. I'm usually tired when I get home from work, then I have to walk the dog and make dinner. This would be biting off more than I can chew. But alas, it dawned on me at 3:30 in the morning that night why I was so excited – I realized that

#### Wpg. Free Press Comment:

[Graymalkin](#)

8:46 AM on 11/3/2013

*I always laugh when I think of people that dress up as their favorite characters: do it at Comic Con and you're a nerd, yet if you do it at the stadium/arena you're a fan.*

*I'll take the imagination of the comic nerds over sports-fan clones any day, thank you very much.*



we, the HEc. Teachers, should be at one of these Comic Cons promoting HEc! Yes, yes we should.

Why, you ask in utter disbelief and perhaps contempt? Well, we should be there to promote ourselves and our programs, especially in the Clothing & Textiles area. We are the only community of teachers who can 'Unleash Your Inner Geek' (well, outside of computer science teachers, that is).

It dawned on me how easy it would be to sell our 'product', if you will. Our product being a program about unleashing the geek from within. Think about it: We could be Rock Stars at this venue! Who better to show people how to embrace their inner Geek? We could have sewing samples of placemats, pillows, quilts, and the list goes on – of Sci-Fi themed projects. I can see a storm trooper appliqued on a placemat maybe saying 'eat your veggies' – now, THAT would catch the eyes of literally hundreds in this crowd. Or, how about the USS Enterprise embroidered on a table topper? The sky's the limit (well, maybe not for this crowd). I can visualize myself sitting at one of the C4 booths, digitizing Sci-Fi clip art into embroidery – with a second computer screen turned around to face the crowd so they could watch in amazement and fascination. After all, the vast majority of my newfound fans are most likely Gamers who are heavily into technology and the latest software and gadgets.

### Wpg. Free Press:

Nov. 04, 2013

*The event was so busy on Saturday the lineup to get in stretched from inside the convention centre, through the skywalk connecting it to the Delta Winnipeg, all the way to Cityplace mall. It took until 4:30 p.m. for everyone with a ticket to get into the event.*

By now you might be thinking why waste our precious time promoting HEc to people who have already graduated? Well, I would bet that many of these people have never stepped foot inside a high school HEc. classroom – I know my boyfriend hasn't because in high school, he focused entirely on sciences. Plus, these people have something else in common: They could be parents of our

current and future students. They could be our strongest allies in the fight to save our HEc program if they see that their children could potentially be making these cool, geeky, and may I add - AWESOME sewing projects!

So, this is a call to action. I am calling all HEc Geeks to join me at next year's C4 Convention to help promote our HEc program. Wouldn't you love to be a Rock Star for once in your life or, at the very least, treated like Royalty?

Of course, we would need volunteers or this 'Rock Star for a weekend' would be just a pipe dream. I know for certain that I can't do this alone. So, that's where you come in: Maybe you could be a volunteer that sews one or many Sci-Fi projects? Maybe you can help set up the HEc display/booth? We would definitely need volunteers to spend time at the convention (in shifts, if we have enough) and finally, take-down at the end -the event is usually a Friday, Saturday and Sunday around Halloween.

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If interested in becoming a HEc Rock Star at next year's C4 convention, please contact:

**Darlene Smith**

[Darlene.smith@lrsd.net](mailto:Darlene.smith@lrsd.net)

204-771-5806

*May the Force Be With Us!*

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### For further reading:

- <http://www.winnipegfreepress.com/local/Central-Canada-Comic-Con-draws-big-numbers-230359511.html>
- <http://www.winnipegfreepress.com/local/hulked-up-comic-con-just-keeps-growing-230456091.html>

### Brownie Bites

---

75 mL Cocoa Powder	(1/3 cup)
125 mL Whole Wheat Flour	(1/2 cup)
125 mL All Purpose Flour	(1/2 cup)
5 mL Baking Powder	(1 tsp)
45 mL Canola Oil	(3 Tbsp)
5 mL Vanilla	(1 tsp)
175 mL Brown Sugar	(3/4 cup)
125 mL White Sugar	(1/2 cup)
1 Egg	
125 mL Unsweetened Applesauce	(1/2 cup)
60 mL Chopped Walnuts (optional)	(1/4 cup)

1. Preheat oven to 350°F. Lightly grease non-stick muffin pans.
2. In a medium-sized bowl, whisk together cocoa powder, both flours and baking powder.
3. In a second bowl, beat together canola oil, vanilla, both sugars, the egg, applesauce, and optional walnuts.
4. Add flour mixture into wet ingredients and stir just to combine ingredients.
5. Drop batter into prepared mini muffin pans.
6. BAKE for 15 minutes or until a toothpick comes out clean. Remove from pans and let cool on a wire rack.

This recipe came from the Heart & Stroke Foundations “Quick & Healthy” recipe booklet Volume 4. It’s a healthier alternative to regular brownies with healthier fat (and less of it) and more nutritious whole wheat flour. The mini muffin serving size may also be useful in teaching eating in “moderation”. It received 2 thumbs up from my students (although some thought they would be even better if chocolate chips were added to the batter.)



## Ramen Noodle Stir-fry

Submitted by Jenell Wiebe

1 medium Carrot, sliced  
125 mL Broccoli florets  
(1/2 cup) 60 mL Red Pepper, diced (1/4 cup)  
1 pkg Ramen Noodles (Chicken or Beef)  
125 – 250 mL Water  
(1/2 – 1 cup) 250 g Ground Beef (or 1 chicken breast)  
Soy Sauce (optional)

1. Place ground beef in a frying pan and cook, on medium-high heat, until no pink remains. Pour off fat into a custard cup and discard in the garbage when cooled. REMOVE meat from frying pan and set on a plate.
2. Meanwhile, wash, peel and slice the carrots. Place in a medium-sized mixing bowl.
3. Wash the broccoli and cut into florets. Add to bowl with the carrots.
4. Wash the red pepper, remove the seeds and white membrane. Slice, dice and add to bowl with other vegetables.
5. Add vegetables to frying pan (which has a little oil from the hamburger) and sauté until vegetables are tender.
6. Add ramen noodles and water. Cook the noodles until tender and the water is absorbed. Add cooked hamburger.
7. Add Seasoning Package from ramen noodles. Serve with soy sauce if desired.



Ramen Noodle soups are a staple food in some households. This quick stir fry provides considerably more nutrients to the dish and may spark ideas for endless variations depending on what's lying around in the vegetable crisper. Some might even find a better alternative to the spice package.

# Journal Home Cooking Submission

by Tanna Melendez, Mennonite Brethren Collegiate

This is an assignment I have my students complete each term. It is worth 10% of their term mark.

I teach grades 8 and 9 and every student in each grade completes one. The assignment could be simplified for lower grades or made more complicated (ie. A whole meal) for higher grades.

I like it for a few reasons:

- 1) It gets the students cooking/baking at home
- 2) The students gain an appreciation for the work their parents do in terms of food preparation and clean-up
- 3) It allows parents to see what their children are learning in Foods and Nutrition
- 4) It gives me ideas of things we could cook/bake in Nutrition
- 5) The parent comment section at the bottom of the last page is a great thing. I really enjoy reading the comments that the parents have about their child's progress (and how much they enjoy the course, or have learned from the course) that I wouldn't ordinarily hear.

Next year I am going to add a section on making sure they fully clean up after their cooking/baking.

Submitted by Tanna Melendez, Mennonite Brethren Collegiate



Home Cooking Name: \_\_\_\_\_ Class: \_\_\_\_\_

Worth 10% of your final grade

This assignment will be an opportunity for you to cook or bake something at home for your family. You will have one assignment per term:

Term 1 is due by October 31st

Term 2 is due by January 31st

Term 3 is due by April 30th

**\*\*I would recommend you complete these as you have time each term. I will accept them at any time.\*\***

The assignment asks you to:

1. Pick a recipe to prepare at home, for your family that has at least 5 ingredients (spices or salt/pepper do not count toward these 5 ingredients) for example: muffins, a pasta dish, a recipe we have done in class or a favorite family recipe. It should be something that requires some preparation and cooking or baking, not just making a sandwich.
2. Attach the recipe to this assignment sheet
3. Answer the questions on the reverse and have a parent sign in the appropriate spot.
4. Hand the sheet in to (insert teacher's name here) or the High School Office by the due date each term

You are NOT required to bring your finished product to class!

Marks will be deducted if:

- The assignment is late (1 mark per week)
- You do not have a parents' signature or an attached note/email from your parent and I have to call them....
- You do not complete the questions on reverse
- Your recipe was not attached or did not meet the requirements above (#1)

This assignment is worth 10% of your grade, so please do not leave it until the last minute!

Please answer the following questions about your recipe:

1. What recipe did you choose to prepare and why did you choose it? (Please attach the recipe)

\_\_\_\_\_

2. Did you find the recipe easy or difficult? Why? \_\_\_\_\_

\_\_\_\_\_

3. Would you make this again? Why or why not?

\_\_\_\_\_

# St. Patrick's Day Potato Soup

Top 'O the morning to you. March brings St. Patrick's and lots of fun. Let's make a potato soup in a jar to share with all your want-to-be Irish friends. Using six simple ingredients you will make a mixture which can be stored in a jar. When you are ready for potato soup, just add boiling water, stir, and enjoy.

To be fashionable when eating your soup, we will also learn how to make a rainbow necklace from cereal.

Both of these activities are child friendly, and great activities to do with your kids.



## Recipe

2 cups potato flakes

1 3/4 cups powdered milk

2 tablespoons chicken or vegetable bouillon

2 teaspoons onion flakes or minced onion

2 teaspoons dried parsley

1/4 teaspoon dried thyme

Mix all ingredients in a bowl.

Place into a jar (use a funnel for fewer spills)

Attach instructions: add 1 cup of boiling water to 1/2 cup of mixture and stir. Add salt and pepper to taste.

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## MHETA & Manitoba Mutts

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Calling ALL Clothing & Textiles Teachers!

The Winnipeg non-profit organization of Manitoba Mutts can help you REDUCE and REUSE your growing stash of SCRAP FABRIC. They are in NEED of dog beds for the foster homes that the dogs are sent to. And YOU can help; it feels GREAT to DONATE!

Here are the details:

SIZE (pillowcase) 26" x 30" - You can sew a rectangle this size or use an actual pillowcase. The open end will need to be stitched closed.

FILLING – Scrap fabric...especially flannelette, and polar fleece. Pieces should not be too large or in long "selvage" length strips because it is too lumpy. Get kids saving all their little scraps and get the keeners to go through your scrap barrel and cut up scraps to fill a pillowcase.

WASHABLE fabric is preferred.

Personally, I found that flannelette when washed (in the sewn closed pillowcase) really 'fluffs-up' like a rag quilt.

Manitoba Mutts does not have a location, or phone number. I have made connection through email only.

Grace Cohn (supplies coordinator)  
Manitoba Mutts Dog Rescue  
supplies@manitobsmutts.org  
www.manitobamutts.org

If you would like to get involved, bring your completed dog beds to the May 15th Spring In-service or drop them off at St. Mary's Academy during the week of May 12th to 16th...they (Manitoba Mutts) will come to pick them up! Great time to get kids started cleaning your room before summer holidays!

HINT, HINT – to collect ALL bits of fabric for the dog beds, consider putting a pillowcase as a liner in a container...then when filled all you have to do is sew it closed.  
SEW EASY!

Thanks SEW Much!



Carmen Sichewski  
carmenandjeff@shaw.ca  
(204) 477-0244 Voice mail 430 at school

## Professional Development

# MHETA SPRING PROFESSIONAL DEVELOPMENT EVENT

Manitoba Home Economics Teachers' Association

May 15th 9-3:30 pm

Arts and Technology Center

5 deBourmont Winnipeg

Free parking across the street in Maginot Arena lot

Sessions may be cancelled if insufficient registrations. Please send yours soon to guarantee your spot!

Registration Deadline May 9th, 2014 (no on-site registration)

### Morning Sessions 9:00 am – 11:30 am

#### 1. PowerPoint Pizzazz – Darlene Smith from Highbury School

Come join Darlene in a hands-on workshop on creating a stunning PowerPoint presentation. This workshop is perfect for those of you who want to turn one of your lessons into an interactive, fun learning experience for your students. You will need to bring with you: (1) A memory stick or Flashdrive with an assortment of SAVED MEDIA FILES, like: (a) CLIPART/PICTURES: of your students' work, Google Images, etc. (b) VIDEO CLIPS of you or your students demonstrating different techniques, etc. (c) a lesson plan/outline that you want to work on. Please note that for privacy concerns, it's perhaps best to take photos or video clips of students' hands/arms only (try to avoid getting students' faces in the photos/video clips). Feel free to bring your charged laptop if you prefer to work on your own device.

#### 2. Creative Sewing with Brenda Spiers Fryatt, Instructor with MC College Fashion Design Program

Come make a fun bag that is adaptable for skill level and can be used as a lunch bag, beach bag or purse with a few size modifications and change in material selection. Two different zipper applications will be used as well as a pocket. There will be a variety of kit choices to choose from ranging from \$12 to \$20 payable to the instructor on the day.

#### 3. New Nutrition resource - Power To Be Grade 8 with Dairy Farmers of MB

Surveys show that the primary motive for being physically active and eating nutritious food is to lose or control weight. When healthy choices do not result in the desired changes or weight, people may become dissatisfied with their body and make unhealthy, counterproductive, and even dangerous choices to get results.

The Power to Be nutrition education program addresses the complex and interrelated issues of body image, eating, nutrition, fitness, body weight, shape and size. This curriculum can be used in Home Economics, Physical Education or regular classroom programming. Each teacher who attends a session will receive one complimentary manual.

Light Lunch Provided on Site

MHETA AGM will take place from 11:30 am – 12:00 pm

## Afternoon Sessions 1:00 – 3:30 pm

### 4. Parenting and Working with Infants, Children and Adolescents Resources – Janice Skene

Discover the new modular textbooks designed for the Family Studies classroom. Explore hands-on activities and learn about the print and digital components developed for Parenting and Working with Infants, Children and Adolescents.

Janice was an advisor for McGraw Hill in the publication of the newest Family Studies textbooks.

### 5. Food and Farm: Grow Your Conversation -Ellen Pruden B.Ed.

Do you have questions about GMO's?

1. What crops/foods are GMOs and how long have they existed on the market?
2. What is the difference between organic foods and GM foods? Why are they always compared to each other?
3. What are some other reliable resources where I can gain more information?

If yes, then join us for a workshop on learning more about biotechnology relating to food, farm and health. You will learn the difference between GMO's and organics. What it means for farmers and consumers. You will also leave with reliable resources to help you navigate your food choices.

### 6. New Techniques with Sew Inspiring

It's time to turn a new page on sewing.

We'll spend the afternoon immersed in creative sewing and exploring new technology in textile arts.

Be prepared to test out decorative and practical machine stitches on the back of a journal cover.

We've saved the front for embellishment with mixed media techniques. Here is just one example of what you can create.

Learn how the technology that makes machine embroidery possible also

allows us to cut, needle punch, paint and embellish fabric and other

materials.

Supply list will be provided 2 weeks prior to session.

Sewing machine is required.



**Registration Form**

**Registration Deadline May 9**

**No registration will be available on site**

**No refunds if you register but fail to show up**

Name \_\_\_\_\_ email address \_\_\_\_\_

School \_\_\_\_\_ Phone \_\_\_\_\_

MHETA Member \_\_\_\_\_ Non Member \_\_\_\_\_

May 15 – Full day includes lunch

\_\_\_\_\_ \$40.00 \_\_\_\_\_ \$50.00

Half day – no lunch provided

\_\_\_\_\_ \$30.00 \_\_\_\_\_ \$40.00

Session choice –every effort will be made to put you in your first choice, but if need to cancel a session, there is an alternate.

AM 1st choice : \_\_\_\_\_

2nd choice : \_\_\_\_\_

PM 1st choice : \_\_\_\_\_

2nd choice : \_\_\_\_\_

**Total:** \_\_\_\_\_

Send cheque payable to MHETA

Mail to :

Heidi Forrester MHETA C/O Glenlawn Collegiate

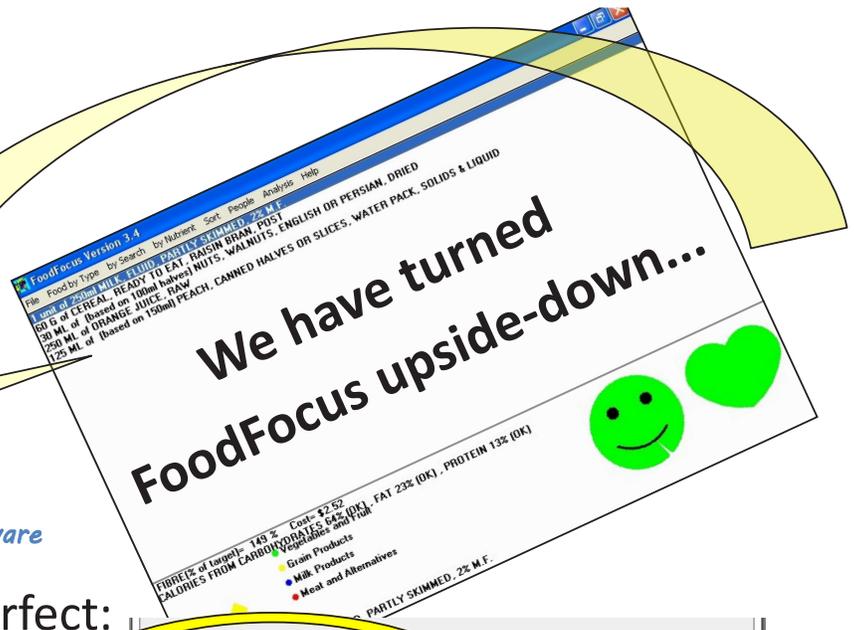
770 St. Mary's Road

Winnipeg, MB R2M 3N7

Questions?? Email to Heidi Forrester at Heidi.Forrester@lrsd.net



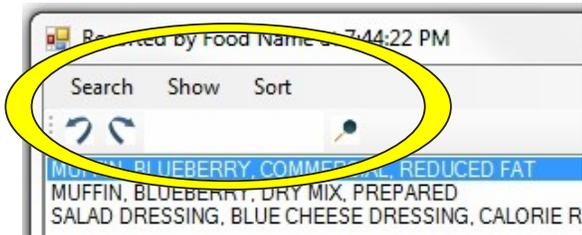
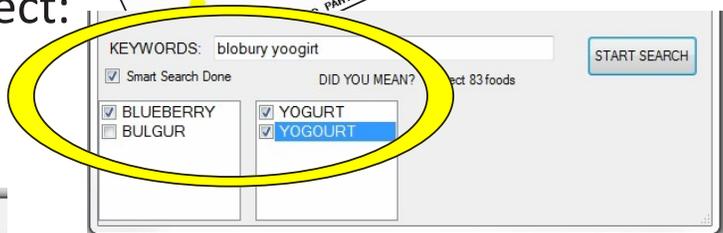
providing students & teachers  
across Canada with  
easy-to-use nutrition analysis software



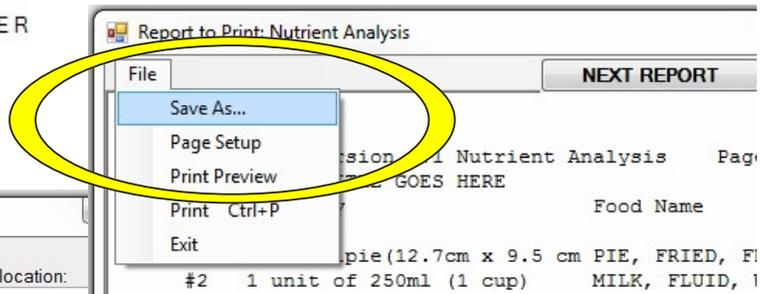
### 1. Spelling needn't be perfect:

Smart Search will suggest:

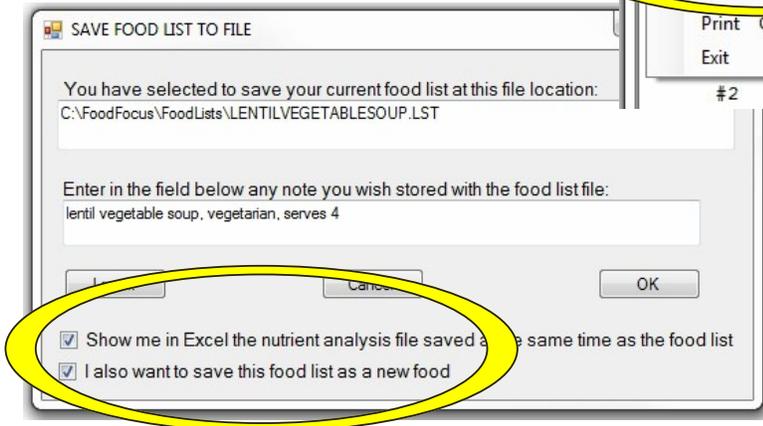
- 'broccoli soup' for 'brocly suup',
- 'pepperoni pizza' for 'peprone piza'



### 2. Undo, redo speed searches



### 3. Preview, print & file output is easier



### 4. It is easier to:

- use results in Excel or in Word
- find My Foods
- add new foods

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