IB Seminar

Wellness Potluck

*(A sneaky, fun way to get a creative CAS experience done*

*AND eat yummy food*

*AND share our expertise with others)*

It’s that time of year, when people start thinking about New Year’s resolutions and making promises to change parts of their lives for the better. It’s also the time of year when we tend to gather with family, showcase our favorite foods, and maybe eat a little too much. **The goal of this activity** is for every member of the class to

1) prepare and share a food that’s important to you in some way;

2) try some new foods that are good for you, and

3) walk away with a ToK Wellness Cookbook full of recipes for you to try on your own.

Ideally, you should think about **foods that have a positive impact on you** – foods that support your physical health, reduce stress, involve creativity in the kitchen, or help with time/stress management.

**The assignment:**

* Enter this experience in Managebac as a creative CAS experience. Set goals for yourself.
* Choose one dish to prepare .
* Compose a short (1-2 paragraph) explanation of why/how this dish is important to you and good for you in some way.
* **Share your typed out recipe and explanation with me via Google Docs (**[**llacy@ttsd.k12.or.us**](mailto:llacy@ttsd.k12.or.us)**) no later than Tuesday, Dec. 10th.**
* Make it! Take a picture, and bring it to share with your classmates on our potluck day. I’ll compile all of the recipes in a booklet and give a copy to each of you.
* Upload your evidence (the photo and recipe/explanatory paragraph). Reflect after the potluck on what you learned.

**Tips for a successful event:**

* **Label foods with nuts or products!** We don’t want any accidental allergic reactions.
* Think about foods that will be easily put together here at school or that require minimal prep work before serving. I do have access to a microwave and I can inquire about oven space, if necessary.
* I’ll provide plates, utensils and napkins. If your dish requires anything special beyond that, please let me know.

**Typed recipes & write-ups due: Tuesday, Dec. 10th**

**Wellness Potluck date: Wednesday, Dec. 18th during 4th period**