

# PARENTS BRUNCH

## Junior High

---

### Description

Family and Consumer Science programs need to showcase the curriculum taught in FACS classrooms. This will bring more recognition to their program and galvanize support from parents. At the end of the nutrition unit Family and Consumer Science students plan and prepare food and a program for their parents. During this session, students introduce FCCLA to their parents and what they have learned through creative methods such as skits, STAR Events and game shows.

### Family and Consumer Sciences Classes

- 7<sup>th</sup> Grade
- 8<sup>th</sup> Grade

### Classroom Activities

- Complete nutrition analysis by having students looking at their food intake.
- Organize various food labs.
- Plan a brunch menu according to the Food Guide Pyramid. Work in groups to prepare foods.
- Have students create invitations to invite parents.
- Have committees in charge of different areas of the breakfast (decorating committee etc).
- Bring in parents and serve them using social skills necessary.
- Present the program to parents having students as MC and coordinators.

### Class Connection of FCCLA Projects

- STAR Events--any of the presentations of the program could be expanded into a STAR Event.
- Membership Quest--Recruit students to become members of a chapter.
- Planning Process
- Parliamentary Process--use this to conduct class meetings to plan event.

### Resources

- [Today's Teen](#)
- FCCLA Leadership Guide
- Student Body Handbook

### Connection to Minnesota Graduation Standards

- Inquiry