

Distance Learning Week

#4

Home Economics
DUE 5/15/20

Miss Smith
Kimball High School

Steps for distance learning

1. Join the **Remind** account the code is **@homeecyay**
2. My office hours are Monday- Friday 10AM-12PM
 - a. You may contact me for a quick response through email (asmith@tusd.net) or the Remind app.
 - b. I can be contacted anytime during the week, however for the quickest response use my office hour times.
3. Review the Powerpoint provided and complete the assignment at the end of powerpoint. Once completed with the assignment please email it to asmith@tusd.net in a Word document, a Powerpoint document, or a PDF. **I will not accept work in the form of Google Docs or Google Slides.** If using paper based work, turn the work printed into the office.

Submitting paper-based to the office

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If you are submitting your work paper-based to the office, please use this heading I have attached below:

Student Name:	
Teacher Name:	
Class Name/Subject:	
Period:	
Assignment Week #:	

Home Ec Review BINGO

Online Submissions:

- Powerpoint slides OR Word document
- Pictures of BINGO with caption of BINGO space completed
- Submitted via email

Paper Based Submissions:

- Parent signature in BINGO boxes
- Submitted to front office
- Must include information box from previous slide

BINGO Week #4

You will be adding onto your week 3 BINGO card. This time you must follow one of the patterns below. If you choose to do a “coverall” (far right) you will receive 5 points of extra credit.

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Cook lunch for you and 1 other person	Find something you have purchased because of the quarantine	Wash, dry and put away 1 load of laundry	Wipe down your kitchen counters.	Set a goal in the morning and finish it by evening
Create a daily schedule to give you structure and balance	Drink 64 ounces of water in a day (not one sitting)	Go for a walk around your neighborhood	Cook dinner for you	Clean your washing machine.
Write a letter to a friend/family and mail it	Do an online workout that gets your body moving	FREE!	Locate the fire extinguishers in your house	Help make your family's shopping list.
Watch a cooking show	Research how many diapers a newborn baby uses in a week and the cost of these diapers.	Do a DIY project	Do one self-care/stress-relief activity	Find something you bought because of the media
Try three yoga poses	Wash your bedsheets	Create a group chat with at least two other people you miss spending time with. Develop a plan for seeing them after the quarantine is lifted.	Color a picture for stress relief	Watch an episode of TV about teen parenting (16 & pregnant, teen mom, young and pregnant, etc.)