

Project Proposal: The 100 Mile Meal

Target Audience: 8th-11th grade advisory (products will vary in depth with grade level)
Disciplines Covered: Language Arts, Health, Environmental Science, Social Studies.

1. *Title of Project:* The 100 Mile Meal
2. *Project Description (what will your product be?):* Students will create a menu and ingredient list for 4 meals. Two will be late winter meals (one breakfast, one dinner). The other two will be late summer/fall meals (one breakfast, one dinner). Students will also identify the source of each ingredient. This information will be displayed in a creative fashion of the students' choice (PowerPoint, Publisher document, Flashpoint, hand made menu & shopping list, etc.). In addition to this menu/ingredient list, the students will create an annotated bibliography of sources that will help answer the other basic project questions. A minimum of 6 sources must be used in the annotated bibliography.
3. *List at least three basic information/fact questions you would like to answer concerning your project.*
 - a. What sorts of meals can I plan using only local resources?
 - b. Does eating locally help conserve global energy resources? If so, how?
 - c. Does eating locally benefit the environment? If so, how?
 - d. In what ways does eating locally benefit the local economy? Does it harm a larger economy? If so, how?
4. *How does your project apply to life outside of school? What makes this project important to the community/world around you? (At least two reasons)*
 - a. It will make me more grounded and aware of my local surroundings (100 mile radius of Rhineland).
 - b. It will give me experience in taking action to lesson my impact on global resource consumption.

5. *Tasks/Activities to complete this project (at least ten)*

1.	Watch selected segments of "Your Burger and the World" from United Streaming	10 minutes	Dec. 04
2.	Identify "Six Impacts" from viewing, discuss, fill in viewing guide	30 minutes	Dec. 04
3.	Socratic discussion on role of fossil fuel in delivering food.	15 minutes	Dec. 04
4.	Read article from Edmonton Journal on local food. Discussion with Losch	30 minutes	Dec. 04
5.	OPTIONAL: Read Crider or Langston article--summary notes/highlight	1 hour	Dec. 04
6.	Browse provided website, take notes as needed.	1 hour	Dec. 04
7.	Brainstorm possible ingredients (group discussion if desired)	20 minutes	Dec. 05
8.	Create initial menu items (one entree, two-three sides, drink)	30 minutes	Dec. 05
9.	Break down additional ingredients if needed	20 minutes	Dec. 05
10.	Create sketch or template for menus/ingredients	30 minutes	Dec. 06
11.	OPTIONAL Mini-Lesson: Application software if needed	10 minutes	Dec. 06
12.	Revisit provided websites reading for specific evidence to answer project questions, take notes.	2 hours	Dec. 06
13.	OPTIONAL mini-lesson: Creating an annotated bibliography	20 minutes	Dec. 06
14.	Begin composing annotated bibliography, add to it as sources are found.	2 hours	Dec. 07
15.	Determine questions of local human sources	1 hour	Dec. 07
16.	Visit local sources for knowledge on local food	2 hours	Dec. 08
17.	Continue to compose & design menu, seeking feedback from Losch	1 hour	Dec. 10
18.	Hand in rough draft of annotated bibliography, revise as needed	30 minutes	Dec. 10

19.	Determine final menu items by ingredient availability	1 hour	Dec. 10
20.	Final details on menu and annotated bib.	1 hour	Dec. 10
21.	Review bibliography and print and web sources for answers to key questions	1 hour	Dec. 11
22.	Fill out self-assessment, prepare for defense.	30 minutes	Dec. 11
23.	Defend either Tue. or Wed. as time allows	15 minutes	Dec. 12
24.	OPTIONAL: Present menu to class for additional Scope and Sequence req.		

6. *List a minimum of three different resources you will use. At least one should be a living person.*
 - a. www.100milediet.org
 - b. www.motherearthnews.com
 - c. www.whfoods.org
 - d. Mr. Guy Hansen, Rhinelander Area Food Pantry Director
 - e. Mrs. Amy Jones, Hodag Farmer's Market Vendor, NCSS Sub-Teacher
 - f. Local Health Food Stores—Golden Harvest or The Country Seed
 - g. Mrs. Michlig, NCSS Health Teacher
 - h. Classroom handouts from Mr. Losch (part of procedures)

7. *List the Scope & Sequence topics that will be validated after project completion.*
 - a. English/LA for Appropriate Grade: Research Methods
 - b. Health: Culture & Media: Evaluate Cultural Influences on Health
 - c. Health: Health Promotion: Healthy Communities
 - d. Science: Environmental: An Ecosystem's Value
 - e. Social Studies: Economics: Peak Oil or Economics of Energy
 - f. Social Studies: Geography: 5 Themes of Geography

8. *Number of Proposed Project Credits (Must have documented and approved hours/work to receive credit.)*
.20 credits (est.)-- Final credit determined with time logs and documentation.

9. *Parent Approval Notes*—Filled in online by parents.

10. *Estimated project dates:* December 4, 2007-December 12, 2007 (6-7 school days).