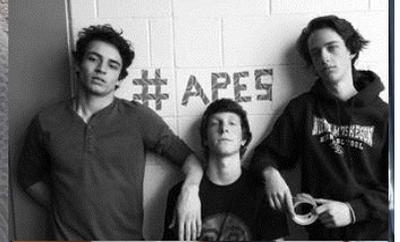


# North Muskegon High School



## Community Partners

- Mia and Grace Restaurant
- West Michigan Great Lakes Stewardship Initiative
- Cichetti Culinary Studio
- Muskegon Farmers' Market

## Local Foods

French and Spanish Cuisine Class Utilized AP Environmental Science Class's Herbs from Optimum Growth Experiments for Cooking!

◇ Ms. Johnson's AP Environmental Science Class attended a Muskegon River Watershed meeting, and grew various herbs and plants including: basil, chives, cilantro, mint, oregano, parsley, peppers, and tomatoes. Caring for their plants brought joy to students everyday.

◇ The environmental science students started growing the plants during the winter in the greenhouse. The experiment taught them how manipulating variables produced different outcomes and allowed them to discover the optimal conditions for garden plants.

◇ By growing herbs in a school garden, students learned the feasibility of creating a more sustainable food system.

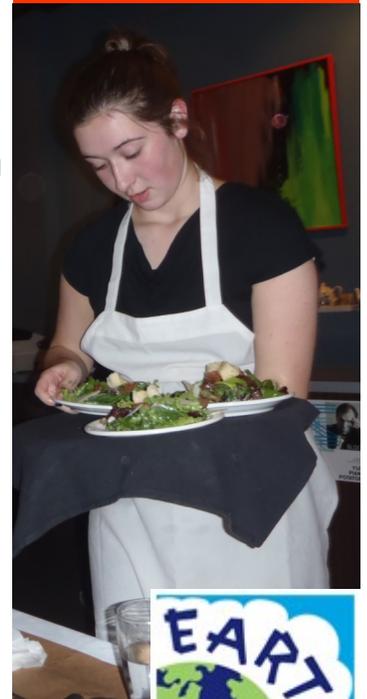
◇ Cooking with food that is locally grown adopts dietary behaviors that reflect concern about individual, environmental, and community health.

North Muskegon High School

2013-14 School Year:

- 60 Students
- 2 Teachers
- 3 Classrooms
- 9-12 grade AP Environmental Science & French /Spanish Cuisine

*School Garden Grown for French Cuisine Class!*





# Foreign Cuisine

## Mia and Grace Partnership

Students from the North Muskegon French Cuisine class partnered with Mia and Grace during the five-week term.

- ◆ Students learned French cooking terms and applied them to plan a five-course French meal.
- ◆ French cuisine teamed up with the AP Environmental Science class to use and learn about the herbs they grew from a science experiment.
- ◆ The students cooked the French dinner with the help of Jamie and Jeremy Paquin at Mia and Grace restaurant. Students also learned how to properly set and serve tables.
- ◆ Many community members attended and enjoyed the dinner.



## Cena Teatro

Students from North Muskegon Spanish Class hosted an event called "Cena Teatro" where they performed Spanish skits and songs along with a Spanish based dinner.

- ◆ Spanish Cuisine students went to the farmers' market to buy locally grown foods and flowers for the event.
- ◆ The students created their own skits and translations to Spanish songs to perform at the event.
- ◆ Some of the herbs they used for cooking were from the AP Environmental Science class's herb garden.

