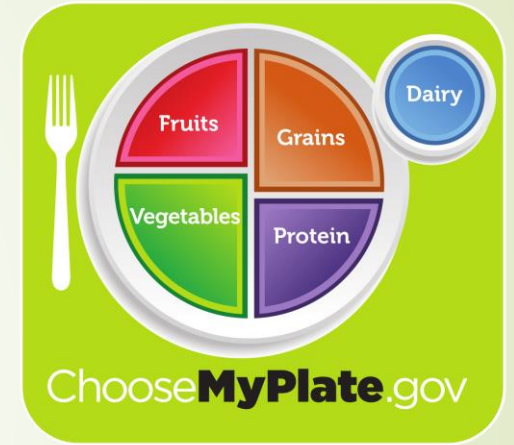


# Family & Consumer Sciences at GMMS!

With Mrs. Marti

From the  
best farms  
to your  
table.



## Nutrition Facts

Serv. Size 1 Can	
Amount Per Serving	
Calories 230	
	% Daily Value*
Total Fat 0g	0%
Sodium 50mg	2%
Total Carb. 62g	21%
Sugars 56g	
Protein 0g	
Not a significant source of fat cal., sat. fat, trans fat, cholest., fiber, vitamin A, vitamin C, calcium and iron.	
*Percent Daily Values are based on a 2,000 calorie diet.	



Junior  
Achievement®

# The **3** areas of FCS students discover at Granby Memorial Middle School:



1. Financial Literacy explores advertising, business production personal finance, entrepreneurship and careers. And most importantly, how to be a wise consumer!
2. Nutrition informs students of the importance of making healthy food choices and investigates the farm to table philosophy.
3. Food preparation includes food safety and sanitation, techniques, terms, and tools in a recipe and how healthy alternatives can be applied to our everyday meals.

# Consumerism & Financial Literacy



- In this segment of FCS students learn the importance of being a wise consumer in the 21<sup>st</sup> century.
- Students differentiate between their wants and needs.
- Advertising techniques are studied to unveil marketers strategies that tempt us to buy, buy, buy!
- Students apply decision making process skills when considering a purchase.



# It's My Future, It's My Business, and Economics for Success!



## Junior Achievement<sup>®</sup>

During this segment of FCS, we have guest speakers from our community visit our classroom to share their real world experiences in the following areas:

**GRADE 6:** Preparing for the working world while still in middle school!

**Grade 7:** Applying entrepreneurial skills to education, career & service pursuits.

**Grade 8:** Personal finance and identifying education and career goals based on your skills, interests, and values.



# Healthy Pumpkin Muffins Recipe

Yield: 12

## Ingredients

- 1/3 cup vegetable oil
- 1/2 cup maple syrup
- 2 eggs
- 1 cup pumpkin puree
- 1/4 cup milk
- 1 teaspoon vanilla extract
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 1/4 teaspoon pumpkin spice
- 1/4 teaspoon ground cloves
- 1 3/4 cups whole wheat flour
- 1/3 cup old-fashioned oats
- Optional:** 1/2 cup mini-chocolate chips

## Instructions

- Preheat oven to 400 degrees Fahrenheit. Place baking papers into tins.
- In a medium mixing bowl, beat oil and maple syrup together with a whisk. Then add eggs and beat well. Mix in the pumpkin puree, vanilla extract and milk.
- In a large mixing bowl add flour, oats and mix with a large spoon. Add baking soda, salt, pumpkin spice and cloves.
- Add the wet ingredients to dry ingredients in the large bowl. Gently mix together. Fold in mini-chips.
- Divide the batter evenly between 12 muffin cups using the 2 spoon method. Bake muffins for 18 minutes, or until a toothpick inserted into a muffin comes out clean.
- Place the muffin tin on the stove top. Remove muffins using 2 forks, place on a cooling rack.

