



THE FACULTY CORNER

A WORD FROM ANACAPA SCHOOL ABOUT THE SYNTHESIS UNIT. . .

2012 Synthesis Unit

FOOD: You Are What You Eat!

January 30-February 1, 2012

As we go to press with this month's Faculty Corner, we have just begun our annual three-day Synthesis Unit. We want to acknowledge and thank Anacapa parent **Marty Robertson** for the outstanding job he has done in recruiting speakers and planning the field trips associated with this Unit.

The 2011-2012 Unit is focusing on food-related topics with a special geographical focus on foods consumed in California. Some of the questions we hope to address include:

- From where does our food come?
- How is it grown and distributed?
- How do food products vary in nutritional value?
- How do personal food choices affect our health?
- How do we know more about what we are cooking and eating?
- How do we plan a menu and cook nutritious meals?
- What is the cost of these meals?

Marty has scheduled two full days for speakers on campus (January 30-31) and one day (February 1) when we will take students out in the community to see where some of our food comes from.

This Unit promises to be one that will have an impact on students' lives now and in the future. We are confident that our students will greatly benefit from what our speakers have to share.

Please see the reverse side of this sheet for a full Synthesis Unit schedule. As always, parents are welcome to join us for any of the talks.

~ ~ Anacapa Faculty