Highlights for March 10-16, 2015

Cooking Healthy Meals and Manipulating Molecules

Our school food is so good, our kids want to make it at home. SFUSD students have a few new favorite lunches lately, including sesame noodles and sloppy joes, and now, with the Cooking Matters program, students can learn how to make their favorite school menu items. Inspired by kids and crafted by chefs, these foods are prepared fresh daily for SFUSD by Revolution Foods with premium ingredients and no artificial preservatives, artificial colors, high-fructose corn syrup, or trans fats.

When: Tuesday, March 10 / 12:45 – 1:45 p.m.
Where: Downtown HS / 693 Vermont St.

A hundred high schoolers will get hands-on experiences with potential future careers in STEM (Science, Technology, Engineering, and Math). The STEM Career Day will introduce freshmen and sophomores from Burton and Marshall High Schools to the expanding opportunities that are available in the Bay Area's STEM professions. The day will feature tours, including a look at a molecular visualization lab at UCSF, where students will manipulate molecules and track down infectious agents using virtual-reality goggles and interact with small robots programmed to model biological behaviors. The career day, aimed at building a diverse local workforce, is sponsored by Bayer Healthcare and organized by the UCSF Science & Health Education Partnership and SFUSD.

When: Wednesday, March 11 / 10:30 – 11:30 a.m.
Where: UCSF Mission Bay / 1600 16th St / Genentech Hall

Students at Burton High who are behind in PE credits can get caught up in some creative ways. As part of the school's Extended Learning Program, the American Heart Association will be offering four hands-on healthy cooking classes with easy
recipes and tips. Students learn to cook with healthy food choices, such as whole grains, fruits and vegetables, lean meats, fish and seafood, and learn about consuming less salt, sugar, saturated fat, trans fat, and cholesterol. The recipes are set up to be quick and fun to learn, and students’ families are encouraged to attend as well.

When: Monday, March 16 / 5:00-6:15 p.m.
Where: Burton HS / 400 Mansell St.

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