

Nutrition & Wellness

_____ has my permission to participate in a **home project** assignment referred to as **Food Friday**. This assignment is meaningful in that it encourages the student to practice cooking at home. This assignment consists of the student preparing a food from scratch (not a mix) at home and bringing it in to school to share with the rest of the class. Student is also required to supply disposable items so that other students may sample the food. It is the intention of the teacher that the **student** prepares the food and this is not an assignment that a parent must complete. Norwell H.S. is a **nut-free** environment so no nuts/peanut butter can be used in the products.

I understand the above assignment requirements. My son/daughter has my support and permission to participate in these assignments.

Parent/Guardian Signature_____ Date_____