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| **TEXAS CTE LESSON PLAN**  [www.txcte.org](http://www.txcte.org) | |
| **Lesson Identification and TEKS Addressed** | |
| **Career Cluster** | Hospitality and Tourism |
| **Course Name** | Introduction to Culinary Arts |
| **Lesson/Unit Title** | The Balancing Act: Managing a Career and Family – Operations of Restaurants |
| **TEKS Student Expectations** | **130.253. (c) Knowledge and Skills**  (11) The student develops principles in time management, decision making, effective communication, and prioritization. The student is expected to:  (A) apply effective practices for managing time and energy;  (B) analyze various steps in the career decision-making process; and  (C) discuss the importance of balancing a career, family, and leisure activities. |
| **Basic Direct Teach Lesson**  (Includes Special Education Modifications/Accommodations and  one English Language Proficiency Standards (ELPS) Strategy) | |
| **Instructional Objectives** | **Students will:**   * Analyze the demands of employment in the restaurant industry * Identify steps to time management * Analyze time-saving techniques * Illustrate a 30-day calendar of activities * Analyze stress-management techniques * Balance objects representing a career, family, time, energy, and leisure activities * Understand the scientific principles of physics and geometrical shapes |
| **Rationale** | One of the challenges in life is balancing work, family, hobbies, and other activities we like to do. The demands of a job sometimes leave us with little time to enjoy leisure activities. In this lesson, we are going to learn some time-saving techniques and team-building skills to balance work and family. |
| **Duration of Lesson** | Three 45-minute class periods |
| **Word Wall/Key Vocabulary**  *(ELPS c1a,c,f; c2b; c3a,b,d; c4c; c5b) PDAS II(5)* | **Balance:** To keep something in a steady position so that it is even  **Career:** An occupation undertaken for a significant period of a person’s life and with opportunities for progress  **Decision:** A conclusion or resolution reached after consideration  **Energy:** The strength and vitality required for sustained physical or mental activity  **Family:** A group consisting of parents and children living together in a household  **Leisure:** Free time  **Time Management:** The act or process of planning and exercising conscious control over the amount of time spent on specific activities, especially to increase effectiveness, efficiency, or productivity |
| **Materials/Specialized Equipment Needed** | **Equipment:**   * Computer with projector for PowerPoint presentation   **Materials:**   * Cardstock (white or colored) * Markers   **Supplies:**   * Balance scale * Batteries (may represent energy) * Clock (representing time) * Family magazines (may represent family photo albums) * Guest checks (may represent career) * Menus (representing career) * Rubber bands (may represent the circle of life) * Straws (may represent leisure activities) * Sunglasses (may represent leisure activities) * Other objects available may be used to represent careers, family, time, energy, and leisure activities * Copies of handouts   **PowerPoint:**   * The Balancing Act: Managing a Career and Family – Restaurant Management   **Technology:**   * Free iPad App:   Schedule Planner HD  You get more done when you start out with a clear plan<https://itunes.apple.com/us/app/schedule-planner-hd/id447359837?mt=8>  **Graphic Organizers:**   * 12 Stress-Management Techniques * 12 Stress-Management Techniques (Key) * Personal Activities Calendar * The Balancing Act – Managing a Career and Family Notes * The Balancing Act – Managing a Career and Family Notes (Key)   **Handouts:**   * Rubric for Participation in The Balancing Act Activity * The Balancing Act Activity * Way to Go Certificate |
| **Anticipatory Set**  (May include pre-assessment for prior knowledge) | **Before class begins:**  Become familiar with the following video and website as students will be attempting this procedure in the Independent Practice section:   * Balancing Act – Sick Science! #130 With a little knowledge of physics and geometrical shapes, you can perform this balancing act<http://youtu.be/CnejrcOhj5g> * Balancing Act – Cylinder Strength A piece of paper uses physics to balance a textbook… and much more! [http://www.stevespanglerscience.com/lab/experiments/balancing-act-cylinder-strength#](http://www.stevespanglerscience.com/lab/experiments/balancing-act-cylinder-strength) Display as many of the supplies listed in the Materials or Specialized Equipment Needed section as you have available.   Download the song Don’t Blink by Kenny Chesney (2007) and play it as students enter the classroom or view the YouTube video of the lyrics. * Kenny Chesney – Don’t Blink The song is about time passing too quickly<http://youtu.be/4f0p5KqdU9U> * lyrics – Don’t Blink – Kenny Chesney<http://youtu.be/LpKBMywiEjw>   Ask students the following questions:   * Have you heard this song before? * What do you think the song means? * What should we do about time spent at work? * What should we do about time spent with family? * How do you think your parents balance their work and family? * What will you do differently?   Option: The song Cat’s in The Cradle by Harry Chapin also talks about balancing work and family.   * Harry Chapin – Cat’s in The Cradle (Lyrics)  The song is told in first-person by a father who is too busy to spend time with his son.<http://youtu.be/WBcdBQM01pE> |
| **Direct Instruction \*** | Introduce lesson objectives, terms, and definitions.  Distribute graphic organizer The Balancing Act: Managing a Career and Family Notes so that students may take notes during slide presentation.  Introduce PowerPoint, The Balancing Act: Managing a Career and Family – Restaurant Management and lead a discussion on the importance of balancing a job and family.  View video from NBC News:   * Families Struggling for Work-Life Balance  A new study released from the Pew Research Center found 37% of mothers say they want to work fulltime, due, in large part, to the recession and financial insecurity.<http://www.nbcnews.com/video/nightly-news/51186744/#51186744>   *Individualized Education Plan (IEP) for all special education students must be followed. Examples of accommodations may include, but are not limited to:*   * check for understanding * provide copy of slide presentation |
| **Guided Practice \*** | Distribute graphic organizer Personal Activities Calendar and have students fill in the dates for the appropriate month.  Discuss the importance of time management and stress and that learning to manage their busy schedules early on will lead to lifelong planning.  Students should include their personal activities for 30 days (examples are included).  Distribute graphic organizer 12 Stress-Management Techniques and discuss with students how they manage stress.  Students should read each technique and write how they would manage stress.  *Individualized Education Plan (IEP) for all special education students must be followed. Examples of accommodations may include, but are not limited to:*   * check for understanding * allow extra time for assignment |
| **Independent Practice/Laboratory Experience/Differentiated Activities \*** | Divide the class into subgroups of four.  Reinforce the importance of balancing work, family, time, energy, and leisure activities.  Share some examples of how you have balanced your family, career, time, and energy.  Refer to handout The Balancing Act Activity to outline the hands-on activity.  *Individualized Education Plan (IEP) for all special education students must be followed. Examples of accommodations may include, but are not limited to:*   * encourage participation * peer tutoring |
| **Lesson Closure** | Review the lesson objectives, terms, and definitions.  Play the YouTube video again and discuss the words to the song.   * Kenny Chesney – Don’t Blink The song is about time passing too quickly<http://youtu.be/4f0p5KqdU9U>   Have students write a reflection paper on how this song may affect them now and/or in the future. |
| **Summative/End of Lesson Assessment \*** | Students will demonstrate their balancing project to the class and will be assessed with a visual observation.  This activity is designed to be a fun teambuilding assignment.  Optional: Distribute Rubric for Participation in The Balancing Act Activity as an assessment.  Distribute Way to Go Certificate to the groups who could exhibit the teambuilding and problem-solving skill of “Balancing a Career and Family Activity.”  *Individualized Education Plan (IEP) for all special education students must be followed. Examples of accommodations may include, but are not limited to:*   * monitor progress * praise participation |
| **References/Resources/**  **Teacher Preparation** | **Textbooks:**   * Kelly-Plate, J., & Eubanks, E. (2004). *Today’s teen.* New York, NY: Glencoe/McGraw-Hill. * Reynalds, J.S. (2010). *Hospitality services: Food & lodging.* Tinley Park, IL: Goodheart-Willcox Company.   **Websites:**   * Balancing Act – Cylinder Strength  A piece of paper uses physics to balance a textbook… and much more! [http://www.stevespanglerscience.com/lab/experiments/balancing-act-cylinder-strength#](http://www.stevespanglerscience.com/lab/experiments/balancing-act-cylinder-strength)   **YouTube:**   * Kenny Chesney – Don’t Blink  The song is about time passing too quickly<http://youtu.be/4f0p5KqdU9U> * Harry Chapin – Cat’s in The Cradle (Lyrics)  The song is told in first-person by a father who is too busy to spend time with his son.<http://youtu.be/WBcdBQM01pE> * Balancing Act – Sick Science! #130  With a little knowledge of physics and geometrical shapes, you can perform this balancing act<http://youtu.be/CnejrcOhj5g>   **Video:**   * Families Struggling for Work-Life Balance  A new study released from the Pew Research Center found 37% of mothers say they want to work fulltime, due, in large part, to the recession and financial insecurity.<http://www.nbcnews.com/video/nightly-news/51186744/#51186744> |
| **Additional Required Components** | |
| **English Language Proficiency Standards (ELPS) Strategies** | * Word wall * Draw visual representations of terms on word wall * Add terms and definitions to personal dictionary * Utilize four corners vocabulary/word wall activity |
| **College and Career Readiness Connection[[1]](#footnote-1)** |  |
| **Recommended Strategies** | |
| **Reading Strategies** | Students may read the following articles:   * How to Survive Working in a Restaurant  Working in a restaurant can be one of the most stressful jobs you can have, and the pay doesn’t always reflect the amount of effort that the job requires.<http://www.ehow.com/how_2102486_survive-working-restaurant.html> * The Disadvantages of Being a Waiter  Waiting tables in a restaurant is a common means of earning money in the United States.<http://www.ehow.com/info_12012736_disadvantages-being-waiter.html> * How to Become a Good Waiter  The best way to begin your life as a waiter is to listen to some of the advice of current/former waiters.<http://www.ehow.com/how-to_4845372_become-good-waiter.html>   **Reading Strategy:**  Encourage students to connect reading to their life experiences or prior knowledge. |
| **Quotes** | I was a hot-dog stand lady, I was an orphan housemother, I was a waitress 3 or 4 times. All those jobs did not have good bosses. They basically told you what to do, when to do and when to hop. And I just didn’t like that very much. **-Barbara Corcoran**  My mother was a very wonderful woman. When she and my dad divorced, she moved to California and worked two jobs in the cannery at night and as a waitress during the day. But she saved enough money to establish a restaurant. **-Dolores Huerta**  My mother and father had so many ups and downs and stayed with each other and helped each other. My mother took in ironing and she was a waitress. My father was working in the factory and he did people’s tax returns. **-Patti Smith** |
| **Writing Strategies**  **Journal Entries + 1 Additional Writing Strategy** | **Journal Entries:**   * The song Don’t Blink reminds me of …. * Both of my parents work and I wish they would spend more time with me doing …. * Many jobs in this century now require lots of extra time. I plan to …… (limit, work) so that I can ….   **Writing Strategy:**  RAFT   * Role: server * Audience: restaurant manager * Format: informal letter * Topic: time off from work to spend with family |
| **Communication**  **90 Second Speech Topics** | * Three things I like to do in my free time are …. * My hobbies include …… |
| **Other Essential Lesson Components** | |
| **Enrichment Activity**  (e.g., homework assignment) | **TED Talks:**  TED is a nonprofit devoted to spreading ideas, usually in the form of short, powerful talks (18 minutes or less). The video below is related to this lesson. Allow students to view the video and lead a discussion concerning the TED Talk.  The idea for The Balancing Act Activity came from this Ted Talk video:   * Tom Wujec: Build a tower, build a team Tom Wujec presents some surprisingly deep research into the “marshmallow problem” â a simple team-building exercise that involves dry spaghetti, one yard of tape and a marshmallow. Who can build the tallest tower with these ingredients? And why does a surprising group always beat the average?<http://www.ted.com/talks/tom_wujec_build_a_tower>   Challenge students to do this activity as well. |
| **Family/Community Connection** | Create a family calendar (print or digital) to keep track of birthdays, anniversaries, appointments, activities, games, and other important information.  Assist your family in keeping the calendar updated weekly so events are not missed. |
| **CTSO connection(s)** | **Family, Career, and Community Leaders of America**  <http://www.fcclainc.org>   * Culinary Arts  A team event – recognizes participants enrolled in occupational culinary arts/food service training programs for their ability to work as members of a team to produce a quality meal using industrial culinary arts/food service techniques and equipment * Illustrated Talk  An individual or team event – recognizes participants who make an oral presentation about issues concerning Family and Consumer Sciences and/or related occupations. Participants use visuals to illustrate content of the presentation. |
| **Service Learning Projects** | Successful service learning project ideas originate from student concerns and needs. Allow students to brainstorm about service projects pertaining to lesson. [www.ysa.org](http://www.ysa.org)  Example: Students may provide team building activities at local community events or fairs. |

1. Visit the Texas College and Career Readiness Standards at <http://www.thecb.state.tx.us/collegereadiness/CRS.pdf>, Texas Higher Education Coordinating Board (THECB), 2009. [↑](#footnote-ref-1)