**Home Cooking Project 2 & 3**

**Assignment**: Prepare 1 meal (completely on your own) for your family or family-type group

**Points:** 100

**Requirements:**

* Meal should be served to the family or at least include one family member that is an adult (and your 18 year old buddy is **not** an adult, no matter what he says). This should be a **special meal** for your family (or family-type unit☺).
* Meal can be breakfast, lunch or dinner.
* Meal must include **at least** a main dish and two sides.
* Recipes cannot include anything pre-packaged...all dishes should be made from scratch. This includes salad dressing…if you prepare a salad, MAKE the dressing. Otherwise it will not count as one of your dishes.
* Meal must be prepared **independently**
* Menu should be THOUGHTFULLY and creatively designed. Part of this grade is related to the complexity of the menu as well.
* **Preferably** shopping should be done by the student
* **All clean-up is to be done by the student...this should be mom’s (or dad’s!) night off**
* Minimum of 10 pictures that document preparation and serving of the meal...also shopping if done by the student and anything else fun!
* At least HALF of the pictures must have the student’s face in them showing them preparing the food.
* Copies of all recipes
* **1/2 page** write-up of what went well, what you would change, what was easier/more difficult than you planned, what took longer than you imagined, etc.(approximately 250+ words)
* **Entire project must be typed**

**Final Product Check-list**

*The following should be stapled* ***in the following order****:*

1. Grading Rubric (for me…not for you or your parent to fill out)
2. Recipes...clearly typed and detailed (include ingredients **and** directions)
3. Pictures...in order of preparation steps (10 pics)
4. Write-up
5. Parent/Guardian/Adult sign-off and rating

**Parent/Guardian/Adult sign-off and rating sheet**

Student name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Meal prepared: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Did the student:

* Prepare the meal independently? Yes No
* Do the shopping? (not required) Yes No
* Prepare a special, well planned out menu Yes No
* Serve the meal on time? Yes No
* Clean up? Yes No
* Thoughtfully prepare the meal for you? Yes No

Couple questions for you, as the parent:

* Did you have to scramble to get together the ingredients for them? Y      N
* Were you able to relax and enjoy a true “night off”? Y      N
* Did the meal appear to have been well planned or just thrown together?

Rate the students according to the following criteria:

        (low)       (high)

Preparing meal 1 2 3 4 5

Complexity of the meal 1 2 3 4 5

Serving meal 1 2 3 4 5

Clean-up 1 2 3 4 5

Quality of main dish 1 2 3 4 5

Quality of side dish #1 1 2 3 4 5

Quality of side dish #2 1 2 3 4 5

Total \_\_\_\_/35

Adult signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Print name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Relation to student \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Comments: (I **LOVE** these, so please include a couple observations…either praise or

        constructive criticism☺)

Home Cooking Project Rubric

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Project should be submitted in the following order:**

* Recipes...clearly typed \_\_\_\_\_/15
* Pictures...in order of preparation steps \_\_\_\_\_/15
* Write-up \_\_\_\_\_/15
* Parent/Guardian/Adult sign-off and rating \_\_\_\_\_/10
* Complexity/Thoughtfulness of Menu \_\_\_\_\_/25
* Neatness, organization, creativity \_\_\_\_\_/20

Total \_\_\_\_\_/100