

## Home Cooking Project 2 & 3

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

**Points:** 100

**Due Dates:** First October 24th / Second January 6th

### 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
- \_\_\_\_\_/100