**Healthy Home Cooking Project**

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

**Requirements:**

* Meal should be served to the family or at least include one family member that is an adult
* 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 YOU...ask me if you have any questions on this.
* Dishes must be considered “healthy” (you’ll include a write up about what healthy alternatives you made)
* Meal must be prepared **independently**
* Preferably the shopping should be done by the student but not mandatory
* **All clean-up is to be done by the student**
* Minimum of 7 pictures that document preparation and serving of the meal...also shopping if done by the student and anything else fun!
* Copies of all recipes
* **½ 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. (write ups are TNR, 12 pt font, normal margins etc)
* **½ page** write up of why your meal is considered healthy. Some things to consider are how well rounded the meal is (good combination of carbs/fats/protein), any special diet requirements (low cal/low fat/gluten free/low sodium, etc.), high in which vitamins and minerals, and many other nutritional items that you may want to address.
* Entire project must be typed
* **Your side dish should not be just crackers…be creative and work hard to prepare a meal that is healthy, well rounded and substantial!**

**Final Product Check-list**

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

* Grading Rubric (for me…not for you or your parent to fill out)
* Recipes...clearly typed
* Pictures...in order of preparation steps and including an end product/who is eating it (7 pics)
* Personal write-up of project
* Nutritional write-up
* Parent/Guardian/Adult sign-off and rating

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

(this is your last page)

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

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

Did the student:

* Prepare the meal independently? Yes No
* Do the shopping? (not required) Yes No
* Serve the meal on time? Yes No
* Clean up? Yes No

Rate the students according to the following criteria:

(low) (high)

Preparing 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 2 3 4 5

Quality of side dish 1 2 3 4 5

Total \_\_\_\_/30

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 **(this should be your “cover sheet”)**

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period \_\_\_\_\_\_\_

* Recipes...clearly typed \_\_\_\_\_/5
* Pictures...in order of preparation steps \_\_\_\_\_/5
* Write-up \_\_\_\_\_/10
* Parent/Guardian/Adult sign-off and rating \_\_\_\_\_/10
* Neatness, organization, creativity \_\_\_\_\_/10
* Quality of actual meal \_\_\_\_\_/10
  1. Time, creativity, difficult, etc (not necessarily taste)

Total \_\_\_\_\_\_\_

\*If you are doing this for makeups, if you are missing anything, it will not count. For makeups, you can do this project 2x in the semester (each time it counts as 2 makeups)

\*If you are doing this for an actual assignment (7th or Summer PE), you will be graded.