

Date: _____ Period: _____ Full Name: _____

HOME LAB ASSIGNMENT

OBJECTIVE: To budget, plan, and prepare a well-balanced meal for you and your family.

MEAL TO BE PLANNED: _____

STEP 1:

Plan a meal for your family using the Canada's Food Guide. Select recipe(s) from textbooks, cookbooks (library or home), magazines, internet, etc. At least two items in your menu must be prepared from scratch! Experiment! Be creative! Keep in mind presentation of the meal (i.e. Is there a variety of colours and textures? Garnish? Family dietary needs taken into account? Etc.).

STEP 2:

Write a shopping list AFTER checking for food supplies already on hand. Shop with a parent if necessary for the ingredients required. Remember to keep track of the cost of each item (you will need to include this in the report to be handed in). If you have the supplies at home, then just check the price at the grocery store of how much it would have cost. *You will need this information for the cost analysis.

*after grocery shopping, don't forget to put away the supplies in the appropriate storage places at home! *

STEP 3:

Construct a time plan to follow while preparing the meal. Start with the time that you wish to serve the meal at and work backwards. Write down what time each part of the meal should start to cook, when major steps in the food preparation should begin, when you will have time to set the table, etc. This time plan will enable you to have all the parts of the meal ready at the same time, eliminating overcooking or having something get cold while waiting for some other part of your meal to finish cooking.

Example:

TIME	TIME PLAN
5:00 pm	Preheat oven. Put water to boil with salt. Sauté onion for sauce.
5:05 pm	Add all sauce ingredients. Put spaghetti into the boiling water.
5:10 pm	Set the table.

**Prepare the meal for your family at a time convenient for your parents. Check for any preparation that can be done beforehand. Follow your time plan!

**While you are prepping, cooking, cleaning and eating – take pictures! You will need to hand this in with your project. The pictures should contain various steps of the meal preparation, show you preparing the meal, and your family enjoying the meal prepared.

STEP 4:

Your job is almost done – make sure to wash all the dishes and put them away. The kitchen should be spotless before you hand over your mark sheet for your parents to complete.

STEP 5:

Complete the home assignment worksheet. Write out the recipe you used on loose-leaf paper. Hand in the worksheets/evaluations, your recipe, cost analysis, pictures and time plan (please staple all sheets together).

DUE DATE: _____

HOME LAB EVALUATION SHEET

STUDENT NAME _____

EVALUATOR'S NAME: _____

EVALUATOR'S RELATIONSHIP TO THE STUDENT: _____

Please take a few minutes to complete the chart below (feel free to include any comments)

DESCRIPTION	EXCELLENT 4	GOOD 3	SATISFACTORY 2	NOT SO GREAT 1
PREPARATION -hair tied back -apron on -hands washed				
ORGANIZATION -all ingredients & equipment assembled -recipe followed accurately -time plan was followed				
PRODUCT -standards were met -visually appealing -flavourful -cooked to the correct degree of doneness				
CLEAN UP -organized -all dishes cleaned and dried -all items used were put away correctly				

TOTAL SCORE: /16

PARENT/GUARDIAN SIGNATURE: _____

~THANK YOU FOR YOUR COOPERATION AND ASSISTANCE~

STUDENTS REFLECTION ON HOME LAB

MENU: 3 2 1 0

- balanced
- appealing
- level of difficulty

RECIPES: 3 2 1 0

- all recipes used are complete and attached

PICTURE(S): 4 3 2 1 0

- either digital pictures were shown or printed out
- NO PICTURE NO MARK!

TIME PLAN: 3 2 1 0

- complete
- time efficiently used

COST ANALYSIS: 3 2 1 0

- complete

NUTRITION: 4 3 2 1 0

- list main foods used from each food group

Grain Products: _____

Vegetables and Fruit: _____

Milk Products: _____

Meats and Alternatives: _____

Explain what you learned from doing this home lab and note what you would do differently if you were to do this lab again.

What made you feel good about this home lab?

TOTAL SCORE:

/20