**Healthy Home Cooking Project**

**Assignment**: Prepare 1 Healthy meal (completely on your own) for your family or family-type group **each week** we are in class.

**Due Date: Each Friday @ 8am…NO LATE WORK ACCEPTED**

**The last week of the session (July 29-Aug 2) the home cooking project**

**will be due on THURSDAY, August 1 to allow teachers to get the**

**assignment graded before grades are due the following day.**

**Hard Copy only. Emailed assignments will not be accepted.**

**Points:** 50

**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)
* Meal can be breakfast, lunch or dinner.
* Meal must include **at least** a main dish and two sides.
* Recipes cannot include anything pre-packaged or Hello Fresh, etc.
* Dishes must be considered “healthy” (more on that later)
* Meal must be prepared **independently**
* **Preferably** the 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 (make sure your face is in most of the pictures! I don’t want the cooking to be done by a headless person☺). Include shopping pics if done by the student and anything else fun!
* Copies of all recipes
* ½ pagewrite-up of what went well, what you would change, what was easier/more difficult than you planned, what took longer than you imagined, etc.
* Description 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**

**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
3. Pictures...in order of preparation steps (10 pics)
4. Personal write-up of project
5. Nutritional write-up
6. 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
* 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

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

* Recipes...clearly typed \_\_\_\_\_/5
* Pictures...in order of preparation steps \_\_\_\_\_/5
* Write-up \_\_\_\_\_/10
* Parent/Guardian/Adult sign-off and rating \_\_\_\_\_/5
* Nutritional write up \_\_\_\_\_/10
* Neatness, organization, creativity \_\_\_\_\_/15

Total \_\_\_\_\_/50