

Advanced Foods

Ms. Alex

HOME COOKING ASSIGNMENT

Task:

- You will be preparing a meal or an appetizer and dessert for family/friends/relatives.
- You can use one of our recipes that we made in class.
- Your meal should center around healthy ingredients.
- **You may NOT use pre-packaged items.**

Purpose:

- To give you the opportunity to apply the skills you have learned in class.
- To encourage you to cook for others.

Due date: December 19th or 20th, before winter break

Follow-Up:

Summarize your home cooking experience. Your response needs to be at least 1/2 page in length (a minimum of 10 sentences). TYPED, double spaced, and printed.

Make sure your follow-up includes the following information:

Why you chose the recipes you did.

Who you prepared your meal for and why.

Your family's overall reaction to your meal.

What you learned and how you felt working on this assignment.

How you plan on taking what you learned from this activity and applying it in the future.

In addition to writing a summary, you need to document your meal. This may be done with pictures or video. Not only do you need to show the food you made, you also need to show yourself preparing the food, along with the people you prepared the meal for (preferably enjoying the meal). If you feel as though you may have difficulty completing this part of the follow-up you need to speak to Ms. Alex ahead of time.

Parent signature:

Date:

Parent Comments: