



Name: _____

Hour: _____

Family Breakfast Assignment

GOAL: ...plan and prepare an entire breakfast for your family.

Your assignment is to plan and prepare an entire breakfast for your family. You must help with the grocery shopping, make all the food and clean up the kitchen. Choose a menu that will challenge you and one that shows your best abilities in cooking. Example: Scrambled Eggs, Fruit Cup, Oatmeal Muffins, Beverages

Written Assignment

DIRECTIONS: Write neatly in ink or use computer – make it look professional! Follow directions for each page given below.

Page 1: On this cover sheet list your menu, your name and date.

Page 2: Describe how you made each menu item or include a copy of the recipe.

Page 3: Draw a correct table setting and describe what your dining area looked like. Describe napkin folds, centerpiece, tablecloth, etc.

Page 4: Make out a grade sheet for your family to grade you. Suggestions:

Nutrition

Organization

Color

Table settings

Taste

Clean up

Family members' signatures are required, with written comment about your meal. This tells more than grades given.

Page 5: Grade yourself. Include written statements about what you learned. Tell about challenges, things you did great, things you could improve on.

Page 6: Grocery Shopping & Costs

A. Have a parent write a line that you did in fact go grocery shopping.

B. Now you write about what you learned doing the shopping and selecting the foods.

C. Next calculate the cost for preparing this menu. List all the ingredients used and what the cost is. If you did not have to buy a certain ingredient, then ask for help in estimating what it did cost. Write about what this meal would have cost if you ate out in a restaurant: Give the total cost for preparing this meal and your reaction to that.