



Name: _____

Hour: _____

Family Dinner Assignment

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

Your assignment is to plan and prepare an entire family dinner. You must help with the grocery shopping, make all the food and clean up the kitchen. The information needed for writing up this assignment is below. Choose a menu that will challenge you and one that shows your best abilities in cooking. Example: Spaghetti, Tossed Salad, French Bread, Beverages & maybe homemade dessert.

DIRECTIONS: Follow directions for each page given below for the written part of assignment: (must be in ink, neatly written, or use computer – make it look professional)

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 them.

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

Page 4: Make out a grade sheet for your family to grade you. Family members signatures required. They must also write a written comment about your meal. This tells more than grades given above. The following are suggestions of what to include in the grade sheet:

Nutrition

Organization

Color

Table settings

Taste

Clean up

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

Page 6: Grocery Shopping & Costs

A. Have 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 food.

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 in a restaurant. Give the total cost for preparing this meal.