

Instructor: T. Melendez

Name: _____ Class: _____

Gr. 7 Home Cooking Assignment

Worth 10% of your final grade

This assignment will be an opportunity for you to cook or bake something at home for your family. You will have one assignment during your time in Nutrition. Though the due date is listed below, **I would recommend you complete this as you have time this term.** I will accept it at any time:

Grade 7 Home Cooking is due on _____

The assignment asks you to:

1. Pick a recipe to prepare **at home, for your family** that has at least 5 ingredients (spices or salt/pepper do not count toward these 5 ingredients) for example: muffins, a pasta dish, a recipe we have done in class or a favorite family recipe. It should be something that requires some preparation and cooking or baking, not just making a sandwich. (Remember to clean up after yourself!)
2. **Attach the recipe** to this assignment sheet
3. Answer the questions on the reverse and have a parent sign in the appropriate spot.
4. Hand the sheet in to Mrs. Melendez or the High School Office by the due date, **even if we do not have class.**

***** You are NOT required to bring your finished product to class!*****

Marks will be deducted if:

- The assignment is late (1 mark per week)
- You do not have a parents' signature or an attached note/email from your parent
- You do not complete the questions on reverse
- Your recipe was not attached or did not meet the requirements above (#1)

This assignment is worth 10% of your grade, so please do not leave it until the last minute!

Please answer the following questions about your recipe:

1. What recipe did you choose to prepare and why did you choose it? (**Please attach the recipe**)

2. Did you find the dish easy or difficult to make? Were there any challenges?

3. Would you make this dish again? Why or why not?

Parent's signature:

I, _____ (Print name of parent) confirm that my child did make this recipe (mostly) independently **and they also cleaned up after**.

Signed: _____ Date: _____

(Parent's signature)

Parents, any comments?
