

8th Grade FCS Home Meal Assignment



For your meal you will need to have **one food from each of the food groups** from MyPlate. You may make either breakfast, lunch, or supper. You could have the main dish be from your nationality, culture, etc. If you would like to take a picture of what you made to show the class that would be great!

You are in charge of planning, preparing, and clean-up. Your food should vary in texture, color, flavor and shape. You can discuss the recipe and preparation with someone at home, but you are in charge of preparation and clean-up☺. You and your family need to eat together at the table, with **NO TV or electronics**. Create a nice atmosphere....maybe some relaxing music, flowers on the table, etc. Think of things you can talk about that will be interesting to everyone.

Answer the following questions:

1. What culture, nationality is your recipe from?
2. What food group was each item in? List the food you served.
Grains –
Fruit –
Vegetables –
Protein –
Dairy –
3. What did you like about this assignment?
4. What was difficult about this assignment?
5. Will you make this again? Why or why not?

6. Where did you get the recipe?

7. Could we purchase the ingredients at Cub, County Market, Hy-Vee, etc., or would we need to shop at a specialty store?

8. Draw a picture below of your place setting or attach a picture (include the plate, knife, fork, spoon, napkin, and glass).

Have your family rate your meal below.☺ On a scale of 1-5 (1 being the worst, and 5 being the best).

How would you rate their planning? _____

How would you rate their preparation? _____

How would you rate their clean up? _____

How would you rate their effort? _____

Parent/guardian comments:

Student name _____

Hour _____ Day _____

Parent/guardian signature _____