Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Due Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_

H \_\_\_\_\_ D \_\_\_\_\_

FACS Home Meal Assignment

Your assignment is to prepare a meal at home for your family. This can be for breakfast, lunch or supper. You need to make sure you have at least one food from each of the food groups. Think about how you will get all the foods done at one time so it is hot when it is served. Plan wisely☺

You need to sit down at the table with your family to eat **without the TV on**. Think of things you can talk about….for example: sharing about each person’s day, etc. You are in charge of planning, preparation, and clean up, but you can ask for assistance if your family would like to help you.

Draw a picture below of a correct place setting and set your table this way when you make the meal for your family. Include: plate, knife, fork, spoon, napkin, glass

List what you made for each food group:

Grains:

Vegetables:

Fruits:

Dairy:

Protein:

Circle what meal you made it for: breakfast lunch supper

ANSWER THE FOLLOWING QUESTIONS WITH AT LEAST TWO COMPLETE SENTENCES:

What was easy about this assignment?

What did you like doing?

What was difficult about this assignment?

What did you not like doing?

**PARENTS/GUARDIANS:** Circle below…..

How would you rate their planning? A B C D F

How would you rate their preparation? A B C D F

How would you rate their clean up? A B C D F

Additional comments (optional):

**Parent/guardian signature**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_