

Family and Consumer Sciences

At Home Cooking Lab

*Directions: To complete this assignment, select **ONE** of the following options. Be sure to read the requirements carefully and turn in all parts of the assignment to receive full credit.*

Option #1:

You may select a recipe and prepare it at home with the supervision and permission of a parent/guardian. You are responsible for supplying the ingredients needed. Please have your parent/guardian sign the attached sheet indicating that you completed the lab and you must complete the lab reflection/review form. You also must provide a picture of your food product or a sample of the actual food product. (Picture on cell phone is permitted.)

To receive credit for this assignment you are required to turn in the following:

- Lab Review/Reflection Form
- Parent Signature
- Picture or Sample of Food Product



Option #2:

You will need to research an article related to food and/or nutrition. You may use the newspaper, a magazine, or the internet. Please complete the “Article Review” worksheet based on the article that you select.

To receive credit for this assignment you are required to turn in the following:

- Copy of the Article
- “Article Review” worksheet





Name: _____

Date: _____ Period: _____

At Home Lab – Option #1 Lab Review/Reflection Form

Directions: Select a recipe and prepare it at home with the supervision and permission of a parent/guardian. You are responsible for supplying the ingredients needed. Complete the following form and be sure to provide a picture or sample of the end product! (Picture on cell phone is permitted.)

Name of Recipe: _____

Recipe: List the ingredients here you added or attach a copy or the recipe.

Time spent on experience: _____

Things I did especially well:

Mistake I made:

What I thought of my final product:

What I did to clean-up:

Parent Comments:

Dear Parents/Guardians,

Please sign this assignment sheet indicating that your child completed the work independently and in a manner acceptable to the family. Remember to please feel free to give your child verbal directions during the process.

Signature: _____ Date: _____

Be sure to provide a picture or a sample of the final product!



Name: _____

Date: _____ Period: _____

At Home Lab – Option #2 Article and Article Review

Directions: Research and read an article related to food and/or nutrition. You may use the newspaper, a magazine, or the internet. Please complete the following form and be sure to attach the copy of the article.

Article Name: _____

Source: _____

Summary: *Write a paragraph summarizing the article that you selected.*

Key Points: *Write the three main ideas or most important facts from the article that you selected.*

1.

2.

3.

Reflection: *Write a paragraph summarizing your thoughts and what you learned from the article you selected.*

Be sure to attach a copy of the article you selected!