**MEAL PREPARATION PROJECTS**

Meal preparation projects introduced during parent orientation are beginning now. I introduced the projects to the class the first week of school and we already have several students ready to present what meals they prepared at home.

*Each month we will be asking each student to engage in a cooking project. This project will require the following:*

* *Student will be given a budget by parent*
* *They will plan a meal and create a shopping list*
* *They will go to the store and find the products they need and stick to their budget. (This may require them to make some slight adjustments to their plan.)*
* *Student will delegate different parts of the meal preparation and clean-up to family members.*
* *Student will need to take pictures or create a video of the preparation process.*
* *Family members can comment on paper or on a video of how the meal preparation went and how the food tasted.*
* *Student will present all of their data (planning, budget and receipts, preparation, and pics/videos) to the class.*

*(Meals can be simple from chili dogs and mac and cheese to a casseroles or pasta dishes.)*

I will encourage you to provide good supervision during meal preparation times. I want to also encourage you to allow your child to make some mistakes, (like over-cooking something if they weren’t paying attention). These little mistakes will allow them to learn more deeply and have more awareness for future meals.

On the following page you will find a form that your child can use to plan their meals. There will be one meal due per month starting in September and going through May. These can be breakfast, lunch, or dinner but need to involve your child cooking and thinking about a well-balanced, complete meal with proteins, carbs, and fruits/vegetable.

The purpose of these meals is for your child to be applying or experiencing concepts learned in class. This can be from math and measurement, science, nutrition, practical life skills, care-of-self, taking on bigger responsibilities, and maybe even cultural explorations, if they search for more global or historic recipes.

Several students have asked if they can do a second recipe a month for baked goods. I told them it was up to their family to make that final decision but as long as they had prepared a meal, I would encourage it.

I will ask for you to sign the bottom of this form to acknowledge that you have read the above information and will support your child on this new or developing journey of responsibility. (Please cut and return)

I am aware that my child, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, will be planning and creating a meal once a month for class.

\_\_\_\_\_ I will support them in creating or finding their own recipe and making a plan.

\_\_\_\_\_ I will allow them a specific budget and oversee them complete the shopping for their ingredients.

\_\_\_\_\_ I will encourage them to delegate different jobs on different months to family members.

\_\_\_\_\_ I will remind them to document this process with photos and/or videos.

\_\_\_\_\_ I will participate in reviewing their efforts of meal planning/prep in writing or on video.

\_\_\_\_\_ I will follow-up with them that they have all of their documentation for their projects (receipts, photos, meal plans, etc…)

(Your Name and Signature) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**MEAL PREPARATION PROJECTS**

1. Talk about meals your family routinely eats. Look through simple cookbooks
2. Make Plan
3. Create a Shopping List
4. Look through Store Circulars for Sales
5. Clip Coupons

List 5 Meal Ideas:

**Budget**: $\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (ATTACH RECEIPT TO PLAN TO TURN IN)

**Ingredients**: Items we have at home (place a check mark):

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_

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(Items not checked go on your shopping list.)

**Steps for Meal Preparation**: Jobs to be delegated (Write family member’s name):

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**Interview family about your meal or have them fill in a questionnaire:**