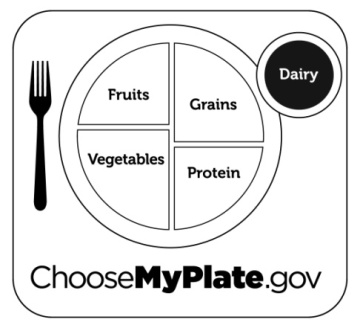
Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period\_\_\_\_\_\_\_\_\_ **Due Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Family Meal Homework Assignment**

**Assignment:**  
Plan, prepare, evaluate and serve an **aesthetically pleasing meal** for your family by using the skills you have learned in class so far. Return this form with a parent/guardian signature after completion. **This assignment is worth 70 pts!** The rubric is included below.

 **MyPlate, the Aesthetic Guidelines and Knife Skills:**-Use MyPlate as a healthy guide while planning your meal. You should include all 5 food groups.

-Use as many Aesthetics as possible: Color, Texture, Flavor, Temperature, Size & Shape.

-Also, you will need to use at least **3** of the knife cuts we learned in class: Julienne, Brunoise, Small Dice, Medium Dice, Chiffonade, Diagonal & Mince.

**Menu:** Main Course:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Dessert:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Grading Rubric:** Grade yourself! Look at the criteria below and give yourself the points you earned.

|  |  |  |
| --- | --- | --- |
| **Criteria** | **Points Possible** | **Points Earned** |
| Menu uses a **variety of aesthetics.**  (colors, textures, flavors, temperatures, sizes and shapes) | 10 |  |
| Menu includes all 5 **food groups of MyPlate.**  (fruits, vegetables, grains, protein, dairy) | 10 |  |
| Menu includes a **main course** made from scratch. | 10 |  |
| Menu includes a **dessert** made from scratch. | 10 |  |
| Meal includes at least **3 specific Knife Skills** learned in class: (Julienne, Brunoise, Small Dice, Medium Dice, Chiffonade, Diagonal, Mince) | 10 |  |
| **Picture** of meal presented with this form upon completion.  (show teacher a picture on your phone **or** email picture to: or jenn.russell@washk12.org) | 5 |  |
| **Evaluation** completed (on the back of this paper). | 10 |  |
| Meal completed by the given **due date.** | 5 |  |

**Total Points Possible: 70 /70**

**Meal Evaluation**

1. Identify the colors, textures, flavors, temperatures, sizes and shapes you used in your meal.
2. Menu includes all 5 food groups of MyPlate. Identify each food from your menu and write it in its proper food group(s) below:

|  |  |
| --- | --- |
| **Food Group** | **Menu Items** |
| Fruits |  |
| Vegetables |  |
| Protein |  |
| Grains |  |
| Dairy |  |

1. Meal includes at least 3 specific knife cuts. Identify each knife cut used and list the food item that you cut in that style:

|  |  |
| --- | --- |
| **Knife Cut** | **Menu Items** |
| 1. |  |
| 2. |  |
| 3. |  |

1. Time Management principles were used:
   1. Assembled all ingredients before beginning. Not at all—1 2 3 4 5—Amazing!
   2. Worked on several items at the same time. Not at all—1 2 3 4 5—Amazing!
   3. Cleaned up as you went along. Not at all—1 2 3 4 5—Amazing!
2. Meal presentation looked appealing and tasted good. Not at all—1 2 3 4 5—Amazing!
3. Table was set properly. Not at all—1 2 3 4 5—Amazing!
4. Completed clean up at the end of the meal. Not at all—1 2 3 4 5—Amazing!

**PARENTS/GUARDIANS:** Please comment below concerning the satisfactory completion of this assignment.

Parent/Guardian Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Student Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_