



DUE DATE: _____

Name: _____ # _____

Family and Consumer Sciences (Home Economics)

Homeroom Teacher: _____

Grade/Cycle: _____

HOME PROJECT: A SIMPLE HIMALAYAN MEAL FOR THE FAMILY

Practicing at home the things you learn at school helps to solidify your skills. Using a **RESEARCHED WRITTEN RECIPE**, prepare for your family, a **balanced MEAL**. Fill out this HOME PROJECT paper, including 3 snapshots: 1. Ingredients 2. Preparation 3. Finished meal.

Please attach your recipe or write it on the back of this sheet. _____ (5 pts.)

Source of Recipe: _____ (2 pts.)
(Name of magazine, book, website, newspaper, etc. and page number):

MENU

Name of entree recipe: _____ (1 pts.)

Fruit and/or Vegetable: _____ (1 pts.)

Bread/ Cereal (starch): _____ (1 pts.)

Meat/Fish/Meat substitute: _____ (1 pts.)

Milk/Milk Substitute: _____

Market List:

4 Equipment/Utensils _____ (4 pts.)

4 Techniques used (blanch, sauté, dice,): _____ (4 pts.)

How did you serve or present your meal? (Family -style, buffet, etc.)

What were some of the reactions?

What clean-up procedures did you use? _____ (1 pts.)

What was the total time involved with this project?

What are some of your personal comments on the experience? _____ (5 pts.)

Parent signature _____ (5 pts.)

And comment (optional)

Total: _____ 30 pts.

Early _____ + 5