**FOODS AND NUTRITION II – PERFORMANCE OBJECTIVE**

**MEAL PLANNING ASSIGNMENT**

**Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period:\_\_\_\_\_ Score:\_\_\_\_\_/80**

**Directions:** This experience will allow you to incorporate the meal planning guidelines we discussed in class today. This will be considered your Home Cooking Assignment #2. You are to cook a meal for your family following the meal planning elements and work plan tips discussed in class.

At the end of your experience, you will type a one-page summary about your experience. Include the following in your paper:

1. What meal planning elements did you incorporate in your meal? (Color, texture, flavor, temperature, size and shape, food presentation) Give specific examples.
2. Describe all of the work planning techniques that were used. (Organize the kitchen, clear the clutter, chop extra, have everything in place, clean as you go, save some for later).
3. Create a task/time schedule that you used for your meal. (See the example below)

Meal: Pizza Snacks

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| --- | --- |
| **Work Task** | **Approximate Time** |
| Set table | 5 minutes |
| Gather ingredients and equipment | 8 minutes |
| Split English muffins | 2 minutes |
| Chop green peppers, onions and mushrooms | 7 minutes |
| Shred cheese | 3 minutes |
| Put muffins on broiler | 3 minutes |
| **Total Time Needed** | **28 minutes** |

This assignment will be worth 80 points. The first 50 points will be for cooking your meal. The other 30 points will be for your paper describing your experience. This will be due in one week. Please note that this is a performance objective assignment and will weigh heavier on your grade than other assignments.