

10-21-19 Lab 314

Name: \_\_\_\_\_ Period: \_\_\_\_\_

### Home Cooking Assignment

Directions: Plan a *nutritious* evening meal for your family. You will need to find recipes for 4-6 items you will prepare for your meal. Typically, a meal would include a meat, vegetable, bread, dessert but could include more items if you choose to do so.

Students will write out a grocery list for items that you will need to purchase from the grocery store. Assume all food is made from scratch so **NO** you cannot purchase frozen meals or microwavable dishes.

Students will use online sources to find the cost of purchasing each item on your grocery list. You do not need to purchase salt and pepper for your meal. It is recommended the student use the same grocery store for all purchases. This will make research simpler and more streamlined.

Students will submit a total for the cost of their purchases before taxes and after taxes. For this activity students will assume they need to pay a 7% sales tax on their groceries.

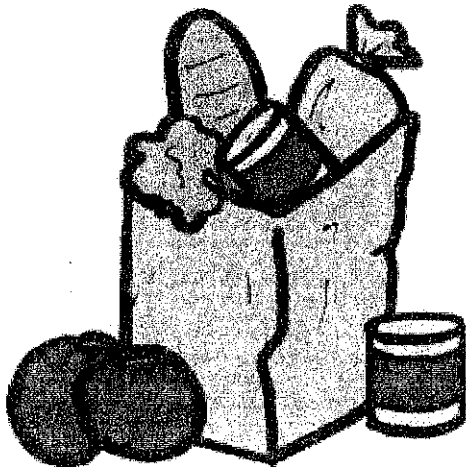
Student will be graded on the following:

Required copies of recipes submitted (should include 4-6 )

Grocery list included with amount of each of the items purchased (ex: 2 lbs of potatoes, 1 head of lettuce) and the costs of the item (s) purchased.

The total cost of the purchase before taxes and after taxes based on information provided above.

Material is neat, legible, and meets all the required criteria.



LETS EAT!!