



Family Meal Project Guidelines

For this project, you will plan, shop for, and prepare a healthy meal for your family. You, the student, must do all of the work – including cleanup!

The meal should include a minimum of three recipes/dishes. For example, you may have a homemade salad, entrée, and dessert OR an entrée, side dish, and dessert OR many other combinations. Recipes can be for any time of day (breakfast, lunch, dinner) and from any type of cuisine. Be creative – try something new!

Your finished project will include:

1. Family Meal Project Planning Process form.
2. A Student Evaluation form for *each* recipe prepared (total of 3 student evaluations).
3. The estimated cost of each ingredient *and* estimated total cost for each dish/recipe, including ingredients that were already on hand.
 - a. Estimated cost of each ingredient:
 - Realistic estimates of costs
 - Ex: Eggs = \$1.99/dozen → = \$.17/egg
 - b. Estimated total cost of each recipe:
 - Add costs of individual ingredients together to estimate cost of recipe
 - Ex: 2 eggs @ \$.17 each + 1 pkg chocolate chips @ \$2.99 = \$5.68 per batch of cookies
4. Include copies of recipes for all dishes prepared. Include the source of the recipe (Betty Crocker Cookbook; foodnetwork.com; your grandmother; etc.)
5. Pictures of your actual (not clip art, google images, etc.) meal. If you do not have access to a camera, please talk to the teacher before the project deadline.
6. Family Feedback form – completed by your family members.

The project will be graded as follows:

55%	Preparation	1 Student Evaluation form for EACH recipe! (turn in 3 total) & Family Meal Planning Process form
10%	Cost	The cost of each ingredient is estimated and the cost of each dish is totaled
10%	Recipes	One complete recipe for each dish, including source of recipe
20%	Photos	Photos of at least 3 recipes. May also include photos during preparation
5%	Family Feedback	Family Feedback form completed and signed
100 POINTS POSSIBLE		Don't forget to pledge your meal and post photos.



Family Meal Project Planning Process

1. **Identify Concerns:** I will pledge, plan, and prepare a home cooked meal to share with my family.
2. **Set a Goal:** By _____ (due date or earlier) I will pledge, plan and prepare a home cooked meal by making the following recipes:
 - 1.
 - 2.
 - 3.
3. **Form a Plan:**
 - ☛ Who will be joining me for my meal? (*How many people do I need to plan for?*)
 - ☛ What is my budget?
 - ☛ What ingredients and/or supplies will I need before I cook?
 - ☛ When do I plan to make this meal? _____
4. **Act:** Here's what I accomplished: (*Above and beyond what is written on my individual evaluations. Ex: special occasion; special table decorations or dishes; etc.*)
5. **Follow Up:** Here's what I learned:
 - ☛ What were the most successful parts of my project? What will I change for next time?
 - ☛ Did eating this meal with your family make a positive impact on your family?
 - ☛ Post your meal photos on Instagram and tag @FCCLAatTheTable.



Family Meal Project – Family Feedback

Complete just one for the entire meal.

Student's Name: _____

Period: _____

PLEASE SHARE YOUR THOUGHTS FOR THE FOLLOWING:

Describe how the meal was planned, prepared, and shared.

Was the budget of the meal reasonable for a sustainable family meal budget?

Did the planned menu meet the schedule and nutritional needs of the family?

Describe how the family meal was presented and how this project helped facilitate family conversation.

Did the family help with the cleanup?

Any special notes:

Family Member Signature: _____

Date: _____

Relationship: _____



Family Meal Project – STUDENT Evaluation

Fill out one of these for each recipe (Preferably typed.) You will turn in a minimum of 3 of this form per meal.

Your Name: _____

Class Period: _____

Name of Recipe: _____

Source of Recipe: _____ **ATTACH RECIPE ON A SEPARATE PAPER*

Time it took to prepare dish from start to finish: _____

Evaluation of work and finished recipe:

☉ Describe the skills or knowledge from class you used in preparing this recipe:

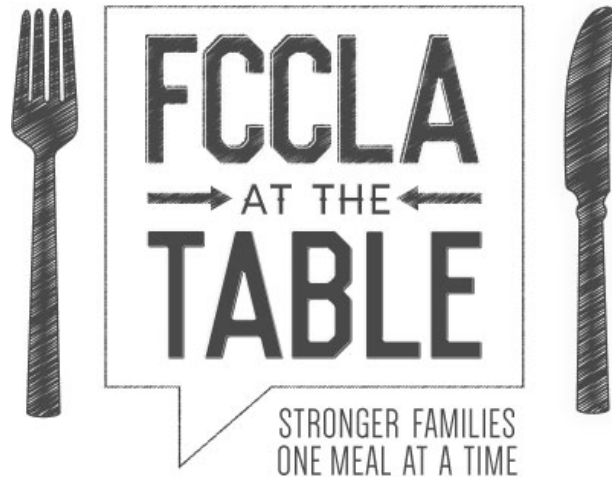
☉ Describe the most difficult part of preparation of this recipe:

☉ Describe at least one new thing you learned from preparing this recipe:

☉ Describe the changes you would make to improve your productivity when preparing this recipe:

☉ Would you make this recipe again? Explain why or why not:

***Include a photo of your completed recipe or dish on this form or on a separate page**



Conversation starters for FCCLA @ the Table

Conversation is the secret sauce of an enjoyable family dinner. Here are some questions to kick start the evening, tighten your bonds and create some memorable moments:

- If you could take any trip or vacation to any destination, where would you go and what would you do there?
- How would you describe a perfect day?
- If you could go back to any moment in your life and re-live or re-do it, what moment would it be? Would you simply experience it again, or would you do something differently?
- If someone made a movie of your life, who would play the starring role and why?
- What made you feel mad, sad and glad today?
- What do you want to be when you grow up?
- What is the funniest/weirdest dream you ever had?
- If you could trade places with your parents for a day, what would you do differently?
- If you could turn invisible, where would you go and what would you do?
- If you could change anything in the world, what would you change and how?
- If you could wake up tomorrow with a superpower, what superpower would you want to have?
- If you could master a new skill tonight, what would it be?
- What was the best gift you've have received? The best one you've ever given?
- If salary wasn't important and talent wasn't necessary, what would be your dream job and why?
- If you could teleport anywhere in the universe right now, where would you go?



Family Meal Project Rubric		Name:			Class:	
Preparation <i>Forms are filled out completely and thoroughly</i>	_____/15 pts Summary Sheet	_____/10 pts Student Eval 1	_____/10 pts Student Eval 2	_____/10 pts Student Eval 3	_____/45	
Photos <i>Actual photos of all dishes</i>	0 pts No photos	5 pts 1 dish pictured	10 pts 2 dishes pictured	20 pts 3 dishes pictured	_____/20	
Cost <i>Includes accurate cost per ingredient and total estimated cost per dish</i>	3 pts Only a receipt included <i>or</i> inaccurate cost estimates	5 pts Costs partially included <i>or</i> few inaccurate cost estimates	7 pts Few costs not estimated <i>or</i> total cost per recipe not included	10 pts Accurate cost estimates for all ingredients and each recipe	_____/10	
Recipes	2 pts 1-2 incomplete recipes	5 pts 1 recipe <i>or</i> 3 incomplete recipes	8 pts 2 complete recipes	10 pts 3 complete recipes	_____/10	
Family Feedback	0 pts - Not included			15 pts - Included	_____/15	
					Total Points: _____/100	

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