

Capstone: Plan and Prepare a Simple Family Meal

Name: _____ Date: _____

LEARNING OBJECTIVE

Students will apply the quarter's cooking and home skills to plan, budget, prepare, and reflect on a complete simple meal for their family.

MATERIALS NEEDED

- all previous weeks' worksheets for reference
- ingredients for a simple planned meal (no-cook or simple stovetop, adult-supervised as needed)
- measuring cups and spoons
- cutting board and kid-safe knife
- plates for serving
- notebook paper and pencil

HANDS-ON ACTIVITY

1. Using skills from Weeks 3 and 8, plan one simple, balanced meal (including at least 3 of the 5 food groups) that you can prepare mostly on your own, with adult supervision for any stovetop or knife use.
2. Create a grocery list and calculate an estimated total cost for your meal, using Week 8's budgeting method.
3. With adult supervision, measure and prepare your meal using accurate measuring (Week 1) and safe cutting technique (Week 4) as needed.
4. Set the table and serve your completed meal to at least one family member.
5. Write a final reflection (6-8 sentences) covering: what skills from this quarter's worksheets you used to complete this meal, what went well, what was challenging, and one thing you would do differently next time.

QUESTIONS

1. What meal did you plan and prepare, and which food groups did it include?
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2. What was your estimated total cost for the meal, and did it fit within a reasonable budget?
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3. Name two specific skills from earlier weeks this quarter (e.g., measuring, knife safety, food groups, budgeting) that you directly used while preparing this meal.

4. What was the most challenging part of planning and preparing this meal, and what would you do differently next time?
