Name:                                                                      Period:

**HOME BREAKFAST PROJECT**

Due Date: \_\_\_\_\_\_\_\_\_\_\_\_5 points off for each day late, not accepted after\_\_\_\_\_\_\_\_\_\_\_\_\_

INSTRUCTIONS:

Part A:

Prepare a breakfast for your family.  **Choose only 1 of the breakfast styles (menu) below (medium or heavy).**

Medium Breakfast     OR    Heavy Breakfast

1. Fruit                                1. Fruit

2. Egg **or** cereal         2. Egg **or** cereal

3. Bread                     3. Meat

4. Beverage              4. Bread

                                  5. Beverage

Plan a nutritious, well-balanced breakfast including **at least one food that is cooked from scratch.**Examples of foods from scratch are:  pancakes, eggs, waffles, muffins, French toast, biscuits, etc.

**PART B:  REPORT**

The following information should be included in your **TYPED** report:  (+5)

10 pts. A) Hand in this project sheet as the cover sheet for your report.

10 pts. B) Your menu written in proper menu form (note: see breakfast styles                                  above and list the foods you served in the correct order as shown above).

10 pts. C) In at least one paragraph, discuss which of the foods and/or ingredients in your meal fit into each of the food groups (except the vegetable group).

10 pts. D) An honest evaluation of your meal.  How did your meal turn out? One paragraph.

10 pts. E) A **list** of 10 skills that were needed to prepare the meal. (Turning on the stove is **not** a skill)

10 pts. F) A diagram of the place setting you used.

30 pts. G) Write **one** paragraph about how you planned what to cook.  Write **one** paragraph about how you prepared the meal (what did you do 1st, 2nd, 3rd, etc.).  Write **one** paragraph about what you had to do to clean up.  **Note: Part G should be a total of 3 paragraphs.**

10 pts.  H) Include a handwritten, signed note from a parent/guardian which evaluates your breakfast and your skills. **\*\*\*** **NO REPORTS WILL BE ACCEPTED WITHOUT A PARENT NOTE.**

**NOTE: FOR EACH SCHOOL DAY THAT THE REPORT IS HANDED IN EARLY, YOU WILL RECEIVE 1 ADDITIONAL POINT.**

**Each paragraph must have at least five (5) complete sentences.**

Menu Samples:

**Medium Breakfast**                                                            **Required Food Groups**

**Homemade Applesauce                                              Fruit – apples**

**Frosted Flakes                                                                   Dairy- milk from French toast batter and**                                                                                        **beverage.**

**French Toast                                                                      Protein- eggs used in French toast batter.**

**Milk                                                                                     Grains- French Toast and Frosted Flakes.**

**Heavy Breakfast                                                                Required Food Groups:**

**Fruit Salad                                                                          Fruit- apples, cantaloupe, grapes, and**

**(Apples, Cantaloupe, and Grapes)                             orange juice.**

**Omelet with mushrooms and cheese                       Dairy- milk mixed in with eggs for the**

**Bacon                                                                                   omelet, cheese in omelet.**

**Whole Wheat Toast                                                          Protein- eggs used in omelet, bacon.**

**Orange Juice                                                                       Grains- whole wheat toast.**

**Vegetable- mushroom in omelet.**

Name:

|  |  |  |
| --- | --- | --- |
| **Rubric Criteria** | **Present:** | **Not Present:** |
| **Project cover sheet (10)** |  |  |
| **Menu written in proper menu form (10)** |  |  |
| **One paragraph, discuss which of the foods and/or ingredients in your meal fit into each of the food groups (10)** |  |  |
| **An honest evaluation of your meal.  One paragraph (10)** |  |  |
| **A list of 10 skills that were needed to prepare the meal (10)** |  |  |
| **A diagram of the place setting you used (10)** |  |  |
| **One paragraph about how you planned what to cook (10)** |  |  |
| **One paragraph about how you prepared the meal (10)** |  |  |
| **One paragraph about what you had to do to clean up (10)** |  |  |
| **Include a handwritten, signed note from a parent/guardian (10)** |  |  |
| **Total Points (100)** |  |  |