

## FINAL PROJECT REQUIREMENTS

Name \_\_\_\_\_ Period \_\_\_\_\_ Assign # \_\_\_\_\_

At the end of this project you should be able to:

1. Plan a meal meeting the requirements for nutrition, proper meal planning, and budget.
2. Set a proper table for the meal being served and show how to properly use the silverware and napkin.
3. Do introductions and demonstrate proper table etiquette during the meal.

To complete this project for an **A** you must:

1. Invite an adult as a guest. Parents are preferred.  
Boys: A woman over 21 years of age.  
Girls: A man over 21 years of age.
2. Send an dinner invitation containing the following information: date, time, place, hosts/hostess and dress.
3. Be properly dressed.  
Boys: shirt and tie  
Girls: Sunday dress (NO PANTS)
4. Complete the attached forms for meal planning, nutrition, and budget.
5. Take the final test and pass with at least 80%.

## FINAL PROJECT RULES

### THE RULES FOR THE FINAL PROJECT ARE AS FOLLOWS:

1. All students will have a guest for the meal. The guest will be of the opposite sex and at least 21 years of age. If possible it is preferred that you have your mother or father for this function.
2. All students will wear Sunday dress for this occasion. You do not have to wear these clothes all day. You may bring them to school and change before the class.
3. You will prepare one of the following:
  - A. A full meal from a previously approved menu. Include a salad, main dish, vegetable, bread or roll, drink, and dessert.
  - B. A main dish salad, bread, and a drink from a previously approved menu.
4. All kitchens will supply their own dishes, napkins, silverware, glasses, and tablecloth for the project.
5. NO student will be given permission to leave early from another class to prepare for this project. NO student will be given permission to call from the office for forgotten items.
6. All students will do introductions to the teacher and to one other adult in the group.
7. All preparation, serving, and clean-up is to be done during the class period. NO tardy excuses will be given.
8. Invitations should be sent to the adults to be invited. These do not have to be purchased. They may be handmade or created on the computer. (Be sure to give one to the teacher.)

# NUTRITION ANALYSIS WORKSHEET DIRECTIONS

Name \_\_\_\_\_ Period \_\_\_\_\_ Assign # \_\_\_\_\_

1. Write your menu in the space provided below.
2. Complete a menu analysis:
  - Do a MYPYRAMID ANALYSIS using chart below.
  - Do a TASTE APPEAL ANALYSIS using chart below.
  - Do a NUTRITION ANALYSIS using the **NUTRITION ANALYSIS WORKSHEET CHART** for this purpose.

**NOTE:** Nutrition analysis must contain the following information: the food item, serving size, calories, protein, fat, carbohydrate, calcium, iron, Vitamin A, Vitamin C, thiamin, riboflavin, and niacin. Total the amounts in each column and figure the percentage of USRDA for this meal. Use package labels, nutrition analysis charts, and/or a computer analysis. Be sure to analyze all food items in your menu. If it is a combination food, you may need to analyze major ingredients.

3. Upon completion of the assignment staple all worksheets together and turn in to teacher.

## WRITE YOUR MENU HERE AND COMPLETE CHARTS

Texture:

Write Menu Here:

Color:

Flavor:

Variety in Shape:

Table Covering:

Centerpiece:

Service to be used:



List individual foods here and connect to its place on MyPyramid

## NUTRITION ANALYSIS WORKSHEET CHART

Name \_\_\_\_\_ Period \_\_\_\_\_ Assign # \_\_\_\_\_

Following instructions on the **NUTRITION ANALYSIS WORKSHEET** complete the following chart.

FOOD	SERVING SIZE	CALORIES	PROTEIN	FAT	CARBOHY-DRATES	CALCIUM	IRON	VITANIN A	VITAMIN C	THIAMIN	RIBO-FLAVIN	NIACIN
<b>COLUMN TOTALS</b>												

CONCLUSION: Nutritionally, this meal is

## MEAL PLANNING SHEET

GROUP/UNIT # \_\_\_\_\_ MEMBERS: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_,  
 \_\_\_\_\_, \_\_\_\_\_.

<b>MILK &amp; DAIRY</b>	<b>MEAT &amp; BEANS</b>	List food in the MENU that will give: <b>TEXTURE:</b>
		<b>COLOR:</b>
		<b>FLAVOR:</b>
<b>GRAINS &amp; BREADS</b>	<b>FRUITS &amp; VEGETABLES</b>	<b>VARIETY IN SHAPE:</b>
		<b>VARIETY IN TEMPERATURE:</b>
		<b>TABLE COVERING:</b>
		<b>CENTERPIECE:</b>
<b>SERVICE TO BE USED:</b>		
<b>THEME:</b>		<b>TEACHER COMMENTS OR SUGGESTIONS:</b>

### BUDGET - MARKET ORDER WORKSHEET

GROUP/UNIT # \_\_\_\_\_ MEMBERS: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_,  
\_\_\_\_\_, \_\_\_\_\_.

ITEM	NO.	AS PURCHASED SIZE	PORTION SIZE	COST AS PURCHASED	COST PER PORTION	BRAND

## MEAL PROJECT COST ANALYSIS

Name \_\_\_\_\_ Period \_\_\_\_\_ Assign # \_\_\_\_\_

1. Write your menu here.

2. Complete the following form for ALL items needed for your menu. Be sure to include even the small items such as spices, etc. Use a separate sheet of paper if needed.

FOOD PURCHASED	MARKET UNIT	COST OF MARKET UNIT	AMOUNT NEEDED	COST

**TOTAL COST:** \_\_\_\_\_ **COST PER PERSON:** \_\_\_\_\_

## TIME ANALYSIS FOR FINAL PROJECT

Name \_\_\_\_\_ Period \_\_\_\_ Assign #

1. List ALL the tasks and the time needed to do them.
2. Check to see if any of the tasks can be done the day before or the morning of the meal.
3. Include in your schedule all details such as heating the oven, or setting the table, etc.
4. Write your menu here.

DATE OF SERVICE \_\_\_\_\_

SERVING TIME:

TIME ASSIGNED JOB

PERSON RESPONSIBLE

**Example:**

9:00 a.m. WASH HANDS, PUT ON APRON \_\_\_\_\_ ALL

9:03 a.m. GET SUPPLIES \_\_\_\_\_ HELEN



## TABLESETTING

The good food you prepare will look even better when it is served in an attractive way. Proper table setting makes eating more fun. Follow this guide for setting a table.

1. The plate and silverware are placed one inch from the edge of the table.
2. The knife is placed to the right of the plate; the blade toward the plate.
3. The spoon is placed to the right of the knife.
4. Fork(s) are placed to the left of the plate.
5. The napkin is placed to the left of the fork(s) with the open corner toward you.
6. The water glass is placed directly above the tip of the knife.
7. The bread and butter plate with the butter knife is placed directly above the forks.
8. The salad plate is placed to the left of the bread and butter plate.
9. The cup and saucer is placed to the right of the spoon.

**FINAL PROJECT GRADING SHEET**

KITCHEN #: \_\_\_\_\_ MEMBERS: \_\_\_\_\_ Period \_\_\_\_\_

GUEST(S): \_\_\_\_\_

DESCRIPTION	POSSIBLE POINTS	POINTS RECEIVED
The menu is properly written and turned in on time.	10	
The menu contains all food groups	10	
The menu meets requirements for color, texture, flavor, size, shape, and temperature.	10	
The table is set properly for the food item served.	20	
The place setting is completed for grading.	30	
The guest arrives on time.	10	
The meal is served on time. The temperature is correct and proper serving techniques are used.	35	
Students are properly dressed.	20	
Students are able to do introductions of a guest to the teacher and the other students.	25	
Proper table manners, use of the napkin, seating a guest (boys), sitting properly (girls), and the proper use of silverware are observed.	30	
Kitchen is cleaned: all home supplies are cleaned and taken home.	25	
The table is cleaned and chairs are put away.	25	
<b><u>TOTAL POINTS</u></b>	<u>250</u>	

**TEACHER COMMENTS:**