DEAR PARENTS,

IN ORDER TO GIVE EACH STUDENT MORE PRACTICE USING A RECIPE, WE ASK THAT YOU HELP THEM BECOME MORE ACQUAINTED WITH THEIR OWN KITCHENS. ON THIS ASSIGNMENT WE ASK THAT YOU HELP THE STUDENT FIND THE INGREDIENTS AND MARK IN THE BOX TO INDICATE YES OR NO, IF THESE ITEMS ARE IN YOUR KITCHEN.

IF YOU DO NOT HAVE THESE ITEMS IN YOUR KITCHEN THEY WILL NEED TO MAKE A SHOPPING LIST. (THIS ONLY A PRACTICE. THE STUDENT WILL NOT NEED TO COOK THIS RECIPE.) THANK YOU FOR ASSISTANCE.

STUDENT: ________________________________

RECIPE: ________________________________

DUE: ________________________________
TEAM FOODS --- HOME ASSIGNMENT

Do you have these ingredients in your kitchen to make Spaghetti?

**INGREDIENTS:**

1 pound ground beef  
[ ] yes  [ ] no

3 - 1/2 cups water  
[ ] yes  [ ] no

1 cup Parmesan cheese  
[ ] yes  [ ] no

1 can (15 oz.) tomato sauce  
[ ] yes  [ ] no

1 package (16 oz.) spaghetti noodles  
[ ] yes  [ ] no

Put a check in the yes box if you have this item in your kitchen. Put a check in the no box if you need to buy it at the store.

[ ] yes  [ ] no

If you marked no make a shopping list.

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Do you have these ingredients in your kitchen to make a Tossed Green Salad?

**INGREDIENTS:**

- 1 small head lettuce
- 4 green onions chopped up
- 8 radishes thinly sliced
- 2 stalks celery sliced
- 2 small tomatoes cut into wedges

If you marked no make a shopping list.

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

- 1 avocado peeled and cut up
- 2 carrots peeled and sliced
- 1/2 cucumber sliced

- [ ]
- [ ]
- [ ]
- [ ]
Do you have these ingredients in your kitchen to make Brownies?

**INGREDIENTS:**

- 2 cups sugar [ ] yes [ ] no
- 1 - 1/4 cups all-purpose flour [ ] yes [ ] no
- 4 eggs [ ] yes [ ] no
- 1 teaspoon vanilla extract [ ] yes [ ] no
- 2 cubes (1 cup) butter [ ] yes [ ] no
- 3/4 cup cocoa [ ] yes [ ] no
- shortening to grease pan [ ] yes [ ] no
- 1/2 cup chopped walnuts [ ] yes [ ] no

If you marked no make a shopping list.

____________________
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____________________
Circle all the foods you used today.
How many food groups did you use? 

FRUIT & VEGETABLE
- potatoes
- banana
- lettuce
- carrots
- celery
- apple

BREAD & CEREAL
- bread
- cereal
- noodles
- oats
- rice

Milk
- cheese
- pudding
- butter
- yogurt
- milk
- cottage cheese

MEAT
- turkey
- hot dogs
- fish sticks
- tuna
- steak

MISCELLANEOUS
- candy
- chips
- candy bar
- soft drink