

TEAM FOODS --- HOME ASSIGNMENT

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: _____

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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.

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



INGREDIENTS:



1 small head
lettuce

--	--

yes no



4 green onions
chopped up

--	--

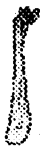
yes no



8 radishes
thinly sliced

--	--

yes no



2 stalks celery
sliced

--	--

yes no



2 small tomatoes
cut into wedges

--	--

yes no



1 avocado peeled
and cut up

--	--

yes no



2 carrots peeled
and sliced

--	--

yes no



1/2 cucumber sliced

--	--

yes no

If you marked no make a shopping list.

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.

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

FRUIT & VEGETABLE



potatoes



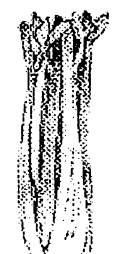
banana



lettuce



carrots

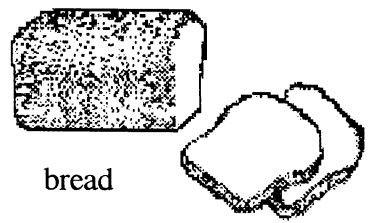


celery

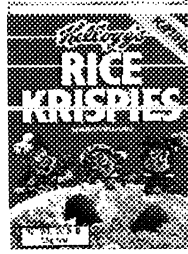


apple

BREAD & CEREAL



bread



cereal



noodles



oats



rice

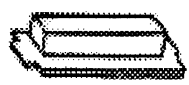
MILK



cheese



pudding



butter



yogurt



milk



cottage cheese

MEAT



turkey



hot dogs



fish sticks



tuna



steak

MISCELLANEOUS



candy



chips



candy bar



soft drink