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| --- | --- | --- | --- | --- | --- |
| **5 pts** | **10 pts** | **15 pts** | **20 pts** | **30 pts** | **40 pts** |
| **Hand Washing** | **Wash the dishes by hand!** | **Set the table for dinner** | **Pantry** | **Restaurant Copycat** | **Foods Video Analysis** |
| Go to the following website: [Wash Your Lyrics](https://washyourlyrics.com/) and enter in a song and artist (school appropriate).  This will provide you with a hand washing poster. Using the poster, create a TikTok dance about hand washing using some of the hand washing gestures / motions from the poster, from the link above. | Read the article [Dishwashing Made Easy](https://www.cleaninginstitute.org/cleaning-tips/dishes/dishwashing-made-easy).  After a family meal, please clear the table and do the dishes according to the steps in the article. Don’t forget to take a picture of the dirty stack of dishes as well as a clean sink after!  Submit before and after photos | Use your [creativity](https://sd79-my.sharepoint.com/:p:/g/personal/jpinnell_sd79_bc_ca/EQfPaENBarVJgvjr51H22IUBhvMSlw-oKlWuiKE5hZHMtw?e=LQK03i) and extra time to create a beautifully set table for your family to enjoy a meal  \*\*Please only use supplies you have on hand\*\*  Include picture of your table here. | Check out this infographic about  [pantry essentials](https://www.cooksmarts.com/cooking-guides/create-a-functional-kitchen/pantry-essentials/).  Use this [template](https://sd79-my.sharepoint.com/:w:/g/personal/jpinnell_sd79_bc_ca/EZVjA-KXcy9KkFyQDfGGKogBjoNRILmCtoV-YmGCY96xEQ?e=XA34cx) to create a visual inventory of your own pantry items.  Link finished .doc here  (share with me too) | Check out this [Restaurant vs Homemade Playlist](https://www.youtube.com/playlist?list=PL8zglt-LDl-jeJzFNj1q4f-t0oWDugPTu) and then try to make a restaurant or fast food meal at home! Record the process and outcome.  Please submit a before, during and after photo. | Watch 1 of the options:  **Forks Over Knives** (NetFlix)  **What the Health** (NetFlix)  **Food Evolution** (Hulu)  **Food, Inc.** (Hulu)  **The Sugar Film** (Amazon P)  **What’s with Wheat**  After viewing, please **type a 1.5 page reflection** on your learning from the video. This should summarize the content and apply your understanding. |
| 5 pts | 10 pts | 15 pts | 20 pts | 30 pts | 40 pts |
| **Cooking Techniques** | **CLEAN KITCHEN {MINI}** | **Pantry Clean Out** | **Clean kitchen counter areas** | **Foods Video Analysis** | **Preparing Food** |
| Take this Kitchen Tools & Gadgets quiz  [Kitchen Tools & Gadgets quiz](https://bit.ly/tools-gadgets)  Once completed, screenshot your score and send to Mrs. Pinnell | Clean & organize **a kitchen cabinet**.  Take a before & after picture and submit to Mrs. Pinnell | Take this time to go through each food item and throw away outdated/ bad food. Consider donating what you won’t use that is still good. Take a before & after photo to submit to Mrs. Pinnell. | Clean & organize your kitchen counter area, including all small kitchen appliances (unplug them first!!!). Small kitchen appliances = toasters,, blenders, coffee makers, waffle maker, etc.  Use a slightly soapy damp cloth. Make sure no soap reside is left. If you see soap, wipe with a rinsed towel.  Submit a before & after picture | Watch 1 of the options:  Top Chef  The Great British Bake Off  Cup Cake Wars  The Next Great Baker  The Great Food Truck Race  Master Chef Jr.  **Type a ½ page reflection** on your learning from the video. This should summarize the content and apply your understanding. | Make a **DINNER/SUPPER** meal using at least **13+ ingredients**.  Take at least 3 pictures:  Pic #1 - all your ingredients  Pic #2 - you making the food(s)  Pic #3 - the finished food(s) on a clean plate |