|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **5 pts** | **10 pts** | **15 pts** | **20 pts** | **30 pts** | **40 pts** |
| **Clean the Microwave** | **Spending Mealtime Together** | **Plating Practice** | **School Garden** | **Chopped** | **Ramen Challenge** |
| Heat a small bowl of water in the microwave for 3 minutes.  Let it sit for 3 minutes so the steam will help loosen any dried-on food particles.Wipe out the microwave with hot, soapy water.Don't forget the door, inside and out, number pad, and top!Take a before and after picture to submit. | Make a meal, set the table, fold a fancy napkin for everyone in the household that you are living with.  Take a picture of everyone eating together (they can hide their face if they want). [Napkin folding techniques](https://www.google.com/search?q=fancy+napkin+folding&safe=active&source=lnms&tbm=isch&sa=X&ved=2ahUKEwiO7JPPy7noAhWWG80KHeydClYQ_AUoAnoECAoQBA&biw=1424&bih=682) Submit a photo of your family mealtime with your fancy folded napkins! | Take a boring food item and try to use some creativity to plate it to be amazing looking![Check out this video for inspiration](https://www.youtube.com/watch?v=kcbRpLX-mqs) Take a picture of your creation before you eat it! | Spend at least an hour working in the school garden. This can be weeding, planting, tidying up, weed eating, etc. This can be done with social distancing. Message Mrs. Pinnell about when you would like to go and what you will be working on. Take pictures of your progress. | Dig through the pantry and/or fridge. Use 4+ ingredients you could use to make a dish. Make it yummy & be creative! Please take photos of the ingredients, as well as the final product!  This website can help you figure out what to make:[SUPERCOOK APP](https://www.supercook.com/#/recipes)Submit a before and after photo. | You will find a recipe that uses ramen in an unconventional way. You will be graded on the creativity and skill used to make the recipe.[Gordon Ramsay Challenges Hell's Kitchen Contestant For Gourmet Ramen](https://www.youtube.com/watch?v=Kba6MAlEv3o) Take a photo of your ingredients and final product.  |
| **5 pts** | **10 pts** | **15 pts** | **20 pts** | **30 pts** | **40 pts** |
| **Plating food** | **Grow some food** | **BC at the Table** | **Foods Show Analysis** | **Meal Planning costs** | **Leftovers refresh** |
| [Plated junk food worksheet](https://sd79-my.sharepoint.com/%3Aw%3A/g/personal/jpinnell_sd79_bc_ca/ETtMZfU5FFhOvGFhrcNE3TsBtwIukCYrSxMioilhwuQOlQ?e=NEX5Rv)Complete the worksheet to determine what foods have been beautifully plated. | Make some plant starters that can be later moved into a garden outside. If you don’t have seeds think about foods that you eat that have seeds in them – you can plant those[! Here is a tutorial on how to make a self-watering pot](https://www.youtube.com/watch?v=OJJvghf1E7A)Submit a picture of your plants! | Where does your food come from?Watch this video about food in BC. [BC at the Table](https://www.youtube.com/watch?v=kcbRpLX-mqs)Write down 5 things that you learned about in this video, share with Mrs. PInnell | Watch a food competition **Nailed It!** (NetFlix)**Street Food** (NetFlix)**Diners, Drive ins & Dives** **State Plate** (Amazon)Top ChefThe Great British Bake OffCup Cake WarsFood Network StarThe Next Great BakerThe Great Food Truck Race Master ChefMaster Chef Jr.[Answer the video analysis question sheet](https://sd79-my.sharepoint.com/%3Aw%3A/g/personal/jpinnell_sd79_bc_ca/EV0TXi-c14BPinL_w4NMz4MBO5bpGXhJAOh-NRFniSIH_g?e=nwLYfU) | Plan a week's worth of breakfasts, lunches, dinners, and of course, snacks for your family.Access one of the online grocery shopping apps (Superstore or walmart online grocery) and enter all of the items.  Take a screenshot of the total cost of the weeks’ worth of groceries. REMEMBER, don’t order without permission!! | Your challenge is to create something out of leftovers in the fridge - eg leftover mashed potatoes make into potato pancakes for another meal.DO NOT PURCHASE SPECIAL ITEMS FOR THIS. DO NOT GO TO THE STORE TO GET INGREDIENTSTake a picture of the leftover item you will be transforming and then a picture of the finished product. |