**“Healthy Cooking Show” Project Outline**

**Decide on a healthy recipe** and **then make and prepare it for the class**. Your **classmates will be judging** your group so do your best, work hard and….have fun!

**Checklist**:

1. **Each island** will do a cooking demonstration for the class.
2. **Get** **teacher’s approval** for your recipe choice.
3. Each group member must then bring in a **different recipe related to the** **group’s type of food choice** to show the group.
4. **Group will vote on** which of the recipes they will **follow**.
5. Everyone must complete the **“Healthy Cooking Show” Project Plan.**
6. **Design a dynamic poster** to showcase your recipe and research.
7. **Write a script for your presentation.**
8. Staple and Hand in everything the day of your presentation. See list below:

* **“Healthy Cooking Show!” Project Plan**
* **Personal recipe** that you researched
* **Presentation script outline** with your part highlighted
* **Group poster** and a copy of the poster-planning sheet with your box highlighted

**\*All deadlines must be respected and followed.\***

* Each group must cook/bake something different.
* Choices must be healthy that include fruits and vegetables. Choose an appetizer, snack, soup, salad, casserole, etc.
* Decide as a group what you will do with the recipe including how you will serve it to the class so that everyone gets a Costco-size taste.
* The dates for presentation will be decided by drawing dates from a hat.
* Make sure you’re able to make this recipe in a **50 minute period** (prep time, cook/bake time, clean up and eating.) Some items might be prepared ahead of time, only if there is no time to do it in class and you have discussed it with the teacher. But remember, you need to demonstrate as much as possible, how to prepare and cook your recipe.
* **Budget**: Your recipe should cost between 5$ and 20$. I will buy the ingredients.
* If one group member is absent the group will still present.
* Students who are absent must have a note from home and will not be graded on the presentation part of this project. They will complete a separate make-up project.
* All posters are due the day of the presentation.

Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Class #\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**“Healthy Cooking Show!” Project Planning**

Complete the table below. Hand it in the day of the presentation at the beginning of the class. Each person must fill this out and hand it in as part of the assignment.

Recipe: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |
| --- |
| Group members:  1.  2.  3.  4.  5. |
| Ingredients/Quantity/Description |
| Kitchen Equipment or Utensils needed |
| Set Up & Food Preparation required + techniques  Cooking Techniques /who does what? |
| Clean Up (Shared) |
| Presentation Date: |
| How will you serve this recipe to the class so that everyone gets a taste? Will your chosen recipe be complete in a 50 minute period (including prep, cooking/baking time and clean up or do you have to pre-prepare anything? Explain time frame for recipe. |

**Healthy Cooking Show   
Project Planning Sheet**

Detailed Job Description for each person; set up, food preparation, cooking & Clean up

|  |  |
| --- | --- |
| Name | Detailed Job Description |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |

Class\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Island\_\_\_\_\_\_\_\_\_\_\_\_\_

**Script Outline**

**Healthy Cooking Show Poster   
One page in word or one slide in powerpoint**

**Your poster must have the following:**

1. Title and names of students who worked on the poster
2. Interesting facts, like any of the following;

* Special notes of interest about the recipe (fruit/vegetable)
* Health benefits
* Nutritional information on the recipe
* Special notes of interest on specialized cooking technique or equipment or utensil
* Quotes, cartoons, jokes about food or cooking

1. All information must be typed not hand written

The work for the poster must be divided fairly between all students. If a student doesn’t do their job and another student steps in to do extra work it must be written on the planning sheet.

**Poster Planning Sheet**

|  |  |
| --- | --- |
| Name | Work student is responsible for and put check mark if student completed work. (If a student did extra work, add it to their box) |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |

**You’re the Chef-Check off list for the work to be handed in.**

Class\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_ **Personal Recipe**

\_\_\_ **Project Plan:** your part highlighted

\_\_\_ **Presentation Script**: your part highlighted

\_\_\_ **Group Poster Planning Sheet**: Your box highlighted

\_\_\_ **Check off list**

**Healthy Cooking Show: Rubric**

Student\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Class\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Mark | 1 | 2 | 3 | 4 | 5 |
| Personal Recipe |  |  |  |  |  |
| Project Plan (your part highlighted) |  |  |  |  |  |
| Script(your part highlighted) |  |  |  |  |  |
| Group Poster Planning Sheet (your part highlighted) |  |  |  |  |  |
| Poster |  |  |  |  |  |
| Presentation |  |  |  |  |  |
| 5 Peer Evaluations |  |  |  |  |  |
| Total |  |  |  |  |  |

Total Mark : /35