



Family Meal Project Guidelines

For this project, you will plan, shop for, and prepare a healthy meal for your family. You, the student, must do all of the work – including cleanup!

The meal should include a minimum of three recipes/dishes. For example, you may have a homemade salad, entrée, and dessert OR an entrée, side dish, and dessert OR many other combinations. Recipes can be for any time of day (breakfast, lunch, dinner) and from any type of cuisine. Be creative – try something new!

Your finished project will include:

1. Family Meal Project Planning Process form.
2. A Student Evaluation form for *each* recipe prepared (total of 3 student evaluations).
3. The estimated cost of each ingredient *and* estimated total cost for each dish/recipe, including ingredients that were already on hand.
 - a. Estimated cost of each ingredient:
 - Realistic estimates of costs
 - Ex: Eggs = \$1.99/dozen → = \$.17/egg
 - b. Estimated total cost of each recipe:
 - Add costs of individual ingredients together to estimate cost of recipe
 - Ex: 2 eggs @ \$.17 each + 1 pkg chocolate chips @ \$2.99 = \$5.68 per batch of cookies
4. Include copies of recipes for all dishes prepared. Include the source of the recipe (Betty Crocker Cookbook; foodnetwork.com; your grandmother; etc.)
5. Pictures of your actual (not clip art, google images, etc.) meal. If you do not have access to a camera, please talk to the teacher before the project deadline.
6. Family Feedback form – completed by your family members.

The project will be graded as follows:

55%	Preparation	1 Student Evaluation form for EACH recipe! (turn in 3 total) & Family Meal Planning Process form
10%	Cost	The cost of each ingredient is estimated and the cost of each dish is totaled
10%	Recipes	One complete recipe for each dish, including source of recipe
20%	Photos	Photos of at least 3 recipes. May also include photos during preparation
5%	Family Feedback	Family Feedback form completed and signed
100 POINTS POSSIBLE		Don't forget to post photos and tag @NationalFCCLA.