**Weekly Cooking Assignment**

Each week you will be preparing one item or meal for your family. Additional prepared items or meals will be used as bonus points.

1. Prepare one item or one meal per week
2. Write the name of the item or items that you prepared
3. Read over the recipe and list at least five safety and sanitation concerns to do BEFORE starting this recipe.
4. Then list at least five safety and sanitation concerns to do while cooking this recipe.
5. Make a list of tools and equipment needed for the recipe.
6. Describe how you correctly measured ONE of the ingredients.
7. On a scale of 1-10 with a 10 being AMAZING and 1 being disgusting, rate how your cooking went for today.
8. Fill out the Weekly Cooking Assignment Chart in addition to following the above directions

**Weekly Cooking Assignment Chart**

**This Cooking Chart Belongs to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| --- | --- | --- | --- |
| Date  | Name of Recipe/Meal Prepared | Family Rating from 1-10 | Parent/Guardian Signature |
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