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| --- | --- | --- | --- | --- |
|  | Emerging | Developing | Proficient | Extending |
| Creativity 10 pts | Missing several components of proficient creativity | Missing one item from proficient creativity | Detail of event including decorations  Meal was themed and dishes worked well together | Above and beyond in detail of event including decorations  Meal was themed and dishes worked exceptionally well together |
| Completion 20 pts | Missing several items from proficient completion | Missing one or two items from proficient completion | Appetizer, salad, two additional vegetables, protein, whole grain, Dessert, referenced recipes, grocery list, pricing | Additional dishes, elaborate dishes, added up grocery order, handed in on time or early |
| Healthy Options  10 pts | All dishes were not healthy | Several items were not health options | Canada’s Food Guide was considered, and heathy options were demonstrated | The entire meal was healthy |

**Meal Spring Plan**

1. Appetizer: [Lettuce Wraps with Chicken](https://www.yummly.com/recipe/Easy-Asian-Chicken-Lettuce-Wraps-with-Spicy-Dipping-Sauce-2444095)
2. Salad; [Caesar Salad](https://www.yummly.com/recipe/Caesar-Salad-2698924)
3. 2 Vegetables; Cooked [Potatoes](https://www.yummly.com/recipe/Crispy-Herb-Roasted-Potatoes-9083689) and [Carrots](https://www.yummly.com/recipe/Honey-Glazed-Carrots-2610681)
4. Main Dish; [Steak](https://www.yummly.com/recipe/Garlic-Butter-Brazilian-Steak-9005465) with rosemary butter
5. Whole grain dish; [Whole Grain Rice](https://www.yummly.com/recipe/Easy-Whole-Grain-Rice-a-Roni-1565887)

1. Dessert; [Brownies](https://www.allrecipes.com/recipe/10549/best-brownies/) and Ice cream

This meal is a meal that I have had at a restaurant before. It has some parts that my parents all ways like to make in the spring time like steak and potatoes on the barbeque. Lettuce warps are a family favorite that my mom makes. I would think that all my family members would come to this meal. (7 people). Decorations would include, vases of flowers, festive cloth napkins, and Plate cards to tell people where to sit. This meal would take place at my house, because its nearest to my relatives homes.

Groceries

# **Market Order**

Recipes: Steak, carrots, potatoes, lettuce wraps, brownies, whole grain rice.

Dates: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| Freezer | Bread |
| Vanilla Ice Cream $8.50 | 1. Whole wheat Baguette $3 2. Bags of Whole Wheat rice $7 |
| Meat and Alternatives | Fruit and Vegetables |
| 7 filets New York strip steak $65  5 ground chicken $ 35  Dozen eggs $ 6.50 | 1 shoot of rosemary $3  5 Garlic $2.50  1 shoot Parsley $1.99  7 Carrots $6  7 Potatoes $7  Iceberg lettuce cups $2   1. White onions $2.50   1 Ginger $2  Chestnuts $5 |
| Canned Goods | Dry Goods |
| Chicken Broth $3  Beef stock $5 | Salt and Pepper $4  Flour $6  Baking powder $5  Sugar $7  Cocoa Powder $4  Chocolate Chips $5 |
| Dairy | Miscellaneous |
| 1. Blocks of butter $16   2 Cartons of Milk 2% $8  Parmesan cheese $7 | 1 bottle of Rice Wine Vinegar $4  1 bottle Soy Sauce $5  Lemon Juice $3  Vanilla extract $7  Honey $4 |