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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 decorationsMeal was themed and dishes worked well together | Above and beyond in detail of event including decorationsMeal 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 $655 ground chicken $ 35 Dozen eggs $ 6.50 | 1 shoot of rosemary $35 Garlic $2.501 shoot Parsley $1.997 Carrots $67 Potatoes $7Iceberg lettuce cups $21. White onions $2.50

1 Ginger $2Chestnuts $5 |
| Canned Goods | Dry Goods |
| Chicken Broth $3Beef stock $5 | Salt and Pepper $4Flour $6Baking powder $5Sugar $7Cocoa Powder $4Chocolate Chips $5 |
| Dairy | Miscellaneous |
| 1. Blocks of butter $16

2 Cartons of Milk 2% $8Parmesan cheese $7 | 1 bottle of Rice Wine Vinegar $41 bottle Soy Sauce $5Lemon Juice $3Vanilla extract $7Honey $4 |