## Prepare a Meal (0-45L)

Prepare a meal for your family. It can be a family favorite that you've made several times or something new you are trying because of quarantine.

- 1. Make a family meal
- 2. List the ingredients used
  - a. Tell me what you had on hand or anything you had to go to the store to get
- 3. List the directions to make the meal
- 4. Ask 1-2 family members what they thought of the meal? Was it good? Did you follow directions well? Did they like it?
- 5. Write a one paragraph (5 sentence minimum) reflection
  - a. How did it taste
  - b. Was it easy/hard to make
  - c. Would you make it again

## 6. If submitting digitally, please include a picture. The picture can be of you cooking, the finished meal, or someone eating it, your choice!

This can be submitted in person at the time designated by the district or digitally to <u>bchavarria@tusd.net</u> at any time as an attachment.