

Celebrate Family!



Name: _____

Period: _____

Due Date: _____

Intro Video to Family Celebrations:

<http://www.safeshare.tv/w/cWlmhsVrQN>

Essential Learnings:
 FCS.7.B — incorporates health and wellness practices across the life span.
 FCS.7.D - Analyze factors that influence nutrition and wellness practices across the life span.
 FCS 06-12.2.1 - Integrate relationship skills, communication skills, conflict management skills and personal responsibility into the family, workplace and community.

Family definitely influences our food choices. This may be because of our ethnic background, what foods are available or favorite recipes that have been passed down from past generations.

Once again our goal will be to find what does influence our eating choices. But this year we will have a few new twists to the project. Those new twists include:

- You will all be required to complete steps 1 and 2. If you select to stop at this point, your grade will not be higher than a C.
- If you would like to try for a final grade at the B range, you would be required to complete steps 1, 2 and 3.
- If you would like to try for a final grade at the A range, you will also need to complete step 4.
- If you are working at the A and bonus levels, you may select to work in groups of 2's, but keep in mind most of the work will be done outside of class.

Step 1: Pick a Celebration - Interview

1. Select a family member to celebrate and a celebration focus. (Example: grandparent's day, college graduation or welcome home from the army, etc.)
2. Interview the family member(s) that you will be celebrating. Ask them 3-4 questions about the event being celebrated. (Example: grandparent favorites, plans after graduation, life in the army, etc.)
3. List their favorite foods, meals and recipes.

Step 2: Copy Recipe

1. List their favorite foods, meals and recipes.
2. Select one of their favorite recipes. Include a copy of the recipe
3. The recipe must include all of the following information:

Title	Name of the recipe
Specific Ingredients and Amounts	Include specific package/can sizes as well as amounts in cups, etc.
Mixing Directions (special tools needed)	
Cooking Directions (special tools needed)	
Yield	

Grade Level – “C” or lower

Complete a 1-page **typed project**. Creatively arrange information. Include:

Heading	Your name, class period and date
Introduction and conclusion	
Introduce your family member	Name and family relation
Celebration	Tell us about the celebration. Include all the questions and answers shared during the interview.
Recipe	This may be part of this page or attached separately.
Signature	The person you interviewed must also sign your final project. They may include a comment.

Step 3: Kitchen Trial – Prepare, Evaluate and Picture It . . .

At this level, you will complete all above steps. You will also include one of the following choices:



- Prepare the recipe_for your family.
- **OR Prepare** the recipe_for your FCS class and bring it to our class celebration.
- **Student Evaluation:** After selecting one of the above choices, complete the following evaluation questions and ask an adult family member to also evaluate your activity and time spent in the kitchen.

How long did it take to prepare this recipe?	
How long did you bake (or chill) this recipe?	
Did you need to buy any special ingredients? If yes, what was the cost?	
Did you like this recipe?	
What did you learn by making this recipe?	

- **Adult Evaluation:** Ask one family member to grade your preparation skills. (1-4, 4 is the best!)

Criteria	Scores
Measurements – Were all ingredients measured accurately?	
Follow Directions – Were all directions followed? If not, please explain.	
Safe & Sanitary - Did students follow safe & sanitary procedures?	
Taste – How was the final taste?	
Clean up – Did students clean up the kitchen after completing the assigned task?	
Signature of person completing this evaluation.	

- **Picture It:** Include a picture with your final project of your cooking experience.

Grade Level – B or lower

Complete a 1-page **typed project**. Creatively arrange information. Include:

Heading	Your name, class period and date
Introduction and conclusion	
Introduce your family member	Name and family relation
Celebration	Tell us about the celebration. Include all the questions and answers shared during the interview.
Recipe	This may be part of this page or attached separately.
Signature	The person you interviewed must also sign your final project. They may include a comment about the celebration or interview.
Prepare the recipe for family or class	
Include the student and Adult Evaluation information.	
Include at least one picture.	

Step 4: Celebrate With Your Family & Class . . .

If you select this level, you will enjoy being a part of the entire celebration! Not only will you complete Steps 1-3, you will also help to plan and prepare the celebration. Some options might include:

- Helping to plan and prepare a complete meal for the celebration. You will include a written description of your activities, all recipes used and 2-3 additional pictures.
- Creating invitations and writing “Thank You” notes. If you are doing this option, include a copy of an invitation or “Thank You” note. All include the number of notes written.
- Creating a video, slide show or scrapbook of the celebration or for the celebration. Be ready to share your project.
- Selecting and preparing 2-3 games or activities that would be part of the celebration. Include a written description of the instructions, game items needed, prizes and safety points. Add pictures to your written activity

*NOTE: These ideas will need to have an OK from teacher and parents!

Grade Level – A or lower

Complete a 1-2 page **typed project**. Creatively arrange information. Include:

Heading	Your name, class period and date
Introduction and conclusion	
Introduce your family member	Name and family relation
Celebration	Tell us about the celebration. Include all the questions and answers shared during the interview.
Recipe	This may be part of this page or attached separately.
Signature	Include short written note from parent or supervising adult telling about the celebration and how you helped with it.
Prepare the recipe for family and or class. If prepared for both, bonus will be added.	
Include the student and Adult Evaluation information.	
Include at least one picture while you were preparing the meal.	
Make “Celebration Plans” <ul style="list-style-type: none"> • Organize • Check with teacher • Check with parents • Include in written section of your project. Plans will need to be turned in for the due date deadline. Carry Out “Celebration Plans” <ul style="list-style-type: none"> • Include in written section of your project. • Add pictures – 2-3 of the celebration. • Include short written note from parent or supervising adult. • This final piece will be due by the end of the FCS session. 	

Scoring Guide: Are all parts included?

Grade "C" – 69 pts.

Step 1: Celebrate Family – (Did you include all parts?)

- Family member name & celebration
- Interview questions & answers (3+)
- List favorite foods and/or recipes.

Step 2: Recipe

- Title
- Ingredients
- Amounts
- Mixing Directions
- Cooking/Cooling Directions
- Yield

Presentation:

- Heading
- Typed or neatly written information
- Typed /Copied Recipe
- Parent Signature

Responsibility:

- Project turned in on due date.
- Scoring Guide turned in on due date.

Grade "B" - 74 pts.

Points earned for "C" Grade _____

Step 3: Prepare Recipe

- Prepare recipe for family and/or class bonus.
- Complete "Student Evaluation".
- Complete "Adult Evaluation".
- Attach a picture of project preparation.
- Bonus:** Prepare and share recipe with class.

Grade "A" – 79 pts.

Points earned for "C" Grade _____

Points earned for "B" Grade _____

Step 4: Carry out Plans/Event/After

- Complete Celebration Activity
- Write a description of your celebration.
- Include 2-4 pictures of your final celebration. Include other activities uses. (Ex. Grocery list, invitations, extra recipes for your meal, etc.)
- Bonus:** Prepare and share recipe with class.

Scoring Guide: Writing Skills . . .

<p>Ideas . . .</p> <ul style="list-style-type: none"> • Ideas are clear and make sense. • Two or more points were thoroughly explained for each question. <p style="text-align: center;">Total—4 points</p>	<p>Organization . . .</p> <ul style="list-style-type: none"> • Good Introduction • Recipe directions are complete and easy to follow. • Good Conclusion <p style="text-align: center;">Total—4 points</p>	<p>Conventions . . .</p> <ul style="list-style-type: none"> • Easy to follow • Correct punctuation, complete sentences, capitalization, spelling and grammar <p style="text-align: center;">Total—4 points</p>	<p>Presentation . . .</p> <ul style="list-style-type: none"> • Neatly completed • Visuals and samples add interest and eye appeal to final project. <p style="text-align: center;">Total—4 points</p>
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Writing Scores
Awesome– (A Range) 3.8-4.0
Good (B Range) 3.5-3.7
OK– (C Range) 3.2-3.4
Redo < 3

Your Final Score is . . .