



Cooking at Home

Req #4

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Cooking at Home A Review

- **Three (3) full days of meals**
 - Breakfast
 - Lunch
 - Dinner
- **My Plate to organize meals**
 - Food groups used?
 - Was the meal balanced?
 - Are the portions appropriate?



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■ Meal Planning & Prep

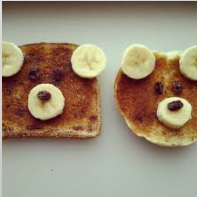
- Budgeting
 - Were you over / under?
- Shopping
 - Were you realistic?
 - Were you able to economize resources?

■ Cooking style/ equipment used

- Use minimum of five (5) BSA Cooking Methods

■ Evaluate meal on presentation and taste

- *How to improve and enhance the meal (better planning, preparation, creativity)*



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A (Sample) Meal

■ Any T53 volunteers?

- Food groups used?
- Was the meal balanced?
- Are the portions appropriate?
- Cooking style/ equipment used?
- Presentation & taste?
- How to improve?



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A (Sample) Breakfast



- **Egg Sandwich (fried egg, slice of cheese, slice of bacon, toasted English muffin), cup coffee, glass OJ**

- Food groups used?
- Was the meal balanced?
- Are the portions appropriate?
- Cooking style/ equipment used?
- Presentation & taste?
- How to improve?



Egg sandwich – fry (bake) / grill

Muffin too cold and dry

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A (Sample) Lunch



- **Bowl of Italian Wedding Soup, whole grain dinner roll, fresh fruit side, iced tea**

- Food groups used?
- Was the meal balanced?
- Are the portions appropriate?
- Cooking style/ equipment used?
- Presentation & taste?
- How to improve?



Soup – simmer, fry (meatballs)
Bread – microwave / grill

Not sure

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A (Sample) Dinner



- Chicky Rigi (rigatoni, chicken apple sausage, peppers, arrabiata sauce, parm cheese), steamed veggies, dessert cookies, lemon water

- Food groups used?
- Was the meal balanced?
- Are the portions appropriate?
- Cooking style/ equipment used?
- Presentation & taste?
- How to improve?



Chicky Rigi – boiling, frying, simmering
Veggies – steaming
Cookies – baking

Veggies soggy

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Questions?



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Homework... what?

For 26 October, "Food-related Careers":

1. Review Req #7 "Food Related Careers":
 - a. MB pamphlet: pgs. 75 - 79; (Kindle pgs. 128 – 136)
2. Food Industry websites:
 - a. Cookingschool.org (great resource detailing all the different careers available) <https://www.cookingschool.org/san-diego/>

"Electives"

1. Interview someone you know in the food industry
 - a. How were they influenced (mentors)?
 - b. How did they choose?
 - c. Is what they originally chose still the same career now?