

Family and Consumer Science

Blizzard Bag Assignment #3

Plan and prepare a meal of your choice for your family. It can be Breakfast, lunch or dinner. It must be a complete balanced meal not a snack or dessert.

Choose a recipe and make a list of ingredients needed for the meal.

When you are completed with the meal take two pictures, one of the meal and one picture of a family member eating the meal.

Answer the following questions about your experience:

- 1. What meal did you make?**
- 2. What was the name of the recipe you used?**
- 3. What were the items you needed for the recipe?**
- 4. Did they enjoy the meal you made?**
- 5. Did you help clean your mess in the kitchen?**
- 6. Does your family want you to cook again?**

