

# FINAL EXAM for Culinary 1

## MAKE-AT-HOME/BRING IN PORTION

**YOUR FOOD & THIS FORM ARE DUE ON MON. THE 28<sup>TH</sup> FOR A-DAY & FRI. THE 25<sup>TH</sup>-B2**

★ **PART 1:** YOU WILL CHOOSE ONE ITEM FROM THIS LIST - USING OUR RECIPES - TO MAKE ★  
**AT HOME:** \*

- FRITTATA
- ANY SOUP, CHILI, CHOWDER OR STEW
- ANY SALAD (MUST MAKE DRESSING TOO!)
- ANY COMFORT FOODS (MAC N CHEESE, MEATLOAF & MASHED, PIZZA -MUST MAKE DOUGH AND SAUCE!-, CHICKEN TENDERS, ETC)

★ AN ADULT FAMILY MEMBER WILL SIGN OFF ON THIS FORM AND YOU WILL **BRING WHAT YOU MAKE INTO CLASS** TO SHARE (YOU DON'T HAVE TO MAKE A LOT - JUST ENOUGH FOR CLASSMATES TO HAVE A TASTE). **IF YOU HAVE ANY PROBLEMS WITH OBTAINING INGREDIENTS OR YOU NEED TO BORROW A SPECIAL PAN, OR YOU CAN ONLY DO THIS HERE AT SCHOOL, JUST LET ME KNOW IMMEDIATELY SO THAT WE CAN MAKE ARRANGEMENTS.** 😊 YOU MAY WORK ON YOUR OWN OR WITH A PARENT OR GUARDIAN. ★

YOU ARE REQUIRED TO EXPLAIN AT LEAST 2 THINGS THAT MAKE YOUR RECIPE HEALTHY! (ie -added nuts, dried or fresh fruits and seeds, lots of veggies; cutting down on sugar/salt; using no-to low fat dairy instead of full fat dairy, healthy fats, whole grains, low sugar and/or salt, use of natural sweeteners, etc...)

★ YOU ARE EXPECTED TO DO YOUR BEST POSSIBLE WORK, MADE EXACTLY ACCORDING TO THE RECIPE (WHICH WILL NEED TO BE PASSED IN WITH THIS SHEET). EVERYTHING MUST BE MADE FROM SCRATCH - ABSOLUTELY NO PACKAGED MIXES, ETC! ★

★ WHEN YOU BRING YOUR FOOD IN, THIS FORM MUST BE TURNED IN WITH YOUR FOOD AND THE RECIPE YOU USED. ALSO -- PLEASE ATTACH (OR E-MAIL ME) A PHOTO OF YOUR COOKING PROCESS. [andersonn@nausetschools.org](mailto:andersonn@nausetschools.org) ★

\*ABSOLUTELY NO QUICKBREADS (MUFFINS, BISCUITS, SCONES, ETC), NO OMELETTES OR SCRAMBLED EGGS

**STUDENTS: FILL OUT THIS FORM NEATLY & COMPLETELY PLEASE!**

STUDENT NAME: \_\_\_\_\_ CLASS \_\_\_\_\_

PARENT/GUARDIAN/ADULT RELATIVE: \_\_\_\_\_

DATE DUE: \_\_\_\_\_

RECIPE I PREPARED: \_\_\_\_\_

I CHOSE THIS RECIPE BECAUSE: \_\_\_\_\_

I LIKE THIS RECIPE BECAUSE: \_\_\_\_\_

MY PROCESS/CHALLENGES/PROBLEMS/ETC.: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

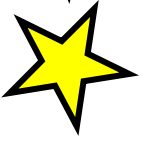



TWO (2) ELEMENTS THAT MAKE THIS RECIPE HEALTHIER ARE:

1. - \_\_\_\_\_
2. - \_\_\_\_\_

**Dear Parent or Guardian, Please initial each item below:**

- I WORKED WITH MY SON OR DAUGHTER TO MAKE THIS RECIPE. \_\_\_\_\_
- **OR** -- MY SON OR DAUGHTER WORKED ON THEIR OWN TO MAKE THIS RECIPE \_\_\_\_\_
- THIS SECTION IS COMPLETELY FILLED OUT AND SIGNED BY ME \_\_\_\_\_
- A COPY OF THE RECIPE IS ATTACHED OR EMAILED TO MS. A. \_\_\_\_\_
- PHOTO (S) OF MY DAUGHTER OR SON PREPARING THEIR FOOD ARE EITHER ATTACHED OR HAVE BEEN SENT VIA E-MAIL \_\_\_\_\_

\_\_\_\_\_  
SIGNATURE OF PARENT/GUARDIAN OR ADULT FAMILY MEMBER      DATE



**→ DO NOT PASS IN UNLESS THIS SECTION IS COMPLETE! ←**

**CHECKLIST – I HAVE INCLUDED:**

\_\_\_\_\_ THIS FORM, FILLED OUT AND SIGNED BY A PARENT OR GUARDIAN

\_\_\_\_\_ MY RECIPE

\_\_\_\_\_ 2 OR 3 PHOTOS OF ME COOKING THE ATTACHED RECIPE

\_\_\_\_\_ THE ACTUAL FOOD (OR PORTION OF IT) THAT I HAVE MADE