

Top Chef Assignment
Learning Target – Nutrition

Name: _____

Due: _____

***Worth 20 pts.**

Your task: Using the MyPlate template provided, you are to create a DINNER that features healthy ingredients from all 5 food groups *that you enjoy the taste of*. Your portion sizes should reflect daily recommended serving-sizes in accordance with www.MyPlate.gov, which should match your Mind Map. When determining ounces/cups, remember dinner is only one of your 3 daily meals.

On front of plate:

- Dinner items printed out/drawn (as close to scale as possible) to reflect correct portion sizes. Printed in color or colored pencils are used to add realistic color to food items.
- Label to accompany each food item on your plate.

On reverse-side of plate:

- Estimated calories in your meal
- Your recommended daily caloric intake (found on www.Calorieking.com)
- List of ingredients needed to cook/prepare your meal

1	2	3	4
Meal is not overly healthy.	Some components of meal can be considered “healthy.”	Most components of meal can be considered “healthy.”	All components of meal can be considered “healthy.”
Front of plate is not overly appealing, labels are missing, pictures lack color and images are not to scale.	Front of plate is somewhat appealing with labels. Pictures lack color and/or images are not close to scale.	Front of plate is visually appealing with labels. Pictures lack color or images are not close to scale.	Front of plate is visually appealing, with labels and colorful pictures drawn/printed (very close) to real life scale.
Estimated calorie total and/or daily caloric intake is not included on the back of your plate.	Estimated calorie total is not accurate and/or way off your daily caloric intake.	Estimated calorie total seems fairly accurate but is disproportionate to you daily caloric intake.	Estimated calorie total is detailed, accurate, and between 1/3 – 2/5 of your daily caloric needs.
List of ingredients is not provided.	List of ingredients is vague and/or items appear to be left off list.	List of ingredients is fairly detailed, but does not provide cups/ounces.	List of ingredients includes cups/ounces and is detailed enough to give to a family member to shop for your entire meal.
Portion sizes are all over the place and don’t seem to follow any guidelines or reason.	Portion don’t seem to follow the MyPlate guidelines, however, plate distribution makes some sense.	Portion sizes are fine and the ¼ plate principle appears to have been utilized.	Portion sizes are perfect and follow the ¼ of the plate principle outlined through MyPlate.

FINAL GRADE: _____

Nutrition Project – Part 2

*Due: _____

Top Chef for a Day

- **Conceptualize, shop for, and prepare a healthy & balanced dinner that you will actually cook for your family.**
 - *Using your ideas from the MyPlate, MyMeal assignment, you will conceptualize food items, shop for ingredients, cook then serve your meal, and finally reflect on the entire experience.*
 - *Must include all 5 food groups, be budget conscious (estimate your budget then confirm with parents: \$10/\$15/\$30), and take into account likes/dislikes of your family members.*
 - *Make a list of the ingredients you'll need for your meals (remember to budget \$)*
 - *Make sure you talk to your mom/dad/whoever does grocery shopping and ask to come along and pick out your ingredients. (Compare options: food labels vs price)*

- **To hand in (through Google Slides):**
 - *Menu (organized, descriptive, ingredients included) *Imagine you're serving your dish at a restaurant! *5 pts.*
 - *Pictures: Ingredients, you cooking in action, your finished meal, and serving your meal to family (talk to teacher in advance if pictures are a problem) *10 pts.*
 - *Reflection of the experience: (Successful? Struggles? Did your family like it? Could you see yourself cooking this meal again? What does the future hold for you and cooking meals for yourself / your family?) *10 pts.*

- ❖ ***Although you may CHOOSE to present this project to the class, you will not be required to.***

Rubric for Final Product (PowerPoint)

Menu: neat, organized, descriptive, ingredients listed: 1 2 3 4 5

Pictures included: Ingredients, Cooking, Final Plate, 1 2 3 4 5 6 7 8 9 10
serving meal to family

Reflection: Insightful analysis of the entire cooking 1 2 3 4 5 6 7 8 9 10
experience start-to-finish and likelihood
you will continue cooking meals regularly.

Total Points: _____ / 25