

Foods 9/10

CHALLENGE #4

Dinner Challenge

Introduction

You need to contribute to the family **dinner** one night this week. You need to make 1 dish. This could be the main part (meat, stir fry, lasagna, spaghetti) or a side dish (rice, vegetables, salad).

Steps:

Your weekly Cooking Challenge is to make **part of** the **dinner** for your family.

Look up a recipe

1. Look in your pantry and **make sure you have all the ingredients**. If you don't have them all, find a new recipe.
2. Assemble all the ingredients
3. Follow the recipe and begin cooking.
4. **Take a picture of your final product and send it to me.**
5. **When you fill out the self evaluation tell me what you made**
6. **You are in charge of ALL the clean up.** Please do not leave it for your parents to do
7. Fill in the [self evaluation form](#)

If you have any questions, please email Mrs. Rowell (juanita_rowell@sd42.ca).