

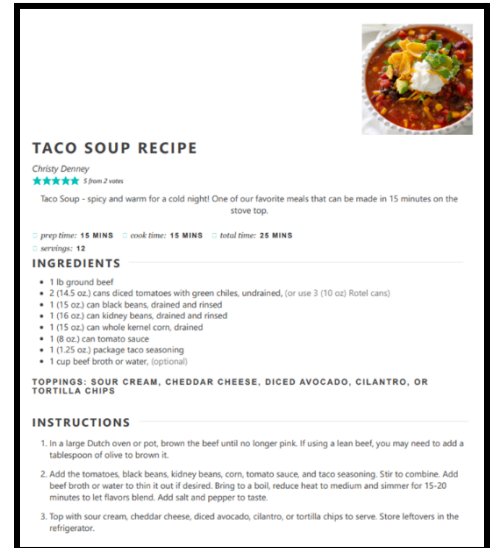
A “Can” Do Meal Challenge

Choose 3 canned goods from the list below:

- Pineapples (any form)
- Tomatoes (any form)
- Cream of Soup (any flavor)
- Beans (any variety)
- Evaporated Milk
- Coconut Milk
- Canned Chicken
- Artichoke Hearts
- Tuna
- Pumpkin (pureed)

Follow the steps below to generate your own AI Sketch Notes:

- 1) Using at least 1 of your chosen canned goods, research a recipe for a breakfast, a lunch/dinner, and a dessert. (3 recipes total)
- 2) You will need to save each of these recipes as a PDF.
- 3) Open an AI platform – add your recipe PDF and then ask it to create an eye-catching Sketch Notes image of the recipe.
- 4) Each step in the recipe needs to contain an image.
- 5) Check the image for correctness. Save the Sketch Notes image.
- 6) Place BOTH the PDF recipe and the Sketch Notes image side-by-side into a Google Slideshow for each of your 3 recipes.
- 7) Submit into Google Classroom.



More examples from students:

Spicy tuna rice bowl

Spicy tuna rice bowl

PREP: 5 min

COOK: 1 min

TOTAL: 6 mins

SPICY TUNA RICE BOWL

PREP TIME: 5 mins

COOK TIME: 1 min

TOTAL TIME: 6 mins

INGREDIENTS

- Albacore ¹/₂ TUNA (drained)
- ¹/₂ Tsp Sriracha
- 2-3 Tsp Sesame Oil
- 2 bag leaves (Miso/Chickpea)
- Sour Cream
- Salt
- Pepper
- 2-8 a (una) Mame
- RICE
- sesame seeds

1. MAKE THE SPICY TUNA

- Drain tuna into a bowl
- Add Sriracha, Sesame Oil, and Salt. Mix well.
- Top with spicy tuna

2. HEAT RICE & SERVE

- Microwave rice
- Divide in bowls
- Top with spicy tuna
- Add Kani, mayo, Sriracha, & black pepper
- Top with sesame seeds (optional)
- Top with sesame seeds

QUICK VISUAL FLOW

Drain → Mix → Serve → Serve

TIPS

- Substitute tuna with salmon
- Leave day 1
- Connect day 2

breakfast

[illegible]

A-Can-Do Meal Challenge (Dessert)

A-Can-Do Meal Challenge (Dessert)

Dessert

Dessert

Moist and Delicious Pineapple Cake

★★★★★

This Moist and Delicious Pineapple Cake is amazingly light and full of pineapple flavor. Serve it for dessert with a scoop of vanilla ice cream or whipped cream. No Bake!

Cuisine:	Cake
Preparation:	pineapple cake mix
Prep Time:	15 minutes
Cooking Time:	1 hour
Servings:	1 user
Author:	Jin-Arora (Pineapple)

Ingredients

- Pineapple Cake Mix** - 1/2 cup (boxed)
- Eggs** - 2 eggs
- Batter** - 2 large eggs
- Glaze** - 1 tsp white sugar
- Vanilla** - 1/2 tsp (or 1/4 tsp if you can't find vanilla extract)
- Pineapple Juice** - 1/2 cup (or all-purpose flour)
- Pineapple** - 1/2 cup (diced)

Instructions

- Preheat your oven to 350 degrees F.
- Line a loaf pan with parchment paper; do not oil.
- Using an electric mixer, cream together the batter and sugar.
- Add the eggs, one at a time, until the mixture is smooth.

Pineapple Cake

= (Easy + Yummy!) =

Ingredients

- Batter** - 1/2 cup
- Eggs** - 2 Eggs
- Vanilla** - 1 tsp
- Crushed Pineapple** - 1 can (juice)

- Glaze** - 2 cups Powdered Sugar
- Vanilla** - 1/2 tsp

- Glaze Time** - 1/2 hour
- Glaze Time** - 1/2 hour

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Steps

- Step 1** - Preheat Oven 350°F
- Step 2** - Line Pan

- Step 3** - Mix Batter + Sugar
- Step 4** - Add Eggs

- Step 5** - Add Vanilla
- Step 6** - Add Pineapple

- Step 7** - In New Bowl, Flour + Baking Soda + Salt
- Step 8** - Mix Dry + Wet

- Step 9** - Pour into Loaf Pan
- Step 10** - Bake 1 Hour

- Step 11** - Let Cool 15 Min
- Step 12** - Frost with Glaze

- Step 13** - Eat!
- Step 14** - Enjoy!

Idea by David Wood – Lesson by Lindsey Harlan, Springdale High School