

MEAL PLANNING

With



Meal Planning with Flipp

Standard National FCSE Standards

2.1 Demonstrate management of individual and family resources such as food, clothing, shelter, health care, recreation, transportation, time, and human capital.

2.1.3 Analyze decisions about providing safe and nutritious food for individuals and families.

You have been given a budget of \$50 to plan a special family dinner for your Mom's job promotion. Your family includes your mom, dad, and your two twin siblings who are 13 (Family of 5) Using the Flipp app, plan a meal that contains food from every food group. This activity contains the following tasks:

Possible Points	Learning Tasks	Points Earned
40	Design a Menu (appetizer, main course, dessert, beverage) 1 page	
45	Create a Shopping List (list all foods and prices for each item) 1 page	
15	Recipe for one dish (include picture) 1 page	
100	TOTAL POINTS	

*Make sure to turn in this page with your final activity submission.

My Mom's Special Dinner
TONIGHT!!

Salad
Tempura Of Landsborough Zucchini Flowers, Red Rice,
Lentils, Goats Fetta, Pistachio and Barberries

Main Course
Roasted Rannoch Farm Quail With Fig, Proscuitto,
Roquefort and Cresses, Walnut Vinaigrette
or
Sweet Corn Veloute With Crab, Prawn,
Moreton Bay Bug and Basil Cream

Dessert
Panna Cotta With berries
and
Wedding Cake




