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

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

**FINAL GRADE:** ____________
Nutrition Project – Part 2

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, serving meal to family 1 2 3 4 5 6 7 8 9 10

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

Total Points: ______ / 25