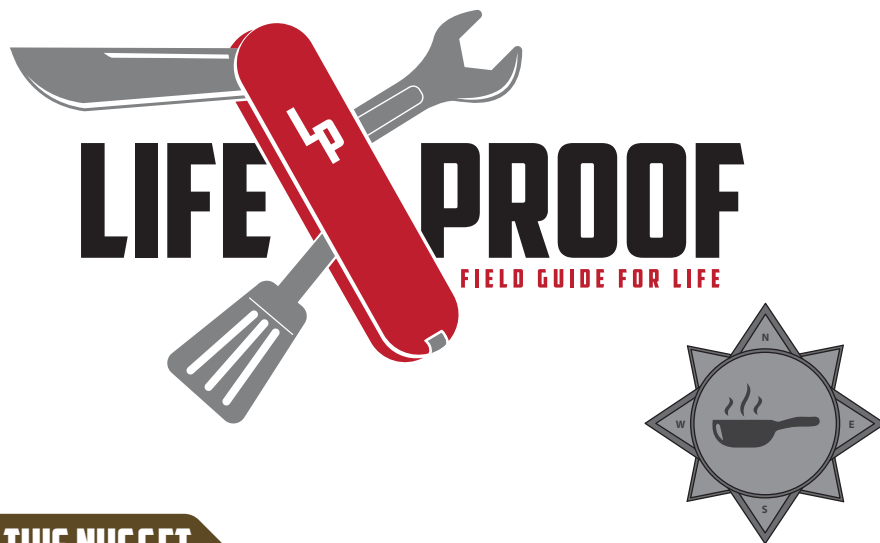


PLAN A MENU

Well RockHopper, you are going to plan a menu for a wonderful family meal. Perhaps this could be for a special occasion, or perhaps it's just because your family loves Saturday nights. Whatever it is, this is going to be your opportunity to plan an awesome meal for you to show off your new skills.

FLIP OVER FOR YOUR NEXT CHALLENGE



EARN THIS NUGGET

Plan an awesome menu for a special family treat using the steps above. If possible and if the budget allows, turn it into a reality by helping with the gathering of ingredients and the cooking of this masterpiece.

LEVEL H

PERIOD 1

TASK 1

1. Consider who will attend. This is not about you planning your favorite meal, but about planning a meal everyone will enjoy. So, if little Johnny hates mushrooms and big sis Jenny has a peanut allergy, try to keep these items off the menu.
2. Try to work out what the courses are going to be. Will you have a starter or salad? What will the main course be? What dessert would be great? And try to pick courses and items that will pair with each other. Perhaps if you have a heavy main course, consider a light dessert or spicy main course followed by sorbet.
3. Now consider the ingredients of each course. Soup or salad? What dressing on the salad? What should be in the salad--croutons? Bacon bits? Cheese? Go through the same process with the main course--what vegetables, what meat? Pasta? Rice? Potatoes?
4. Create a shopping list of all the items that you have selected. Then go through the pantry with your parents and assess what you already have, and what needs to be purchased.
5. Make sure the necessary items fit within the family budget and if all is good, help gather the necessary items.
6. Finally, make yourself available for the cooking of your menu--no RockHopper expects a free ride.

