

Menu Planning Student Package

Grade 9

Scenario: You have been asked to host a cultural celebration meal for 8–12 guests. You will create the menu and determine what supplies are needed to prepare, serve, and eat the meal.

Assignment:

1. Select a culture to highlight. This could be your own family culture or another culture.
2. Research the culture you selected. Identify traditional foods and celebrations involving food.
3. Develop a menu for a meal specific to the culture you chose. Include different courses or components such as appetizers or desserts if that is part of the cultural food tradition. Determine the number of guests.
 - ✓ Use the types and proportions of foods on Canada's food guide to plan a balanced meal. For example, aim for half the meal to be vegetables and/or fruits.
 - ✓ Review the recipe and determine what ingredients and cooking supplies you will need.
 - ✓ Before completing the Grocery Shopping List (template on following page), scale recipes according to the number of guests.
 - ✓ Consider what other cooking supplies or food (e.g. tin foil, cooking oil, etc.) you may need.
4. Create a presentation or a poster/display board to show your research and menu. Be creative and use pictures or drawings that depict the foods selected. Include information about:
 - ✓ food traditions and celebrations.
 - ✓ the cultural significance of the food and drinks on your menu and how they are prepared and served.
 - ✓ how the meal is balanced according to Canada's food guide.

In addition, submit recipes and the Grocery Shopping List

5. Present your findings and completed materials in class.

Grocery Shopping List

Recipe(s):

Vegetables and fruits	
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

Protein foods	
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

Grain foods	
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

Other / supplies (e.g. spices, oil, tinfoil, etc.)	
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>