

COOKING FOR THE FAMILY

Course description:

Students will learn cooking & nutrition basics while preparing a meal or dessert for the family.

Target Age: 4th grade & up

Supplies needed: Students will need a mixing bowl, stirring spoon, measuring spoons, & measuring cups each week along with a meat & pan listed below highlighted for each week.

All meals are for the student to take home and bake for the family. If for some reason the family can't cook it on Mondays, the meals can be put in the freezer and baked on a different day.

Week 1: Tater Tot Casserole

- Students will need to bring meat (ground beef, ground turkey, tuna or chicken)
- Students will need to bring 9x13 casserole dish
- Additional ingredients in casserole: Tater tots, can of cream of chicken (we will make from scratch), frozen vegetable of choice

Week 2: Monster Bars

- Students will need to bring bag of M&Ms
- Students will need to bring a 9x13 cookie sheet
- Additional ingredients in dessert: Oats, Peanut Butter, Butter, Eggs, Chocolate Chips

Week 3: Baked Spaghetti

- Students will need to bring 1lb of ground beef or turkey (if you want meat or you can substitute spinach instead of meat; either will work).
- Students will need to bring a 9x13 casserole dish
- Additional ingredients in casserole: Spaghetti noodles, spaghetti sauce, cream cheese, cottage cheese, sour cream

Week 4: Pizza

- Students will need to bring desired meat for topping.
- Students will need to bring 2 pizza pans
- Additional ingredients: dough, pizza sauce, toppings chosen by students

Week 5: Apple Pie/Apple Crisp

- Students will need to bring pie pan & apple peeler
- I would like to use apple from my orchard, Azure or local apples. I may change with another week depending on when apples are ready.

Week 6: Chicken & Broccoli Casserole

- Students will need to bring chicken
- Students will need to bring a 9x13 casserole dish
- Additional ingredients: broccoli, cream of chicken(we will make from scratch), instant rice

Week 7: Mock Manicotti

- Students will need to bring 1 large tub of cottage cheese
- Students will need to bring a 9x13 casserole dish and strainer
- Additional ingredients: frozen spinach, lasagna noodles, sour cream, cream cheese,

Week 8: Breakfast Casserole

- Students will need to bring meat (ham, bacon or sausage)
- Students will need to bring 9x13 casserole dish

Week 9: Chicken & Noodles, Homemade Bread

We will make a meal for co-op. We will ask other families to bring in side dishes, and we will all stay for lunch together.

*If anyone has an allergy, I can accommodate, just email me the name of student & allergy.

**I will do most of my shopping at Aldi. If anyone has a preference for organic, just let me know ahead of time and I will try to find organic, for additional cost.

***Cost: \$10 per week per student. You can pay up front for the semester or I can take the money weekly/monthly if it helps with cash flow.