

# You're The Chef, "Bite" Sheet - Grades 7-9

Each year, you should complete a minimum of three activities. Within the two year project period, you should have completed at least 6 activities. Write the month, day, and year beside each of your activities you complete. Have your project helper initial that you have discussed the activity with them.

## Introduction to Level C (Grades 7-9)

Date:

Helper Initials:

The Experimental Learning Model \_\_\_\_\_

Now, You're the Chef! \_\_\_\_\_

## Activities

Date:

Helper Initials

Slow Them Down \_\_\_\_\_

Spoilers or Helpers? \_\_\_\_\_

Emulsions \_\_\_\_\_

My Plate & the Super Tracker \_\_\_\_\_

Fit Is In! \_\_\_\_\_

Get the Facts on Fads \_\_\_\_\_

Lean On! \_\_\_\_\_

Getting a Meal Together \_\_\_\_\_

Knead Some Dough \_\_\_\_\_

A Five-Pound Deal \_\_\_\_\_

Intro to Canning \_\_\_\_\_

Food Photojournalism \_\_\_\_\_

Food Stylist \_\_\_\_\_

Recipe Developer \_\_\_\_\_

## Recipes

Date:

Helper Initials:

Breadsticks for a Crowd \_\_\_\_\_

Whole Meal Deal \_\_\_\_\_

Do a Stir-fry \_\_\_\_\_

Crazy Casseroles \_\_\_\_\_

Slow, Moist, & Tender \_\_\_\_\_

Don't Throw it Out! \_\_\_\_\_

Zesty Salsa \_\_\_\_\_

Jiffy Jam \_\_\_\_\_

Pucker Up Pickle Relish \_\_\_\_\_

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Project Helper's Signature: \_\_\_\_\_ Date: \_\_\_\_\_