

Extra Credit Project Requirements

Please remember that extra credit will NOT SAVE YOUR GRADE! It will give you the extra push on your points to go up a little bit!

- ☑ Each student can earn up to 50 points extra credit each term. PLT members can earn up to 25 extra credit points.
- ☑ You can choose to complete any combination of the 16 projects to earn 50 points.
- ☑ You may not do the same project more than once a term.
- ☑ Each project will be graded upon completion of the requirements for each project, not just turning in a project.
- ☑ Extra credit will be accepted at any point during the term but will not be added to grades until the final week of the term.
- ☑ NO extra credit will be accepted after the assigned due date each term. NO exceptions.

Magazines

I am always in need of magazines for projects in class. Some great examples are:

- Martha Stewart
- Better Homes and Gardens
- Utah Architecture
- IKEA
- Pottery Barn
- Food magazines

There are lots of great ones out there. You don't necessarily have to purchase new ones. Everyone always has old magazines lying around the house. Bring in 5 magazines for 5 points!

Picture of a meal from another country

You can find pictures in magazines, the internet, old menus, flyers, etc. Find a picture and complete the following questions on a separate sheet of paper, typed and with complete sentences. You must include the picture.

- Where did you find your picture?
- Where is the food from?
- What is the food called and what are the main ingredients?
- Would you try this meal? Why or why not?
- Turn in completed project for 5 points

Redesign the cover of a recipe book

Choose a cookbook of your choice. Redesign the cover for it. Your project must include the following things:

- Copy of the original cover
- New cover in color (black or what if that is your design)
- Can be hand work or computer generated
- Name of the cookbook and publisher
- Turn in completed project for 5 points.

Table setting

For this project, you must complete a formal table setting. You must include dishes for a main dish, a side dish, salad, soup, dessert, 3 drinks, bread plate, napkin and flatware for all courses. You must label all parts of your table setting. You may choose to email me a picture or bring in a picture of your completed table setting. You only need to do ONE place setting. Turn in completed project for 5 points.

Write a love poem to your favorite food item

For this project, you must create a poem dedicated to the food you love the most. The poem must express your love for this food in a MINIMUM of 10 lines, but not more than 15 lines. You will be graded on the following:

- Creativity
- Completion of all lines
- Spelling and grammar
- Expression of the love for food itself
- Typed

Turn in completed project for 10 points.

Make a collage of your favorite food items from the food pyramid

Gather pictures of food you enjoy eating (minimum of 20 pictures).

Create a food pyramid and place each food in the appropriate area.

Then answer the following questions about the foods you chose on a separate sheet of paper and with complete sentences. It must be typed!

- How often do you eat these items?
- From which area are most of your food choices coming from?
- What do you enjoy most about eating these foods? Taste? Texture? The occasion you eat them?

Turn in completed project for 10 points.

Free passes

Each student received two free passes at the beginning of the term. If you did NOT receive these and it is PAST midterms, you may not receive these passes. You may complete another extra credit option.

Use each free pass for 10 points each at the end of the term. Turn them in on the day extra credit is due.

Create a Four Ingredient Recipe

Some of the best recipes are made with very few ingredients. Using only 4 ingredients create something divine! Make your recipe at home. Write down the entire recipe from ingredients to directions and equipment. The complete the following sentences about it on a separate sheet of paper. Include an actual picture of your new food product. Make sure everything is typed!

- My inspiration for this recipe came from:
- I enjoyed this recipe because:
- Other things that may make this recipe taste even better are:

Turn in completed project for 10 points.

Book Report

Choose a book from the library that you are interested in and would like to read.

Check it out and read it during the term.

Complete the following questions about the book. You must type your answers. You will be graded on spelling and grammar as well as how much information you provide about the book.

- What is the title of the book and author's name?
- Explain the plot of the story.
- Describe your favorite part of the book.
- Who would you say was the hero of the story? The villain?
- What didn't you like about the book? Why?
- What did you like about how the story ended? How would you have ended the story?

Turn in completed project for 25 points.

Cook for your family or a minimum of 5 people, including yourself

Choose a family favorite recipe. Supply a grocery list for your parent. Make the meal and clean up!

Complete the following questions and email or attach a hard copy picture of the meal. The questions must be typed and use quality writing skills.

- Explain why you chose this recipe.
- Describe your experience in making this meal. How hard was it? How was it easy? How much did your family help you? Share the details!
- Tell me how the food turned out.
- Would you be willing to do this again for your family? Why or why not?

Turn in completed project for 25 points.

Watch Three Food Network Programs and Evaluate

For this project you must watch three DIFFERENT programs on the food network. It doesn't matter which programs you choose to watch, but you can't watch the same program at three different time slots. After watching each program, answer the following questions for each show. Please remember to use complete sentences. Your work must be typed and grammatically correct.

- What show did you watch? What time was it on? Why did you choose to watch this program?
- Give a summary of what the show was about today. You must supply specific details about the show. The summary should be 6-8 sentences in length.
- Explain something new you learned from watching the show.

Turn in completed project for 25 points.

Design and display a bulletin board

You must design and display a bulletin board sharing information about a topic we've been discussing in class. It will be displayed for a minimum of a week. To complete this, you need to do the following things:

- Coordinate with me to set up a time to get your board up. You must do this prior to two weeks before the end of the term.
- Provide me with a supply list three days prior to putting your board up.
- Take your board down after one week of being displayed.

- Write a two paragraph reflection of what the board will be teaching. Reflection must be typed and grammatically correct.

Turn in completed project for 25 points.

Interviews with Store Department Managers

You must interview four managers of local grocery stores in person. The four managers you must interview are the Deli, Produce, Meat and Store director. What store you go to is your choice, but I would recommend that you call prior to going in to make sure the person you need is there.

Respectfully explain what you are doing and ask if they are willing to answer some questions for you. Make sure you take good notes so you can type up your interviews later and turn them in for credit.

- Name of manager
- Number of years as manager
- What was their position before becoming manager?
- What kind of education or training is needed for their occupation?
- Explain the best part of their job
- What would they change about their job if they could?
- Do they mind sharing with you what kind of money they make? If they don't want to, that's ok.
- Would they recommend their job to someone else? Why or why not?

To complete these interviews, compile your responses into a typed report to be handed in, minimum two pages, double spaced, 12 font. Spelling and Grammar count! You must include the name of the store you visited, location and phone number.

Turn in completed project for 50 points.

30-Minute Meal and Time Yourself

We've all heard of Rachel Ray's famous 30 minute meals! This project finds out just how true that is. To complete this project, you must do the following things:

- Choose a 30 minute meal from her website or from one of her recipe books to complete. PLEASE REMEMBER THAT SHE MAKES 3 DISHES IN 30 MINUTES. A MAIN DISH, SIDE DISH AND DESSERT. You must do ALL three for full credit.
- Make the recipe at home by yourself, just like she supposedly does. Time yourself from start to finish.
- Answer the following questions about your experience in a typed report (minimum 1 page, double spaced, 12 font; spelling and grammar count!)
 - What recipes did you complete in 30 minutes?
 - How long did it actually take you?
 - Where did you run into complications, if any?
 - Why do you think she makes it look so easy on television?
 - How was the taste? Did it look like it was supposed to? What did you like/dislike about it?
 - Bring in or email me a picture of your creations.

Turn in completed project for 50 points

Compile a Children's Recipe Book

Using a regular recipe book, choose what you think are the 5 easiest recipes in the book that would appeal to young children. Then *rewrite* and type those recipes to be in "children friendly" language. *This must be your own work!* You cannot copy recipes off a website and call it your own work. You are looking at the age group of 8-10 years old. You must:

- Type recipes in easy to understand terms and words
- Include pictures for each recipe
- Have a table of contents
- Design a new cover
- Use correct grammar and spelling
- Turn in copies of the original recipes

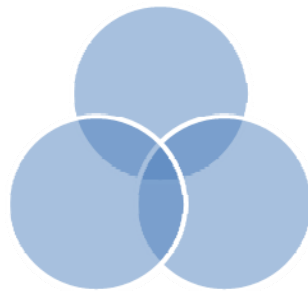
Turn in completed project for 50 points.

Compare and contrast food pyramids

The United States is not the only country to have a food guide pyramid to help its citizens stay healthy. There are many different kinds throughout the world. To complete this project, you must compare the U.S. pyramid with two other food pyramids from two other countries. You can find them in nutrition books at bookstores or on the internet. You must:

- Locate copies of the three pyramids
- Complete a tri-Venn diagram like the one below
- Type a summary of your findings- how are they the same/different for all three pyramids. Your summary must be a minimum of four paragraphs.
- Turn in a copy of the three pyramids, your tri-Venn diagram and your summary.
- Use correct grammar spelling

Turn in completed project for 50 points



**Free Pass
Roberds' Class**

Your Name: _____

Date used: _____

I used this free pass for:
(circle one option)

1. Hall pass
2. Extra credit- 10 points

**Free Pass
Roberds' Class**

Your Name: _____

Date used: _____

I used this free pass for:
(circle one option)

1. Hall pass
2. Extra credit- 10 points

**Free Pass
Roberds' Class**

Your Name: _____

Date used: _____

I used this free pass for:
(circle one option)

1. Hall pass
2. Extra credit- 10 points

**Free Pass
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Your Name: _____

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1. Hall pass
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