

bonus marks

hopefully

Breakfast Home Lab

DUE DATE April 3rd (actually April 6th)

CONGRATULATIONS! You have made it through the breakfast unit and have a whole set of skills that you can use to make tasty breakfast meals on your own. We've learned to prepare eggs 5 ways, to dice, chop and mince, create fluffy pancakes, make bagels, a seasonal omelette and a tasty hash using up whatever is in your fridge.

YOUR TASK:

only making one recipe

- Design four different breakfasts that align with Canada's Food Guide recommendations
- Choose one of these breakfasts to create a recipe for (*you will write your own recipe, not find one online*)
- Create this meal for yourself and at least one adult in your life (*you can cook for as many people as you want, this is just the minimum*)
- Take a picture of you **with** your breakfast and email it to your teacher(s): lbolli@sd43.bc.ca and/or ralabossiere@sd43.bc.ca
- The adult you cooked for will fill in the attached evaluation sheet

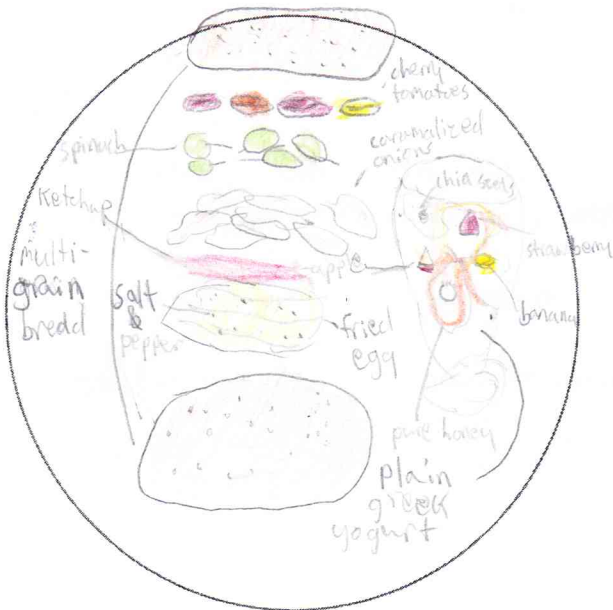
BREAKFAST DESIGN CRITERIA::

Areas for improvement	Criteria	Evidence of exceeding criteria
	Each breakfast fully meets the criteria outlined in the description (4)	
	Drawings are neat, organized, labelled and coloured. Student has put thought into how to present their breakfast in an appealing way. (2)	
	Student has organized ingredients into the four food groups. Quantities reflect those outlined by Canada's food guide. (4)	

Breakfast # 1: Breakfast Sandwich

You've learned different ways to cook eggs, knife skills, sauté and using the broiler to toast something to perfection. Use those skills to create a breakfast sandwich below.

Title: Breakfast Sandwich w/ fruit yogurt



Canada's Food Guide:

50% Vegetables and Fruits:

spinach
caramelized onions
sliced cherry tomatoes
blueberries
strawberries
apple
banana

25% Grains:

2 Multi-grain bread slices
chia seeds

25% Protein

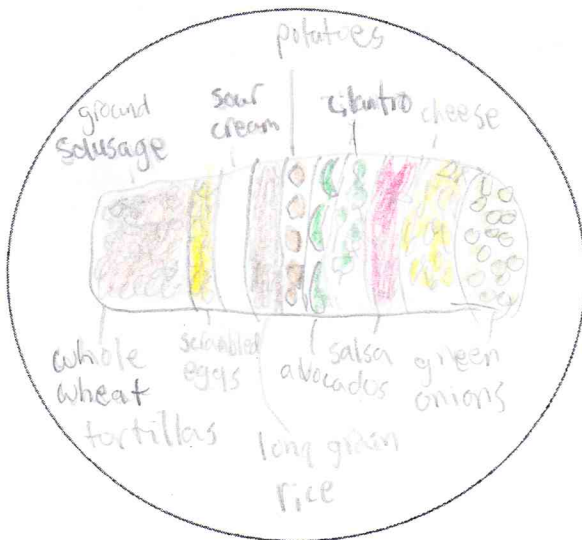
fried egg
Plain greek yogurt
chia seeds

Other: ketchup
Salt & pepper
pure honey

Breakfast # 2: Breakfast Burritos

Put your knife skills and egg cookery knowledge to the test and design a breakfast burrito. Your burrito must include 2 ingredients we haven't yet cooked with (and the wrap doesn't count).

Title: Mexican-style Burritos



Canada's Food Guide:

50% Vegetables and Fruits:

potatoes
green onions
Salsa
avocados
cilantro

25% Grains:

long grain rice
whole wheat tortillas

25% Protein

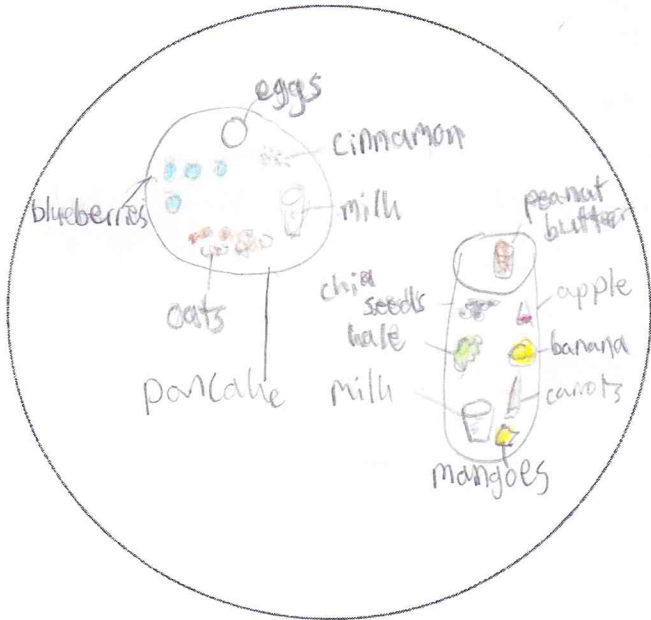
ground sausage
scrambled eggs
cheese

Other: olive oil, salt & pepper, sour cream

Breakfast # 3: Pancakes

Come up with a creative way to up the ante on your basic pancake recipe. Make it a balanced breakfast. Include something that you already have in your fridge/pantry at home (aside from the ingredients needed to just make the pancakes)

Title: Protein pancakes and smoothie



Canada's Food Guide:

50% Vegetables and Fruits:

banana apples kale
carrots blueberries mangoes

25% Grains:

Oats
chia seeds

25% Protein

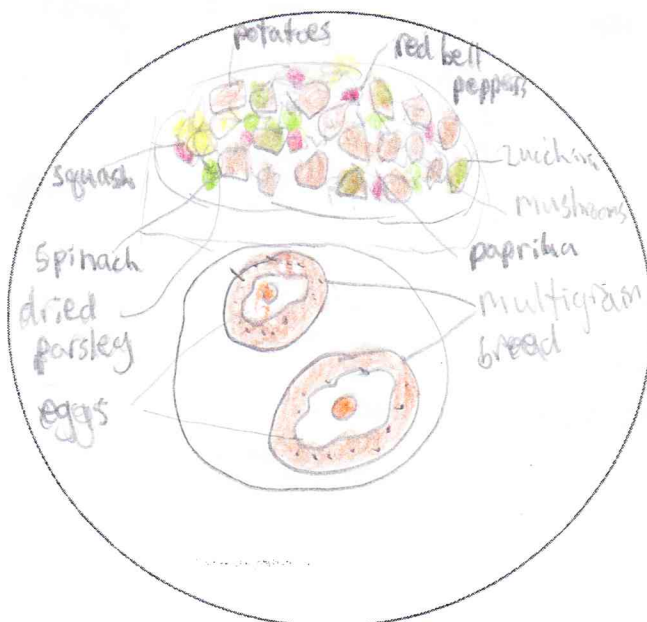
Eggs milk
chia seeds
peanut butter

Other: Cinnamon

Breakfast # 4: Potatoes

Design a balanced breakfast that shows of your newfound potato cookery skills. Include at least two herbs (fresh or dried).

Title: Roasted breakfast potatoes with scrambled eggs



Canada's Food Guide:

50% Vegetables and Fruits:

potatoes yukon gold
red bell pepper spinach
zucchini
squash mushrooms

25% Grains:

Multigrain bread slices

25% Protein

sunny side up eggs

Other: avocado oil, salt, dried parsley, paprika
pepper

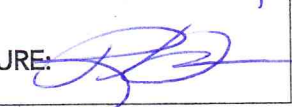
Recipe Title Mexican-style Burritos with Fruit Platter

(Complete in pencil please!)

<p>Safety - Stove - Raw meat - Oven</p>	<p>Method - egg cookery - knife skills - sautéing veggies</p>
<p>Nutrition: 9/10 and WHY: - many fruits & veggies Balanced diet - a lot of fresh ingredients - know ingredients.</p>	<p>Product Standards: - crispy potatoes and wrap - moist - eggs not brown or burnt - appealing fruit platter</p>
<p>Ingredients (include amounts!)</p> <ul style="list-style-type: none"> - 8 large tortillas - 2 large russet potatoes - 1 lb Ground sausage - 6 eggs (beaten) - 2 tbsp olive oil - Salt & pepper to taste - 1 bunch chopped green onions - 3 cups cheddar cheese (grated) - 2 avocados (sliced) - Salsa - Cilantro - Assortment of fruits 	
<p>Equipment needed:</p> <ul style="list-style-type: none"> - knife & cutting board - peeler - fork to beat eggs - large non-stick pan - baking sheet & parchment paper - grater - spoon - spatula 	
<p>Method:</p> <ol style="list-style-type: none"> 1. Prepare your equipment 2. Whisk eggs, prepare potatoes, chop green onions, grate cheese, & prepare sausages 3. Cook sausage on medium heat for about 8 mins, set aside once done. 4. Using the same pan, cook scrambled eggs in sausage fat to liking. Season once done. 5. Using the same pan, add some olive oil, and turn up heat to med/high. Add potatoes and cook until crispy & cooked through 6. Add green onions, sausage, and eggs into pan and combine on low heat. 7. Preheat oven to low broil 8. Slice avocados now (if cut in the beginning, it will be brown) 9. Assemble burritos and put them onto baking sheet (2 servings if needed) 10. Put burritos in oven and keep an eye on it. Take out of oven when tortilla is light brown and crispy. 11. Serve and enjoy! <div style="border: 1px solid black; border-radius: 15px; padding: 5px; margin-top: 10px;"> <p>Tip Use cloth or paper towel to take moisture out of potatoes. Less = crispy</p> </div>	

Breakfast Home Lab Evaluation Sheet

This is to be completed by the adult that you chose to cook for. Remember that you must also show or email a picture of you **with** your dish to earn credit for this task.

CRITERIA	MARK			
LAB PREPARATION/ORGANIZATION <ul style="list-style-type: none"> ✓ Apron tied on properly (if you have) ✓ Hair tied back (if applicable) ✓ Sleeves rolled up ✓ Hands are washed ✓ Has recipe ✓ All equipment on counter & ingredients measured before cooking 	4	3	2	1
PROCEDURE <ul style="list-style-type: none"> ✓ Follows recipe directions ✓ Works independently ✓ Ingredients measured properly ✓ Follows proper safety rules 	4	3	2	1
PRODUCT <ul style="list-style-type: none"> ✓ Final product looks appealing ✓ Final product tastes as it should ✓ Compare to product standards written on recipe. ✓ Table is set properly (if applicable) 	4	3	2	1
CLEAN-UP <ul style="list-style-type: none"> ✓ Followed proper dishwashing procedures ✓ All equipment used are cleaned & dried ✓ All equipment returned to proper location 	4	3	2	1
Attitude & Work Habits	G	S	N	
Behavior & Effort	G	S	N	
PARENT COMMENTS : <ul style="list-style-type: none"> • Need to remember to put all equipment away → Mostly done. • Nice presentation of fruit platter. • Burrito was flavorful and at the third one, it came ^{was} done nicely 				
PARENT NAME: Rosemary		PARENT SIGNATURE: 		

Rough Copy of Method.

Breakfast Burrito with Fruit Platter

Safety

• Stove
meat (cooked)
oven

Nutrition

9/10 - Many fruits & veggies
- protein (eggs, meat)
- know ingredients

Method: - egg cooking,

knife skills,
sautéing veggies

Ingredients

2 Russet potatoes (peeled & grated)

1 lb Ground sausage (no wrapping)

6 eggs (beaten)

2 tbsp olive oil

Salt to taste

Pepper to taste

1 bunch chopped onions

8 tortillas

3 cups cheddar cheese (grated)

2 avocados (sliced)

Salsa

Cilantro

Assortment of fruits

Equipment

peeler

fork to beat eggs

large non-stick pan

baking sheet & parchment paper

knife & cutting board

grater

spatula

spoon

product standards

- crispy potatoes & wrap

- eggs not burnt

- moist

- colourful platter

Tip

Use cloth or paper towel to take moisture out of potatoes. less = crispy

Method

1. Prepare your equipment

2. Whisk eggs, prepare potatoes, chop green onions, grate cheese, and prepare sausages

3. Cook sausage on med. heat for about 8 minutes. set aside once done.

4. Using the same pan, cook scrambled eggs in sausage fat to liking. Season with salt and pepper. set aside once done.

5. Using the same pan, add some olive oil, and turn up heat to med/high. Add potatoes and cook until crispy & cooked through.

6. Add green onions, sausage, and eggs into pan and combine on low heat.

7. Preheat oven to low broil.

8. Slice avocados now so they don't turn brown

9. Make burritos and put them onto the baking sheet (2 servings if needed).

10. Put burritos in oven & keep an eye on them. Take out of oven when shell is light brown and crispy. serve and enjoy!