

Student Name:

Directions: Choose any three activities to complete this week. You will need to prepare different recipes to mark off a box (one recipe doesn't count for three different boxes). If you can, take a picture of completed tasks and email to me (jamie.fryslie@k12.sd.us).

**Parent/guardian signature must be in each of your completed task boxes.**

<p><b>1. Prepare a recipe that requires you to make a recipe with a liquid measuring cup.</b></p> <ul style="list-style-type: none"><li>• Recipe :</li></ul> <p>Parent/guardian Signature:</p>	<p><b>2. Basic Cleaning: Sweep then mop/Swiffer your kitchen floors.</b></p> <p>*Ask your parent what to use if you do not know and any special instructions they may have for this box.</p> <p>Parent/guardian Signature:</p>	<p><b>3. Prepare a recipe that requires you to use measuring spoons.</b></p> <p>*Recipe:</p> <p>Parent/guardian Signature:</p>
<p><b>4. Prepare a meal that has a serving of vegetables or fruits.</b></p> <p>Vegetable or fruit:</p> <p>Parent/guardian Signature:</p>	<p><b>5. Prepare a recipe of your choice that has at least 5 ingredients.</b></p> <p>Recipe:</p> <p>Parent/guardian Signature:</p>	<p><b>6. Refrigerator Time!</b> Check the dates on packages to make sure nothing has expired. Next, wipe down the inside of the refrigerator. Ask your parent what they would like you to use and what they want you to throw away.</p> <p>Parent/guardian Signature:</p>
<p><b>7. Make a sink of hot soapy water and wipe down the kitchen work area. Do not forget the handles of appliances or equipment.</b></p> <p>Parent/guardian Signature:</p>	<p><b>8. Prepare a recipe that will include dry measuring cups.</b></p> <p>Recipe:</p> <p>Parent/guardian Signature:</p>	<p><b>9. Prepare a recipe that includes all 3 types of measuring tools (dry + liquid measuring cups and measuring spoons).</b></p> <p>Recipe:</p> <p>Parent/guardian Signature:</p>