**Foods 1040: Meal Planning 1 Checklist**

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|  | I washed my hands before working with food and have included a photo. |
|  | I made sure my workspace was clean before I started and have included a photo. |
|  | I have gathered the kitchen utensils, tools and ingredients needed for the recipe, before beginning and have included a photo. |
|  | I have planned a nutritious meal in terms of time to prepare and cost |
|  | I have looked at Eating Well with Canada’s Food Guide and can describe a  healthy meal. |
|  | I have read the recipes and made measurements carefully |
|  | I have  planned and prepared a breakfast, lunch, dinner and/or a special occasion meal. have included  photos. |
|  | I have ensured my workspace was clean after my cooking was complete and have included a photo. |
|  | I have had two people,(friends or family) test the meal I have prepared. I have included their comments regarding the following questions:  1. Is the appearance of the meal appetizing?  2. Does the meal taste good?  3. Is there a suggestion for improvement? |