



Homework... what?

For **12 October**, "Home Cooking" (please note two-week timeline):

1. Review Req #4 "Meals at Home":
 - a. MB pamphlet: pgs. 19 - 27; (Kindle pgs. 30 - 44)
 - i. *Planning meals (balancing & budgeting)*
 - ii. *Cooking equipment*
 - iii. *Timetables*
 - b. **Practice cooking methods***

"Electives"

1. Watch a cooking show, show, show

Bake: cookies
 Fry: egg
 Boil: macaroni
 Simmer: can soup
 Steam: veggies
 Grill: hot dog
 microwave: popcorn