**Practice Eating Well Assignment:**

Make one meal for you and at least one other person that follows Canada’s Food Guides suggestion. It doesn’t have to be North American food. The meal can have more than one course. Consider portion size, nutrition, but also other component of Eating Well.

You will submit:

1. **Recipe**. This can be cut and paste or even a clear photo from a cookbook or your grandmother’s recipe card.
2. **Photo** of your fabulous meal with you and at least one other person (you can block faces).
3. **Self Assessment** (on back).
4. **Thoughtful answers** to the following questions:
5. What was the best part and why?
6. What were your difficulties?
7. What were the other person/people’s comments about your meal?
8. How long did it take to prepare?
9. Rate the preparation on a scale of 1-4, (one best easiest, 4 most difficult) on how easy/difficult it was to prepare.
10. Would you make this meal again? Why or why not? If not, what could change your mind?
11. What would you change to improve the experience?
12. Aside from creating a nutritious meal, “Eating Well” is also about enjoying your food. This can include using fresh products, products that you like and are familiar with, eating with loved ones in a happy environment. Take a moment to reflect on your experience (you may also include the opinion of your dinner guest). Summarize what factors made this experience pleasurable for you (or your guest) and why. What could have made this experience even better?

**Self-Assessment:**

Rate yourself from 1-4 on the following:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Criteria | Happy and sad face icons stock illustration. Illustration of cheerful -  1390094971  | 2 | 3 | 4Happy and sad face icons stock illustration. Illustration of cheerful -  139009497 |
| Was it nutritionally balanced? All categories included. |  |  |  |  |
| Were the portions correct? No more than one serving of protein, etc |  |  |  |  |
| How tasty was it? |  |  |  |  |
| Did it have a variety of texture? |  |  |  |  |
| Did it have a variety of colour? |  |  |  |  |
| Did you sit down? |  |  |  |  |
| Did you have aimiable conversation? |  |  |  |  |
| Did you include the recipe? |  |  |  |  |
| Did you include a photo of you, another person, and the meal? |  |  |  |  |