**Cookbook Project Guidelines ( 100 points)**

The cookbook project is a semester long project designed to organize information from foods class and to expand knowledge of culinary arts, as well as food science. It in my hope that this book will be useful for you through-out your entire lifetime. Therefore you should include recipes and information for future use.

The cookbook you create should reflect your personality. This means you should work within the guidelines to incorporate recipes that appeal to YOU. The title and theme of your cookbook are important for setting the setting the tone and giving insight into your personal taste. The special helps section will be built from information learned in class and gathered from other sources.

You will use the textbook, cookbooks, magazines, friends &family as well as the internet to gather recipes.

COOKBOOK GUIDELINES- Below are the required sections of your cookbook. Read information carefully and ask questions if you need clarification.

1. **Title-** The title should be a simple, yet catchy phrase that let readers know what to expect from your book. Here are a few titles I thought of- *Meals in Minutes, The Meatless Mess Hall, Kids cook, Fancy Fare, Country Cookin’, Teen Cuisine, Your mom can cook…… can you????* The title of your cookbook is based on your personality, lifestyle, cooking skills & type of recipes you will include.
2. **Introduction-** This is a one page at the beginning of your cookbook. Introduce yourself, tell about your cooking style and skill. Explain the purpose of your book and why you chose the recipes you did. Convince the reader that this book will benefit them.
3. **Table of contents-**  This allows the reader to easily find recipes. The table should identify each section to the cookbook and list recipes with page numbers.

*V. pastry*

*Single crust ………pg. 11*

*Coconut crust…..pg. 12*

1. ***Special Helps section*** *- Reference, General information, Need to Know ( you choose the name)*

*This section has several components based on information from class and other sources.*

*General kitchen safety & sanitation*

*Food storage*

*Hints/ Techniques for proper cooking*

*Function of ingredients*

*Nutritional information*

*Measurements &Equivalents*

*Cooking times/temperatures*

*Ingredient substitutions*

*\*\*\* You will get much of this information from class. So keep your papers neatly organized in a folder. \*\*\* An internet search can provide you with additional information you may need.*

1. **Recipes- Recipes** should follow your theme. You must have at least 6 sections or categories of recipes in your cookbook. Each section must have 5 recipes & a divider page with an identifying tab. The last section must contain at least 5 of the recipes we prepared in this class. Label this section **Foods Class Section.**

The other 5 sections are optional. You may choose your own or use some listed below - Breakfast, Lunch, Dinner, Snacks, Desserts, Beverages, Breads, Appetizers, Soups & Stews, Meats, Poultry & Game, Fish & Shellfish, Vegetables , Sauces & Stuffing, Eggs, Cheese, Potatoes, Pasta Frozen Desserts, Candy, Fruits, Sandwiches, Cookies, Cakes & Frostings, Salads & Salad Dressings, Pies & Pastries, Canning & Freezing, Barbecue, Camping, Slow Cooker, Pressure Cooker, Microwave, Convection Oven, Juicing

1. **Sources-** You must use 10 different sources for your cookbook. The source should appear at the bottom of each recipe and on the source page at the end of your cookbook. I would be one source – Mrs. Wildey/ Foods class. Your cookbook should have at least one recipe from each of these categories:

Cookbook, Textbook, Magazine, Internet, Family member, Foods Class

Source Page- Refer to the Writing Guide for information on how to cite your sources.

**The cookbook is always due 2 weeks before the end of the semester. MY DUE DATE \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

***We will work on the cookbook during class, but you are expected to work on the project as homework.***