

# Meal-at-Home

- Shalini Mallik, Grade XII

**I** am on my summer vacation now. It's nice to relax, be lazy, have no school homework, tests and exams – but I must admit, it can get boring sometimes. One afternoon, an unexpected idea came to my mind – to cook an evening dinner for my family! I decided to make a “Meal-at-Home”.

## CONSIDERATIONS:

<b>Age of family</b>	-avoid fatty foods, red meat, excess cheese or sweets - have more of green vegetables, fruit and protein
<b>Ideal diet</b>	-calcium based food for my mom -low sugar diet for my dad
<b>Cultural Factors</b>	-Indians like fried foods, more oil based, and a lot of spices added to their cooking - at home we avoid oily foods
<b>Dietary Family Rules</b>	- have to have vegetable on a daily serving, fruit and protein - avoiding excess sugar, oil, fat, red meat, salt
<b>Likes/Dislikes</b>	Likes: vegetables, fish, chicken, rice, pita, snacks Dislikes: too much sugar, fatty foods, dry food like pizza
<b>Exercise levels</b>	Mom: none Dad: occasional

<b>Health-a-licious Dinner</b>	<b>Ingredients</b>
<p>Appetizer</p> <ul style="list-style-type: none"> <li>Lentil soup</li> <li>Bread roll</li> </ul> <p>Main Course</p> <ul style="list-style-type: none"> <li>Fried chicken</li> <li>Boiled vegetables</li> <li>Carrots</li> <li>Peas</li> <li>Hot peppers</li> <li>Baked potato</li> </ul> <p>Dessert</p> <ul style="list-style-type: none"> <li>Yogurt fruit salad</li> <li>Coffee/juice</li> </ul>	<ul style="list-style-type: none"> <li>1 Chicken breast</li> <li>1 Big bread roll</li> <li>½ cup of Lentil</li> <li>1 Potato</li> <li>2 cups of Baby carrots</li> <li>1 Green and red hot pepper</li> <li>1 tsp of butter</li> <li>Philly garlic cream-cheese</li> <li>1 cup of Watermelon</li> <li>1 Peach</li> <li>1 Apple</li> <li>½ of strawberry yogurt</li> </ul> <p>Seasonings:</p> <ul style="list-style-type: none"> <li>Salt, coriander powder, red chilli powder, cumin powder, bay leaves, turmeric, soya sauce, vinegar, and yoghurt</li> </ul>

## Recipe

1. Preheat oven to 350 degrees C.
2. Slice the potato almost half way through, wrap it in tin foil and put it in the oven for 40 minutes for a nice soft baked potato. When finished add Philly garlic dressing in the middle of the potato.
3. Set water to boil in a pot and add the ½ cup of lentil; leave it in for about 20 minutes.
4. Wash carrots, hot peppers, watermelon, peach, apple, potato and chicken breast in hot water.
5. Set water in another pot and make sure the water comes to a boiling point.
6. Slice the chicken in 4 thin pieces and cut off any fat. Place the chicken on a plate; start to season it with salt, coriander powder, red chilli powder, cumin powder, turmeric, vinegar, and ½ a cup of plain yogurt.

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7. Slice the baby carrots horizontally in half and slice the hot peppers into thin pieces; take out seeds. Add all the vegetables to the boiling water for about 10 minutes.
8. Sprinkle the frying pan with PAM (non cholesterol, low fat cooking oil) and place the chicken strips on it; cook on low heat for about 8 minutes on each side to get a nice tender meat.
9. Dice the watermelon into small squares, the peach into thin slice, and the apple into 4 slices. Put all the diced fruit in a small bowl with the apple slice on the side and a ½ cup scoop of strawberry yoghurt.
10. Presentation: serve the lentil soup with sliced bread pieces; place the chicken strips next to the boiled vegetable and the baked potato; serve coffee or orange juice with the fruit salad dessert.

This recipe took me 52 minutes to prepare and 1 hour 43 minutes to cook. The total time taken was 3 hours and 15 minutes!!

### Self Assessment of Meal-at-Home

Categories	Level 1	Level 2	Level 3	Level 4
<b>Meal Planning</b> -included three courses (appetizer, main course, salad and/or dessert and a beverage) -selected food that could be eaten by all members of the family				☺
<b>Preparation</b> -prepared a complete and accurate grocery list -followed recipes for all dishes in this meal -used accurate measuring and cooking skills -used equipment and appliances correctly -followed safety and sanitation procedures -cleaned up kitchen efficiently			☺	
<b>Achievement of the Goal</b> -completed the meal preparations -prepared an appetizing and enjoyable meal -served meal attractively, using a suitable table setting				☺

I also took photographs of my culinary skill and achievements. Here they are!

