

A-Can-Do Struggle Meal Challenge

Choose **ONE** canned good from the list below:

Pineapples (any form)

Tomatoes (any form)

Cream of Soup (any flavor)

Beans (any variety)

Evaporated Milk

Clams (any form)

Chicken

Salsa

Pumpkin (Pureed)

Meal Criteria: Using your canned good, develop a recipe for a breakfast, lunch or supper meal that....

- Incorporates a **minimum of three** other ingredients for flavor and nutrition
- Is budget friendly, **under \$4.00 a serving** (itemize the cost of your ingredients/calculate the cost of each serving)
- Can be prepared in **30 minutes or less**
- Uses a variety of ordinary kitchen tools, equipment and culinary terms

Recipe Criteria: Create a visually appealing recipe on Google Docs or Slides....

- Title of the Recipe
- Ingredients & Amounts Needed
- Easy to follow Directions
- Approximate Preparation Time
- Yield
- Cost per Serving

Demonstration Criteria: Choose one of the following venues to show off your demonstration...

- **iMovie or Adobe Spark Video:** Create 3-5 minute video demonstrating the steps and process of making of the meal similar to the Struggle Meal video viewed in class. The video must feature you or your partner(s) actually preparing the meal. Be sure to capture your audience's attention using school appropriate humor and entertainment.
- **Snapguide App:** Document with text and pictures of you or your partner actually preparing the meal, demonstrating the steps and process used to create the meal.



