

B. Food Management

Intermediate

Knows how to order a meal from the menu in a restaurant	“Hungry? Eat Healthy” M-3
Knows how to fix a breakfast, lunch and dinner for one	“Hungry? Eat Healthy” M-7
Knows how to make out a grocery shopping list	“Hungry? Eat Healthy” M-7
Knows how to use cooking utensils effectively and safely	Observation during task performance
Knows how to use kitchen appliances effectively and safely	Observation during task performance



EATING OUT? TRY IT!

Practice makes a person feel more comfortable. So, try role playing a trip to a restaurant. You might try taking a family member, friend, or date along. The restaurant workers should be a part of your role playing. You can gather menus to use from local restaurants, make your own, or use the following.



MOM'S PLACE

Appetizers	
Stuffed mushrooms.....	\$ 2.25
Shrimp cocktail.....	\$ 2.50
Pizza bites.....	\$ 1.25
Soups	
Soup of the day.....	\$ 1.50
French Onion.....	\$ 1.35
Split Pea.....	\$ 1.50
Salads	
Tossed Green Salad.....	\$ 2.25
Colc Slaw.....	\$ 2.00
Spinach Salad.....	\$ 2.50
Entrees	
(All entrees served with vegetables and potato or rice)	
Lasagna.....	\$ 5.50
Stuffed Pork Chops.....	\$ 5.75
Meat Loaf.....	\$ 4.50
Ham Slice with Pineapple.....	\$ 5.25
Fried cod.....	\$ 5.25
Sandwiches	
Hamburger.....	\$ 1.75
Lettuce, Bacon, and Tomato.....	\$ 2.50
Tuna Salad.....	\$ 2.25
Broiled Chicken.....	\$ 2.50
Desserts	
Pies.....	\$ 1.50
Ice Cream Sundae.....	\$ 2.50
Chocolate cake.....	\$ 1.75
Strawberry Cheesecake.....	\$ 2.75
Beverages	
Coffee.....	\$.75
Low fat milk.....	\$.80
Sodas.....	\$.90



ALEXANDER'S

Appetizers	
Smoked Salmon.....	\$ 5.25
Seafood Crepe.....	\$ 4.95
Escargot.....	\$ 5.25
Oysters of the Half Shell.....	\$ 4.50
Salads	
Hearts of Palm.....	\$ 4.25
Hot Spinach.....	\$ 4.50
Caesar Salad (mixed at your table)....	\$ 5.25
Soups	
Soup du jour.....	\$ 4.25
Vichyssoise.....	\$ 3.75
Lobster Bisque.....	\$ 4.50
Entrees	
Chataubriand (for two).....	\$ 25.00
Shrimp Newberg.....	\$ 14.00
Filet Mignon.....	\$ 15.00
Cranberry Baked Chicken Breast.....	\$ 12.50
Beef Ragout.....	\$ 13.50
Lobster Thermidor.....	\$ 16.00
From the Dessert Tray	
Chocolate Mousse.....	\$ 6.00
Cinnamon Apple Pie with Caramel....	\$ 5.00
German Cherry Chocolate Trifle.....	\$.00
Rainbow Sherbet.....	\$ 2.00
Beverages	
Coffee.....	\$ 2.00
Cola.....	\$ 2.00
Mineral Water.....	\$ 2.00

Ask about our wine list!

(Gratuity of 15% is added to the bill.)

To Consider:

1. Should a reservation be made?
2. What should you do if the food you've been served is burned, cold, or unsatisfactory in any way?
3. What should you do if you don't understand foods on the menu?
4. Who should sit down at the table first?
5. What table manners should you consider to make your guests and other restaurant patrons comfortable?
6. Make your choices of food and consider the amount of tip that is expected.

YOU'RE THE CHEF FOR ONE DAY!



TIME TO PLAN

Breadfast Menu Recepte Ingredients Needed Utensils Needed Shopping List

Lunch Menu Recepte Ingredients Needed Utensils Needed Shopping List

Dinner Menu Recepte Ingredients Needed Utensils Needed Shopping List

The Ultimate Grocery List | www.grocerylists.org

Fresh vegetables

- Asparagus
- Beets
- Broccoli / Cauliflower
- Carrots
- Celery
- Corn
- Cucumbers
- Greens
- Lettuce
- Mushrooms
- Onions
- Peppers
- Potatoes
- Spinach
- Sprouts
- Squash
- Tomatoes
- Zucchini
- Other _____
- Other _____

Fresh fruits

- Apples
- Avocado
- Bananas
- Berries
- Cherries
- Grapes
- Kiwis
- Lemons / Limes
- Melons
- Oranges
- Peaches
- Pears
- Plums
- Other _____
- Other _____

Canned foods

- Applesauce
- Baked beans
- Beans
- Carrots
- Corn
- Beans
- Mixed fruit
- Mixed veggies
- Olives
- Pasta sauce
- Pickles
- Refried beans
- Tuna
- Soups
- Tomatoes
- Other _____
- Other _____

Sauces

- BBQ sauce
- Hot sauce
- Salsa
- Soy sauce
- Steak sauce
- Syrup
- Worcestershire sauce
- Other _____
- Other _____

Various groceries

- Bottled water
- Bullion cubes
- Cereal
- Coffee
- Gravy
- Honey
- Jelly / Preserves
- Ketchup
- Lemon / Lime juice
- Mac & cheese
- Mayonnaise
- Mustard
- Pancake / Waffle mix
- Peanut butter
- Ramen
- Soda pop
- Tea
- White rice
- Wild rice
- Other _____
- Other _____

Spices & herbs

- Basil
- Black pepper
- Cilantro
- Cinnamon
- Garlic
- Oregano
- Parsley
- Red pepper
- Salt
- Vanilla extract
- Other _____
- Other _____

Oils/Vinegars

- Apple cider vinegar
- Balsamic vinegar
- Salad dressing
- Olive oil
- Vegetable oil
- White vinegar
- Other _____
- Other _____

Refrigerated items

- Chip dip
- Eggs / Fake eggs
- Juice
- Ready-bake breads
- Tofu
- Tortillas
- Other _____
- Other _____

Dairy

- Butter
- Half & half
- Heavy cream
- Margarine
- Milk
- Sour cream
- Whipped cream
- Yogurt
- Other _____
- Other _____

Cheese

- Cheddar
- Cottage cheese
- Cream cheese
- Feta
- Mozzarella
- Parmesan
- Pepper
- Provolone
- Ricotta
- Sandwich slices
- Shredded
- Swiss
- Other _____
- Other _____

Frozen

- Burritos
- Desserts
- Fish sticks
- Ice cream
- Juices
- Pizzas
- Popsicles
- Fries / Tater tots
- Sorbet
- TV dinners
- Vegetables
- Veggie burgers
- Other _____
- Other _____

Meat

- Bacon
- Beef
- Chicken
- Ground beef
- Ground turkey
- Ham
- Hot dogs
- Lunchmeat
- Pork
- Sausage
- Steak
- Turkey
- Other _____
- Other _____

Seafood

- Catfish
- Cocktail sauce
- Crab
- Halibut
- Oysters
- Salmon
- Shrimp
- Tilapia
- Tuna
- Other _____
- Other _____

Baked goods

- Bagels
- Buns
- Cake
- Cookies
- Crackers
- Croissants

- Donuts
- Fresh bread
- Pastries
- Pie
- Pitas
- Rolls
- Sliced bread
- Other _____
- Other _____

Baking

- Baking powder
- Baking soda
- Bread crumbs
- Brown sugar
- Cake decorations
- Cake icing
- Cake / Brownie mix
- Chocolate chips
- Cocoa
- Flour
- Oatmeal
- Pie shell
- Powdered sugar
- Shortening
- Sugar
- Yeast
- Other _____
- Other _____

Snacks

- Candy
- Cookies
- Dried fruit
- Granola bars
- Gum
- Nuts
- Popcorn
- Potato chips
- Pudding
- Pretzels
- Tortilla chips
- Other _____
- Other _____

Personal care

- Antiperspirant
- Bath soap
- Conditioner
- Condoms
- Cosmetics
- Deodorant
- Facial cleanser
- Facial tissue
- Floss
- Hair gel/spray
- Hand soap
- Lip balm
- Moisturizing lotion
- Mouthwash
- Q-Tips
- Razors
- Shampoo
- Shaving cream
- Toilet paper
- Toothpaste
- Other _____
- Other _____

Medicine

- Allergy
- Antidiarrheal
- Aspirin
- Antacid
- Band-aids
- Cold
- Feminine products
- Prescription
- Sinus
- Vitamins
- Other _____
- Other _____

Kitchen

- Aluminum foil
- Coffee filters
- Dish soap
- Dishwasher soap
- Disposable cups
- Disposable cutlery
- Disposable plates
- Freezer bags
- Napkins
- Non-stick spray
- Paper towels
- Plastic wrap
- Roasting pan
- Sandwich bags
- Sponges / Scrubbers
- Wax paper
- Other _____
- Other _____

Cleaning products

- Air freshener
- Bathroom cleaner
- Bleach
- Dryer sheets
- Fabric softener
- Floor cleaner
- Garbage bags
- Glass cleaner
- Laundry detergent
- Mop head
- Spray polish
- Vacuum bags
- Other _____
- Other _____

Other stuff

- Automotive
- Batteries
- Candles
- CDRs
- Charcoal
- Fresh flowers
- Greeting cards
- Hardware
- Insect repellent
- Insecticides
- Light bulbs
- Magazine
- Newspaper
- Random impulse buy
- Sunscreen
- Other _____
- Other _____

Pets

- Cat food
- Cat litter
- Cat treats
- Dog food
- Dog treats
- Flea treatment
- Pet shampoo
- Other _____
- Other _____

Baby

- Baby food
- Bottles / Cups
- Diapers
- Diaper lotion
- Formula
- Wipes
- Other _____
- Other _____

Office supplies

- Envelopes
- Glue
- Notepads
- Paper
- Pens / Pencils
- Scotch tape
- Other _____
- Other _____

Alcohol

- Beer
- Champagne
- Club soda
- Gin
- Malt beverage
- Red wine
- Rum
- Sake
- Tonic
- Whiskey
- White wine
- Vodka
- Other _____
- Other _____

Themed meals

- Burger night
- Chili night
- Pizza night
- Spaghetti night
- Taco night
- Take-out deli food
- Other _____
- Other _____

Other

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

IMPORTANT: Please leave this list in the cart when you're done.

If found, please mail to Grocerylists.org, P.O. Box 752, St. Louis, MO 63188 USA

Grocerylists.org is the world's largest online collection of found grocery lists. Visit our shopping blog, our hilarious Top 10 lists, learn about our book of shopping lists or just waste time browsing the thousands of discarded lists in the collection: www.grocerylists.org.

THE ULTIMATE GROCERY LIST: THE DELUXE VERSION 05/07 GROCERYLISTS.ORG

Before you go

- Bring canvas bags
- Clip coupons
- Film to process?
- Plastic bags to recycle?
- Return anything?

Before you check out

- Need ice?
- Rent movie
- Pick up photos
- Stock on sale items
- Use your coupons!