

**Exploring Life and Career © 2012**

**Chapter 9: You in the Kitchen—Read, Discuss, and Analyze Activity**

**Meal Preparation Planning**

**READ the case study**

Nicole invited her grandmother for lunch at noon. Nicole planned to serve soup and sandwiches for lunch and strawberry shortcake for dessert. When she went to serve the soup, she found that she had forgotten to turn on the range so the soup was not heated. She discovered that the bread she had planned to use for the sandwiches was stale. She also had forgotten to take the strawberries she had planned to use for the strawberry shortcake out of the freezer so they were still frozen. Nicole’s grandmother, an experienced cook, helped Nicole to get the meal on the table. She heated the soup and made toasted sandwiches. While they were eating, the strawberries thawed and were ready in time for dessert. Although Nicole enjoyed spending time with her grandmother, she felt rushed and embarrassed, wishing she had been able to serve the meal on time.

**DISCUSS this question in class:**

How could meal preparation planning have helped Nicole?

**ANALYZE the following statements about the case study to decide which are true and which are false.**

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|---|---|--|
| T | F | From this experience, Nicole learned that she should depend on her guests to help her prepare a meal.  |
| T | F | The noon meal was delayed because of lack of planning ahead.   |
| T | F | Planning the preparation of the meal would not have made a difference in how soon the meal was served. |
| T | F | By planning, Nicole could have avoided feeling rushed and embarrassed.                                 |