Project Leader:

Shawn Eggers (916) 508-1953 call/text fueledforhouston@yahoo.com

1. Call Meeting To Order
2. Flag Salute and 4H Pledge
3. Sign-in Sheet
4. Hand out Project Report Form for next club meeting (\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_)
5. Icebreakers – getting to know each other
	1. Why are you in the cooking project or what do you hope to learn from being in this project?
	2. What is your cooking experience?
	3. Name repeat game
6. Project Rules and kitchen organization –
	1. Basic Rules of Kitchen Safety PDF
	2. Kitchen tour - Familiarize yourself with the kitchen and everything in it, what we can use and what we can’t.
	3. Cleaning up as you go enhances everyone’s safety
	4. KP duty AKA Kitchen Police means to restore the kitchen to order or to clean up the kitchen. This is everyone’s responsibility
7. Project Activities / Skills Sessions
	1. Project Handouts – pre project discussion
		1. What is falafel? – History
		2. Fun facts
		3. Nutrition Facts
	2. Making Falafel
8. Project discussion
	1. Characteristics of the Mediterranean, Geography, and the foods we associate with it [handout]
	2. Substitutions
9. Post-Project Discussion
	1. Trying the Falafel
	2. What did you Like/Dislike?
	3. Did anything happen that you weren’t anticipating or not prepared for?
	4. Were you satisfied with the results?
	5. What would you do differently next time?
	6. Additional Comments?
10. Cleanup and KP Duty – Remember Kitchen Safety
11. Leader Report
	1. Upcoming events – None at this time
	2. Next Project and Club Meetings
		1. **Next Project Meeting** is January 30th 2022 at 1 PM at the EGUMC.
		2. **Next Club Meeting** is January 3rd, 2022 at 7 pm at PGBC.
12. Reflection and Closing Remarks
13. Adjournment

Notes: