*U.S. History (11th Gr.) New West Charter Instructor: Ms Hynes*

**Great Depression Dinner Assignment**

*This assignment will put you in the shoes of those who struggled to feed themselves and their families during the Great Depression of the 1930s. Find some time during the coming week to cook dinner for your family using only ingredients you have on hand at home. This assignment is worth five points overall; you will earn two points for successfully meeting each of the following two criteria and one additional point for overall execution of the meal itself. You should document your cooking and serving process using video or photographs. Any comments from family members you served during your project are welcome and encouraged!*

* **BUDGET - Try to stay within, and preferably on the lower side of, your budget**
  + The minimum cost of a meal to feed a family of four in 1933 was approximately 15 cents (equal to around $2.70 today, or 67.5 cents per person)
  + The maximum estimated cost to feed a family of four in 1933 was around 50 cents (equal to around $9.00 today, or $2.25 per person)
  + You will have to do some math to calculate the cost of all ingredients you use to make your meal
* **QUALITY - Try to make the meal as healthy, filling, and tasty as possible**
  + Try to represent as many food groups as you can
  + When you’re planning your meal, ask yourself whether the people you’re feeding would get enough energy from your meal to face a day of job-hunting or the kind of one-day manual labor jobs that represented the majority of the work available
  + Try to make it as flavorful and enjoyable as you can to keep the family’s spirits up and give everyone something to be grateful for in hard times.

*Please make sure that when you submit your assignment, you include an ingredient list and a detailed calculation of your budget in addition to your video or photos.*

**Criteria Point Value**

|  |  |
| --- | --- |
| Budget | 2 |
| Quality | 2 |
| Overall Execution | 1 |

**Due date:** Wednesday February 20