Pasta Independent Study

In your working group from your unit do the following

1. Find a **recipe** for the type of pasta you want to make in class
   1. Write out the recipe by hand including the **ingredients** and **method** 
      1. Ingredients must **be adapted to size** – no more than 150g pasta MAX
   2. Noodles and sauce will be made from scratch – if that is not included in your recipe you must find a sauce recipe, I can provide a pasta recipe
2. Write a **grocery list** for the ingredients you would need and the amount for your group
3. Find some **nutritional information** for your pasta
   1. Can you find the calories of a single portion? Is this good or bad? How do you know?
   2. What is the **main nutrient** you are getting from this pasta? What does that nutrient do in your body?
   3. How could you make this pasta **healthier?** What is the least healthy aspect of this pasta?
4. Answer the following questions
   1. Why did your group choose this pasta?
   2. Do you see yourself making this pasta at home?
   3. What roles will each of your group members take while making this pasta