



HUMPHREYS UPSL COOKBOOK

From the Kitchen of:
Humphreys American School

UPSL

Understand the Problem:

What Do I Need?

- Recipe card
- Ingredients
- Measuring Tools
- Bowl
- Mixer
- Utensils
- Equipment

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Plan:

How am I going to Solve?

- Preheat Oven
- Follow Recipe
- Put in Baking Pan
- Bake
- Take out of Oven

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Solve:

Follow your plan to produce your favorite food.

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Look Back and Explain:

Serve the food and observe the reaction from your guests. Mmmm.
Tell us how it tastes in a short paragraph.



SHARE YOUR FAVORITE RECIPE

... so we can spread the good cooking here at Humphreys and raise some money for charity.



All proceeds minus printing costs will go to the Garrison Chaplin Office to financially assist needy families.

All submissions need to be to us before **March 1st 2013** so we can determine the final price for the UPSL COOKBOOK.

UPS L COOKBOOK

Humphreys American School UPSL COOKBOOK

Share your recipes with us so we can share them with our community.

UPS� COOKBOOK

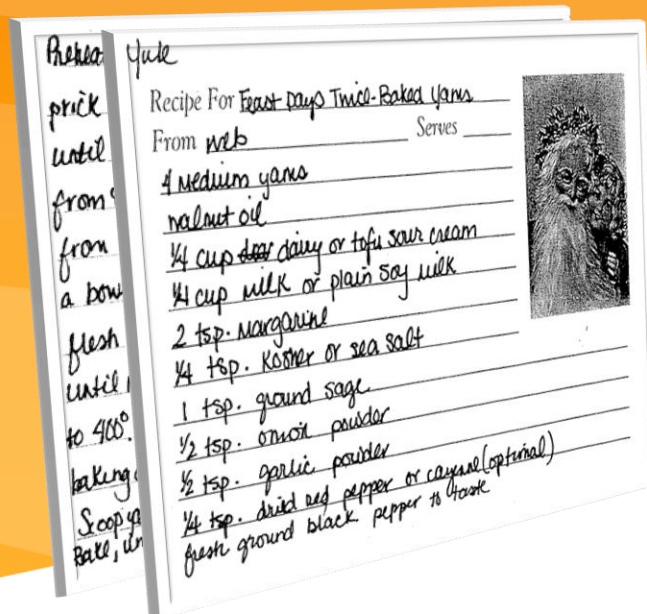
CSI 2013

FORMAT:

The format we are using for the book is the same problem solving/explanation guide our students at HAS have been using as part of our Continuous School Improvement Goals for the school. ★

Understand the Problem	Plan
Solve it	Look Back and Explain

The following is a sample



Using Humphreys American School UPSL to share your favorite RECIPE

<p>Understand the Problem - What are we making and what equipment/ingredients do we need?</p> <p>We are making Yule (kind of like a twice-baked potato). We will need: Oven, foil, rectangular baking dish, and a mixing bowl</p> <p>4 medium yams Walnut oil 1/4 cup sour cream 1/4 cup milk 2 tsp. butter 1/4 tsp. salt 1 tsp. sage 1/4 tsp. onion powder 1/2 tsp. garlic powder 1/4 tsp. black pepper</p>	<p>Plan - How do we set up for the recipe? (preheating, chopping, greasing, and tricks)</p> <p>Preheat the oven to 375 degrees The yams have to be scrubbed (leave the skin on) and rubbed with the walnut oil. Then wrap them in foil and bake them for 45 minutes. They should feel just like a baked potato that you would serve just like it is. Take the yams out of the oven. Turn the oven up to 400 degrees. Now you are ready to put everything together.</p>
<p>Solve It - How do we put everything together? (tell us about any substitutions that you may use)</p> <p>Cut a single slice along the long side of the yam and scoop out the insides – be careful to keep the skin in-tact because you are going to put all of the stuff back into it. Smash the yams in a mixing bowl and then mix in all of the other ingredients. You can use a blender/mixer if you like – you want them to be light and fluffy.</p> <p>Now put the yam cases in the rectangular baking pan (greased or non-stick) and stuff the skins with the fluffy yams.</p> <p>Bake for 20 minutes. It only serves 4 (4 yams, but it serves more)</p>	<p>Look Back and Explain - Eat it and tells us how it tastes!</p> <p>They were very hot coming out of the oven, but made the house smell like the holidays!</p> <p>We had them with dinner – they are fancy baked potatoes, but shaped like yams and kind of special – just like the holidays.</p> <p>Everyone loved them!</p>

“Try new recipes, learn from your mistakes, be fearless, and above all have fun!”

-Julia Child



- Submit your recipe
- Take pictures of your family and the food
- Share your story of why you picked this recipe

The form and directions are available on our web-site www.humphreys-es.pac.dodea.edu

[CLICK HERE TO DOWNLOAD AND FILL OUT THE RECIPE FORM](#)

Once you fill in the form with your favorite recipe, you can submit it by sending it with a student, drop it off at the HAS office, or email it to the school at :

Odette.Hatch@pac.dodea.edu

All we require is the recipe using the UPSL format, but we would love for you to make it with your family and take pictures for the book. A picture of the food, your family, or both would help us show off your recipe .

We would also love to hear your family story using the recipe. Tell us the story of why you chose to share this recipe and why it is important to you – because after all, the best cooking is the cooking that is shared!

Remember that we are doing this to not only share the wonderful cooking here at Humphreys, but to raise money to assist needy families.

Please include your name, the name of your recipe and contact information with each submission. If you include any pictures, you can submit a physical copy, or email it to the school at:
 Odette.Hatch@pac.dodea.edu
 If you give us a physical picture, we cannot guarantee that we will be able to return it, so please label them with your name.

We want to use as many pictures and stories as we can, so please tell us about your food – it makes sure that others can see just how special your cooking is.

If you have any questions, please ask us...we are teachers – we like that kind of thing.

Continuous School Improvement Goals

By June 2014, all Humphreys American School students will increase performance on targeted writing skills using instructional strategies implemented in all curricular areas as measured by TN3 Language subtest and school-based assessment. The targeted skill is to answer constructed response questions that produce clear and coherent writing focusing on organization, ideas, and sentence fluency.

By June 2014, all Humphreys American School students will increase performance on targeted math skills using instructional strategies implemented in all curricular areas as measured by the TN3 Math subtest, other system-wide assessments, and school-based assessments. The targeted skill is to construct focused organized arguments that support the problem solving process.