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| FOODS & NUTRITION  GRADE 12  LAB SHEET | Student Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Recipe Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Cooking Temp. \_\_\_\_\_\_\_\_\_\_\_\_\_\_ Yields \_\_\_\_\_\_\_\_\_\_\_\_ |

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| Ingredients | Equipment |
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| Steps in Preparation: |
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**Photos:**

Please insert URL to link to or post the photos here:

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**Product Evaluation:**

Self-Evaluation Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Evaluate the product using the following chart. Circle the number for each category that you feel best reflects this product.

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| --- | --- | --- | --- |
|  | Unsatisfactory | Satisfactory | Excellent |
| Presentation  Student presents the product in a pleasing manner. Food is neatly plated, on appropriate dish, and care given to product presentation (e.g., garnish, toppings, plating) | 1 | 2 | 3 |
| Taste  Product should be cooked properly—not raw, overcooked, or burnt. The flavour should reflect the correct steps and ingredients were used (e.g., too much baking soda makes a soapy taste) | 1 | 2 | 3 |
| Overall impression  Did you enjoy eating the product? Is it something you would like to serve to a guest in your home? | 1 | 2 | 3 |

Provide a journal entry detailing your experience with the recipe, procedure, and product. Use the Adult Evaluation to help direct you in your reflections. Be descriptive and detailed. Remember to use your five senses

Journal Entry:

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Adult Evaluation Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Evaluate the product using the following chart. Circle the number for each category that you feel best reflects this product. Please elaborate on the food you ate in the comments section below. Your feedback provides insight and is a an integral part of the student learning process. Thank you for your time.

|  |  |  |  |
| --- | --- | --- | --- |
|  | Unsatisfactory | Satisfactory | Excellent |
| Presentation  Student presents the product in a pleasing manner. Food is neatly plated, on appropriate dish, and care given to product presentation (e.g., garnish, toppings, plating) | 1 | 2 | 3 |
| Taste  Product should be cooked properly—not raw, overcooked, or burnt. The flavour should reflect the correct steps and ingredients were used (e.g., too much baking soda makes a soapy taste) | 1 | 2 | 3 |
| Overall impression  Did you enjoy eating the product? Is it something you would like to serve to a guest in your home? | 1 | 2 | 3 |

Comments:

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