

Extra Credit/Lab Makeup Lab Sheet

Ms. Moran -FACS

Name: _____ Date: _____ Period: _____

Recipe Cooked: _____

Date: recipe was cooked in class: _____

Directions: Please fill out the following lab sheet when cooking at home for either extra credit or making up a lab. Please circle Lab makeup or extra credit below. 10 Points extra credit or 40 points lab makeup

Cooking Responsibilities

10 points

Student	Parent/Guardian Circle an appropriate score
Gather all ingredients before cooking.	Cleaned up completely 0 1 2 3 4 5
Prepare recipe.	Safety procedures were followed. 0 1 2 3 4 5
Set aside an example for Ms. Moran	Washed hands 0 1 2 3 4 5
Serve food.	Other sanitation procedures were followed to prevent cross contamination. 0 1 2 3 4 5
Clean - Up	Please sign in the space provided below.

Parent Signature: _____ **Date:** _____

5pts

Please bring in a sample of the food cooked or no points will be awarded.

Self-Evaluation

2 points

Today I;

- Wore an Apron Followed safety guidelines.
- Followed sanitation guidelines.

Product Evaluation

3 points

Rate your product on the following scale, 5 being the best.

Circle the number.

Appearance 1 2 3 4 5 Flavor 1 2 3 4 5
 Color 1 2 3 4 5 Texture 1 2 3 4 5

Lab Analysis

10 points

Write 4-5 sentences *in the space below* describing what you learned from the lab, what went wrong and what you would do differently next time. Please be specific. I do not want to know that you learned how to make wonton salad instead tell me that you discovered that you should not have used as much oil as it masked the flavor. There is always something to learn or improve upon. Reflect and share here! 😊