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| FOOD STUDIES  GRADE 11  LAB SHEET | Student Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Recipe Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Cooking Temp. \_\_\_\_\_\_\_\_\_\_\_\_\_\_ Yields\_\_\_\_\_\_\_\_\_\_\_\_ |

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| What is the alteration/substitution you will make to this recipe? | Your prediction of what will happen to the cookie based on this change. | Provide reasons for your predicted results. |

**Recipe:**

Attach a photo of your recipe, download and attach the recipe or write the recipe and preparation steps here. Explain why you chose this particular recipe.

**Photos:**

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

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**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 for the original batch cookie. Put a star (\*) by each number to reflect how you felt about your altered cookie.

|  |  |  |  |
| --- | --- | --- | --- |
|  | 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 |

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Provide a journal entry detailing your experience with the recipe, procedure, and product. You made one batch of the original recipe and one batch of the altered recipe. Were your predictions correct? Which cookie do you prefer and why? Be descriptive and detailed in talking about the two products. Remember to use your five senses. Discuss your taste tester’s response to the two cookies.

Journal Entry:

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

Evaluate the product using the following chart. Circle the number for each category that you feel best reflects the original cookie. Put a star (\*) by each number to reflect how you felt about the altered cookie.

Please elaborate on the food you ate in the comments section below. Which cookie did you prefer and why? Your feedback provides insight and is an integral part of the student learning process. Thank you for your time.

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| --- | --- | --- | --- |
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| Comments: |