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| FOODS & NUTRITION  GRADE 11  LAB SHEET | Student Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Recipe Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Cooking Temp. \_\_\_\_\_\_\_\_\_\_\_\_\_\_ Yields \_\_\_\_\_\_\_\_\_\_\_\_ |

**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.

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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. Be descriptive and detailed. Remember to use your five senses. For this lab you have two different loaves. Discuss what changes you made to the recipe to make it healthier. Discuss how much each loaf rose. How is the texture of each loaf? The taste? Which one tastes better and why? What would you do in the future to make the recipe better? (There is more space to write on the next page.)

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. Discuss how much each loaf rose. How is the texture of each loaf? The taste? Which one tastes better and why? What would you advice be to make the recipe better for next time?

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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| 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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