Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Class Period: \_\_\_\_\_

**Lab Make-Up Sheet**

Culinary Arts and Nutrition 1

**(27 points)**

Unit/Topic: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Lab: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Photos (20 points)**

10 TOTAL WITH descriptions of what is taking place in each—see chart for specific requirements.

(You MUST be in ALL photos or no credit will be given)

|  |  |  |
| --- | --- | --- |
| **# of Photos Needed** | **Skill Focus** | **Description of What is Taking Place in the Picture** |
| 1 | Personal Hygiene  (hair back; apron; hand washing) | Discuss all of the steps you took to practice good hygiene and why they’re important |
| 2 | Sanitation  (sink set-up; clean work space) | Describe what you did and why this is important |
| 2 | Measuring  (1 liquid; 1 dry) | Explain how you measured each ingredient using information learned in class |
| 1 | Knife Skill/Cut  (Proper set-up; technique; size) | Explain proper cutting board set-up, proper (form), and a description of the knife cut |
| 1 | Cooking Term | Define the term being completed and what it is being used for in the recipe |
| 1 | Cooking Method | Define the method being used and what it is being used for in the recipe |
| 1 | Finished Product | Describe the taste and texture of your finished product |
| 1 | Clean-Up  (clean sink; work space) | Describe how you cleaned up. Include a parent reaction. |

**Reflection (7 points)**

1. List 1 new/important skill you learned from completing this lab. (1 point)

\*\*Refer to specific notes for the unit/lab being completed.\*\*

1. Explain 1 way in which you could improve your performance in the lab. Include why this improvement should/could be made. (2 points)
2. What was your FAVORITE part of this lab? Why? (2 points)
3. What was your LEAST favorite part of the lab? Why? (2 points)