

Name _____ Date _____ Period _____



Foods Lab Extra Credit

Name of recipe prepared at home _____

List the ingredients required to prepare the food.

List the equipment used in preparation.

Rate yourself on the following:

• I read and followed the recipe carefully.	5	4	3	2	1
• I measured accurately/used correct utensils.	5	4	3	2	1
• I used correct safety and sanitation practices.	5	4	3	2	1
• I used time efficiently.	5	4	3	2	1
• I served the food attractively.	5	4	3	2	1
• Cleanup	5	4	3	2	1

Any difficulties encountered? Explain.

Next time I would do the following differently:

I learned:

Parent signature _____

Comments: