

Unit 1 Food and Nutrition 1

Students will apply the skills of kitchen equipment and management (Standard 1)

Name _____ Hour _____

These are the assignments in this unit; leave the score column blank until grading day. Make a check next to the assignment as you complete your work. **Please remember to always do your own work. If you are copying work from another packet you are cheating.**

Assignment	Complete	Score
Bell Work 25 points #1-11		
Kitchen Bingo 15 pts.		
Identify the Type of Pot or Pan 20 pts.		
Small Equipment Identification 20 pts.		
Microwave Cooking Worksheet 20 pts.		
Microwave Mysteries Video Quiz 15 pts.		
Understanding Recipe Codes 15 pts.		
Match up the Measuring Techniques 20 pts.		
Measuring Equivalents 30 points		
Gallon Guy 20 pts.		
Total 200		

Unit 2 Food and Nutrition 1

Students will consistently demonstrate kitchen safety procedures and sanitation techniques (Standard 2)

Name _____ **Class Hour** _____

These are the assignments in this unit; leave the score column blank until grading day. Make a check next to the assignment as you complete your work.

Please remember to always do your own work. If you are copying work from another packet you are cheating.

Assignment	Complete	Score
Bellwork 25 pts. #12-22		
America's Most Unwanted 20 pts.		
Basic Cooking Terms 20 pts.		
Define the Cooking Terms 15 pts.		
Complete the Sentence Terms 10 pts.		
Germs and Viruses Video Guide 20 pts.		
List the Hazards Most Common 20 pts.		
Highlight the Article 20 pts.		
Sanitation Pamphlet 40 pts.		
Preventing Falls Word Search 10 pts.		
Total	200	

Unit 3 Food and Nutrition 1

*Students will explore the Dietary Guidelines and MyPyramid.Gov (Standard 3)
Students will identify the sources, function of vitamins and minerals (Standard 6)*

Name _____

Hour _____

Assignment	Complete	Score
Watch: <u>Eat Right My Pyramid</u> Write down 8 facts from the video 10 pts.		
Complete Dietary Guidelines and Servings Sizes for a 2000 calorie diet booklet. 1. Dietary Guidelines page 134 2. Describe the My Pyramid page 135-a page for each box. 3. Serving sizes page 138-139 a page for each including fats and oils, color code the groups, show amounts needed and 2 examples of a serving size. 15 pts. Each part total 45 pts.		
Track your eating for three days on any sheet of paper or use the outline given in class. Make sure you write down specifics what you ate including a guesstimate on amounts. Example: 1 cup leafy green lettuce, 2 Tbsp. tomatoes, etc. 10 pts. For each day, total 30 pts.		
Complete the exploring My Pyramid.gov assignment sheet, print out pages mentioned hole punch them and place in your binder behind unit three. 40 pts.		
Play My Pyramid Bingo ask teacher for alternate assignment if absent. Get stamp if present. 10 pts.		
Watch the video on Vitamins list each vitamin mentioned and any deficiency diseases mentioned associated with that vitamin. 10 pts.		
Complete the Worksheet on Vitamins/Minerals 30 pts.		
Bellwork #23-33 25 pts.		
Total	200	

Unit 4 Food and Nutrition 1

Students will identify the sources and function of carbohydrates and fiber including Quick Breads. (Standard 4) Students will identify the sources and functions of proteins and fats. (Standard 5)

Name _____ **Hour** _____

These are the assignments in this unit; leave the score column blank until grading day. Make a check next to the assignment as you complete your work. **Please remember to always do your own work. If you are copying work from another packet you are cheating.**

Assignment	Complete	Score
Watch: <u>Amazing Grains or Good Eats Say Cheese</u> Write down 8 things from the video you feel is important to remember. 10 pts.		
Complete the pie worksheet. Use the text books to help you find the answers. Food for Today pages 696-700. Culinary Professional pages 623-631 25 pts.		
Take Notes on Quick Breads from class lecture/demo 20 pts.		
Complete the worksheet on Carbohydrates from the power point shown in class. If absent view the power point from the website http://my.uen.org/106845 or get class print out. Read pages 76-82 in the Food for Today Text. 40 pts.		
Complete the lecture guide on Fats as given in class. If absent you can access the notes from the class website. 20 pts.		
Complete worksheet on Milk while viewing the power point. 20 pts.		
Complete the activity on Eggs. 20 pts.		
With your group make a poster on Protein. Make sure it is "wall worthy" and uses the terms: Incomplete Protein, Complete Protein, and Essential Amino Acids. 20 pts.		
Bell Work #33-43 25 pts.		
Total	200	

Peach Cobbler Recipe Evaluation

Name _____ Date _____ Class Hour _____

1. What food supplies are needed from the supply counter?

2. Special Instructions:

3. What needs to be returned at the end of the lab?

4. On a scale of 1-10, ten being excellent, how would you rate this recipe?

1 2 3 4 5 6 7 8 9 10

5. Would you make any changes to this recipe?

6. What nutrients does this recipe provide?

7. Describe the biscuit method of mixing? Page 669 in textbook

8. Describe how to blanch a peach and why would you do this?

Comments:

Score: _____

Pancake Recipe Evaluation

Name_____ Date_____ Class Hour_____

1. Special Instructions:
2. What needs to be returned at the end of the lab?
3. On a scale of 1-10, ten being excellent, how would you rate this recipe?

1 2 3 4 5 6 7 8 9 10

4. Would you make any changes to this recipe?
5. What nutrients does this recipe provide? (from 6 nutrients list)
6. Describe the look and taste of the food (use words on table).
7. Describe how you measured ingredients properly.

Comments:

Score: _____

Brownies and Pizza Recipe Evaluation

Name_____Date_____ Class Hour_____

1. Special Instructions:
2. What needs to be returned at the end of the lab?
3. On a scale of 1-10, ten being excellent, how would you rate this recipe?

1 2 3 4 5 6 7 8 9 10
4. Would you make any changes to this recipe?
5. Describe the look and taste of the food.
6. What nutrients does this recipe provide?
7. Microwaves heat _____, _____, _____, and _____ more quickly than other parts of food. Page 396 in textbook.

Comments:

Score: _____

Salad Lab Recipe Evaluation

Name _____ Date _____ Class Hour _____

1. What recipe did your lab make?
2. What food supplies are needed from the supply counter?
3. Special Instructions:
4. What needs to be returned at the end of the lab?
5. On a scale of 1-10, ten being excellent, how would you rate this recipe?

1 2 3 4 5 6 7 8 9 10

6. Out of the 5 different salads made which one was your favorite?
7. Would you make any changes to this recipe?
8. What nutrients does this recipe provide?
9. List one Dietary Guideline recommendation that fits with this recipe/lab. Page 134

Comments:

Score: _____

Fettuccini Alfredo Recipe Evaluation

Name _____ Date _____ Class Hour _____

1. What food supplies are needed from the supply counter?

2. Special Instructions:

3. What needs to be returned at the end of the lab?

4. On a scale of 1-10, ten being excellent, how would you rate this recipe?

1 2 3 4 5 6 7 8 9 10

5. Would you make any changes to this recipe?

6. What nutrients does this recipe provide? Choose one from the board/ The section in the back of your book labeled green/starting on page 826 can help you answer this question.

7. How did the food look at taste? Use the words on the table.

8. Define Al dente page 478.

Comments:

Score: _____

Meat Poultry Recipe Evaluation

Name _____ Date _____ Class Hour _____

1. . What food supplies are needed from the supply counter?

2. . Special Instructions:

3. . What needs to be returned at the end of the lab?

4. . On a scale of 1-10, ten being excellent, how would you rate this recipe?

1 2 3 4 5 6 7 8 9 10

5. . Would you make any changes to this recipe?

6. . What nutrients does this recipe provide? *Choose one from the board/ The section in the back of your book labeled green/starting on page 826 can help you answer this question.*

7. . How does the food look and taste? You can use words from the list on the table.

8. How many ounces do you need in the meat group for a 2000 calorie diet?

Comments:

Score: _____

Beans and Rice Recipe Evaluation

Name _____ Date _____ Class Hour _____

1. What food supplies are needed from the supply counter?

2. Special Instructions:

3. What needs to be returned at the end of the lab?

4. On a scale of 1-10, ten being excellent, how would you rate this recipe?

1 2 3 4 5 6 7 8 9 10

5. Would you make any changes to this recipe?

6. What nutrients does this recipe provide? Choose one from the board/ The section in the back of your book labeled green/starting on page 826 can help you answer this question.

7. How does beans and rice make a complete protein page 89?

Comments:

Score: _____

Skillet Apple Pie Recipe Evaluation

Name _____ Date _____ Class Hour _____

1. What supplies are needed from the supply counter?
2. Special Instructions:
3. What needs to be returned at the end of the lab?
4. On a scale of 1-10, ten being excellent, how would you rate this recipe?

1 2 3 4 5 6 7 8 9 10

5. Would you make any changes to this recipe?
6. What nutrients does this recipe provide? *Choose one from the board/ The section in the back of your book labeled green/starting on page 826 can help you answer this question.*
7. How does the food look and taste? You can use words from the list on the table.
8. What does it mean to cut in?

Comments:

Score: _____

Halloween Lab Recipe Evaluation

Name_____Date_____ Class Hour_____

1. What recipe did your lab make?
2. What food supplies are needed from the supply counter?
3. Special Instructions:
4. What needs to be returned at the end of the lab?
5. On a scale of 1-10, ten being excellent, how would you rate this recipe?

1 2 3 4 5 6 7 8 9 10
6. Out of the 5 different recipes made which one was your favorite?
7. Would you make any changes to this recipe?
8. What nutrients does this recipe provide?
9. List the amount of servings you just ate from each of the food groups (give a ruff estimate).

Comments:

Score: _____

Smoothie and Muffin Recipe Evaluation

Name_____ Date_____ Hour_____

1. What food supplies are needed from the supply counter?

2. Special Instructions:

3. What needs to be returned at the end of the lab?

4. On a scale of 1-10, ten being excellent, how would you rate this recipe?
1 2 3 4 5 6 7 8 9 10

5. Would you make any changes to this recipe?

6. What nutrients does this recipe provide? (from 6 basic nutrients list)

7. Describe the appearance of your muffins. Example: Top pebbly looking, top well rounded, even shape, inside even grain no tunnels.

Comments:

Score: _____

Valentines Lab Recipe Evaluation

Name _____ Date _____ Hour _____

1. What recipe did your lab make?
2. What food supplies are needed from the supply counter?
3. Special Instructions:
4. What needs to be returned at the end of the lab?
5. On a scale of 1-10, ten being excellent, how would you rate this recipe?

1 2 3 4 5 6 7 8 9 10
6. Out of the 5 different recipes made which one was your favorite?
7. Would you make any changes to this recipe (the one you prepared)?
8. What nutrients does this recipe provide?
9. Explain how you applied sanitation rules and guidelines (refer to the Standards and Objectives 2.3).

Comments:

Score: _____