Name:_____ Class Period:_____ Date: _____

Lifetime Nutrition & Wellness Lab Make-Up Assignment

Dear Parent or Guardian,

Please grade your son or daughter on the lab that they missed in class. He or she will need to perform the assignment in your home kitchen. The missed lab counts as a major grade and must be made up.

Your student must do the following:

- Set the table
- Must to ALL of the preparation and cooking
- The kitchen must be left spotless when finished
- Student must take a picture of the following and email to Mrs. Scherr:
  - Preparation/Cooking
  - Final Product
  - Table Setting
- The parent needs to fill out the evaluation
- Student must also turn in the completed Kitchen Lab Checklist (may be found on class website).

Sample Place Setting

Thank you for helping your student make up this grade.
If you have any questions about the assignment please don't hesitate to contact me.

Bon appétit!

Mrs. Scherr
ashley.scherr@austinisd.org

Lab Evaluation of_____

Cooking Lab Title:_____

List the people who were present and ate:_____

On a scale of 1-5, rate your student: 1 poor, 3 average, 5 excellent

1.   Was the food done in a timely manner?   _____
2.   Was a plate, silverware, and glass set?   _____
3.   Taste? Was it appealing?   _____
4.   Clean-up: Was the kitchen left spotless?   _____
5.   Was the student prepared, and follow all directions?   _____
6.   General Comments:

Parent Signature and phone number/email:_____
_____

Post Lab Questions

1. How was your final food/experiment product? Explain/Describe.

2. List 3 ways that you could use what you learned in lab in the future/living on your own.

3. If you could, what would you do differently next time?

4. Would you make this again? Why or Why Not? Explain.

5. What did you contribute as part of your team?

6. Rate your overall lab group and how you worked as a team. (Point out leaders and slackers.)

7. Rate your overall lab experience (1-5 stars, 5 is high). What did you enjoy most about this lab?

8. What connections can you make from the content learned in class (food topic) to apply in this lab? (What did you learn in the classroom that you applied in lab?)