



Kitchen Lab Planning Sheet

Group # _____ Lab _____

Name of Recipe:	Nutrients in Recipe:
Number Served:	
Manager _____ <ul style="list-style-type: none"> Oversees plan Sweeps floor Makes final check of kitchen lab Asks teacher for approval 	Cook _____ <ul style="list-style-type: none"> Gather supplies from cart Gather utensils, equip., & towels Dries and puts away dishes Sets table (if needed)
Helper _____ <ul style="list-style-type: none"> Prepares dishwater Washes and rinses dishes Pre-Lab: sanitize counters, clean stove Post-Lab: Clean counters, equip, & tools 	Assistant _____ <ul style="list-style-type: none"> Helps where needed throughout lab (watches for things that need to be done, takes the initiative and does them)

Please note who is absent for this lab.

List ALL ingredients, amounts, and food preparation tasks, in the order to be done. Assign each task to one or more members of your team.

<u>Ingredient</u>	<u>Amount</u>	<u>Ingredient</u>	<u>Amount</u>
SIFTED ALL-PURPOSE FLOUR	1 1/8 CUP	VANILLA EXTRACT	3/4 TSP.
SALT	1/2 TSP.	MARGARINE	1/2 CUP
BAKING SODA	1/2 TSP.	WHITE SUGAR	1/2 CUP
EGG	1/2	BROWN SUGAR	1/4 CUP
WHOLE MILK	2 TBSP.	CHOCOLATE CHIP MORSELS	1/2 CUP

<u>Food Preparation Task</u>	<u>Team Member</u>
- PREHEAT OVEN FOR 375° F.	
- MIX EGG, WHOLE MILK, & VANILLA - SET ROOM TEMP.	
- SIFT FLOUR, COMBINE FLOUR, BAKING SODA, & SALT	
- BEAT MARGARINE, BROWN, & WHITE SUGAR - LIGHT & FLUFFY	
- ADD EGG, MILK, & VANILLA TO A CREAMY STATE, THEN ADD FLOUR	
- FOLD IN CHOCOLATE CHIPS, SCOOP ONTO PAN/PARCHMENT PAPER	
- PUT INTO OVEN & 12 MIN, CHECK FOR BROWNING -	
- GOLDEN BROWN - TAKE OUT PUT ON COOLING RACK	

Utensils: MEASURING CUP MEASURING SPOONS
MIXING BOWLS, PAN-PARCHMENT PAPER
COOLING RACK, NEST CUPS

Equipment: HAND MIXER, OVEN

Reminders: TAKE PICTURES
- APRON, EXTRA TOWEL
- PAN-OVEN-HOT-USE OVEN MIT
- DON'T BURN COOKIES



Lab Evaluation

Score each category based on criteria listed. Use the point value of each task to calculate team evaluation. Leave score sheet in kitchen for teacher evaluation.

Teacher Evaluation	Team Evaluation	Categories
		4 Start Up 1 Hair back, sleeves up, hands washed, NO GUM 1 Began right away & worked efficiently 1 Pre-lab clean-up done (dish water & counters) 1 Aprons worn
		3 Organization & Cooperation 1 Plan sheet written clearly (including recipe name and nutrients) 1 Recipe & plan sheet used by team 1 All team members stayed in their lab
		5 Accuracy & Results 1 Followed recipe, plans, and teacher instructions 1 Measured ingredients correctly 1 Used correct utensils for preparation task 1 Presentation is good 1 Worked to solve any problems with lab process
		3 Energy 1 Enthusiastic; positive attitude 1 Worked to reach high standards 1 Did not sit during work time
		10 Clean Up 1 Cleaned up during preparation 1 All food eaten or stored properly 1 Dishes washed properly (clean!!) 1 Dishes dry and put away in correct place 1 Stove / oven turned off and clean 1 Clean burner drip tray if necessary (the thing under the burner) 1 Sink is dry; strainer on back of sink (not still in sink) 1 NO FOOD LEFT IN SINK!!! 1 Used linens put in washing machine (<u>after inspection</u>) 1 EVERYTHING IS CLEAN!!! sink, counter, microwave, floor, dishes, stove, utensils (to name a few) NO FOOD PARTICLES IN SINK OR ON COUNTER!!
/25	/25	Total points earned