

Lab Make-up

You have 2 choices of activities to make up the lab you missed, and have 2 weeks to complete either one. A "zero" will remain if you do not make up the lab within 2 weeks.

If you decide to prepare a recipe at home, please follow the directions in box A. You may cook your own recipe or use the recipe that we did in class. If you decide to review a TV cooking show, please follow the directions in box B.

<u>A</u> Prepare a recipe at home	<u>B</u> Review a TV cooking show
<ol style="list-style-type: none"> 1. Find a recipe that includes at least 5 ingredients or use the class recipe that you missed. 2. Prepare the recipe at home. (Remember to clean up ☺) 3. Take pictures of yourself cooking and the food- either show them to me, email them to me at eanthony@portageps.org or print them and attach to the worksheet below. 4. Complete the <u>Prepare a Recipe at Home Worksheet</u> 5. Have a parent/guardian complete their section of the sheet. 	<ol style="list-style-type: none"> 1. Watch a televised cooking show (Diners, Drive-ins & Dives, Cake Boss, Pioneer Women, etc.) 2. The show must be at least 30 minutes long. 3. Complete the <u>Review a TV Cooking Show Worksheet</u> 4. Have a parent/guardian complete their section of the sheet.

Prepare a Recipe at Home Worksheet (CHOICE A)

Lab You Missed: _____ Recipe Prepared at Home: _____

1. Have you ever made this recipe before? _____ Yes _____ No

2. What pieces of equipment did you use to complete this recipe?

3. What cooking techniques **and** methods did you use to prepare this recipe? (Chopping, whisking, baking, sautéing, etc.)

4. What problems, if any, did you encounter while preparing this recipe and what would you do differently?

5. Evaluate your results:
 - a. Appearance _____
 - b. Taste: _____
 - c. Texture: _____

PARENT SECTION: Please complete below and use back if needed. Thank you!

1. How well did the student do in preparing the recipe? (for ex: organization, skills, techniques)

2. Please evaluate the appearance, taste and texture of the food prepared.

3. How was the kitchen left after the cooking experience?

Name _____ Hour _____

Please sign and date below to verify that the student has completed this make-up lab. Thank you for all your cooperation!

Review a TV Cooking Show (Choice B)

Lab You Missed: _____ Show Title: _____ Host or
Hostess of Show: _____

Date, Time, and Channel of Show Watched: _____

1. What was the subject or theme of the show?
2. List the recipes that were prepared on the show:
3. Select one of the recipes prepared in the episode and list at least 5 of the ingredients used in it.
4. Describe the techniques used in the preparation of the recipe you chose.
5. Describe any interesting facts the host/hostess talked about while preparing the recipe.
6. List any food/kitchen safety violations that you observed.
7. Would you want to make the recipe you saw demonstrated? Why or why not?

PARENT SECTION: Please sign and date below that the student has watched the above show and has completed his obligation for making up the missed cooking lab.