Student Home Lab Self-Evaluation

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date Home Lab was completed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Recipe Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Course: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

To make up the missing lab the student must do the following:

1. Complete the home lab sheet under parent/guardian supervision.
2. Fill in the following self-evaluation sheet and have parent/guardian sign it upon completion.
3. Take 2-3 pictures of the process of making the product and the at least 1 of final product.
4. Bring in the completed form and pictures when returning to class or email them to me: [avanaalst@sd57.bc.ca](mailto:avanaalst@sd57.bc.ca).

**Directions:** Rate yourself in each category indicting your score for each of the criteria in that section in the evaluation then determine the mark for each section. Answer the reflection questions on the back – in full sentences. (no IDK allowed) Add up the section totals and give a mark out 30 for the completed lab.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  |  |  |  |  | |
| Emerging | Fair | Adequate | Great | Excellent | |
| **Preparation & Process: Did you …?** | | | | | |
| **Criteria** | | | | | **Evaluation** |
| 1. Put up your hair (if necessary) and wash your hands and counters? | | | | |  |
| 1. Use appropriate tools for measuring, mixing, and preparing the recipe? | | | | |  |
| 1. Accurately measure the ingredients? | | | | |  |
| 1. Correctly demonstrate the cookery method? | | | | |  |
| 1. Follow the recipe directions in the proper sequence? | | | | |  |
| 1. Use the correct time and temperature as directed in the recipe? | | | | |  |
| **Section Total:** | | | | | **/5** |
| **Management: Did you …?** | | | | | |
| **Criteria** | | | | |  |
| 1. Work efficiently and stay on task? | | | | |  |
| 1. Work safely – follow all general kitchen lab safety guidelines? | | | | |  |
| 1. Follow basic sanitation rules? | | | | |  |
| **Section Total:** | | | | | **/7** |
| **Criteria** | | | | |  |
| 1. Keep your work area organized and clean during the lab? | | | | |  |
| 1. Wash, dry, and put away *all* equipment, dishes, tools, and extra ingredients? | | | | |  |
| 1. Wipe off all counter and stove top (if used)? | | | | |  |
| **Section Total:** | | | | | **/8** |
| **Product: Evaluate the product based upon the standards in the recipe – list them below** | | | | | |
|  | | | | |  |
|  | | | | |  |
|  | | | | |  |
| **Section Total:** | | | | | **/5** |
| **Self-Reflection Questions** | | | | | **/5** |
| **Total Lab Mark** | | | | | **/30** |

**Reflection Questions**:

Answer the following questions regarding the home lab you just completed. Use full sentences and answer the questions fully. You cannot just write IDK (or some other variation), ***all*** questions must be answered. When complete have your parent/guardian sign and date the form where indicated.

1. What did you enjoy about doing this lab?

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1. What challenges, if any, did you encounter doing this lab? What specifically did you do to handle them?

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1. List 3 ways you could use the skills and/or products made in this lab in future/living on your own.
   1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* 1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* 1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ hereby confirm that \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(Parent/Guardian name) (Student name)

completed the home lab on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

(Date)