

# Make-Up Cooking Lab Form

Name: \_\_\_\_\_ Cooking Lab Missed: \_\_\_\_\_

Date of Missed Lab: \_\_\_\_\_ Date Completed Make-Up Form Returned: \_\_\_\_\_

I am sorry you were not able to be here when we recently completed this lab. In order for you to make up the lab experience **and** the points missed, you have 2 choices of activities, but you only have 2 weeks to complete either one. Whichever you choose, you must complete all components to receive the maximum points. The “zero” will remain if you do not make up the lab within 2 weeks.

- You may prepare the same recipe you missed or a similar recipe at home. (See **Box A** below)
- You may watch and review a cooking show, minimum of 30 minutes. (See **Box B** below)

<b>A</b>	<b>B</b>
<ol style="list-style-type: none"><li>1. Use the same recipe at home that you missed in class or choose a similar one that uses at least 5 ingredients.</li><li>2. Notify parent(s) of plan well in advance.</li><li>3. Prepare recipe by yourself <b>and clean up!</b></li><li>4. Attach a copy of the recipe used to this packet.</li><li>5. Complete <u>Recipe At Home Worksheet</u>.</li><li>6. Have parent(s) complete their section of sheet.</li></ol>	<ol style="list-style-type: none"><li>1. Watch a televised cooking show (Good Eats, Cake Boss, etc.)</li><li>2. <b>Hint:</b> Tape the cooking show first so that you can pause and replay it as you complete the worksheet.</li><li>3. Complete <u>Review a TV Cooking Show Worksheet</u>.</li><li>4. Have parent(s) sign their section of sheet.</li></ol>

**\*\*There is an attachment sheet for either choice above that must be completed!**

## Prepare a Recipe at Home Worksheet (Choice A)

**Directions:** Answer the following questions as they relate to the recipe you prepared.

**Recipe Title:** \_\_\_\_\_ **Date of Preparation:** \_\_\_\_\_

1. Have **you** ever made this recipe before? \_\_\_\_\_ Yes \_\_\_\_\_ No
2. Aside from measuring equipment, what other pieces of equipment did you use to complete this recipe?
  
3. What mixing, baking, cutting, and/or cooking techniques did you use to prepare this recipe?
  
4. What problems, if any, did you encounter while preparing this recipe and what would you do differently?
  
5. Evaluate your results according to:
  - 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, etc.)
  
2. Please evaluate the appearance, taste and texture of the food prepared.
  
3. How was the kitchen left after the cooking experience?

**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)**

**Directions:** Answer the following questions as they relate to the TV show you watched.

**Program Title:** \_\_\_\_\_ **Host or Hostess:** \_\_\_\_\_

**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.**