**Make Up Lab Assignment: Analyze a Recipe!**

*I have missed \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ lab.*

Answer the following questions and submit to your teacher within 1 week of the missed lab. If more time is needed, please communicate with your teacher.

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| 1. Describe how to get ready before walking into your kitchen for food preparation. (3 marks) |
| 2. What safety measures need to be remembered in this specific lab (consider tools, temperatures, etc…) (2 marks) |
| 3. List **all the tools** that are required to make this lab successfully. (5 marks) |
| 4. Choose **3 actions/technique** words from your recipe and explain how this action/technique should look like and WHY (what is the science behind this technique) (combining, folding, whipping, cutting in, kneading, etc…) (15 marks)

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| Action/Technique #1\_\_\_\_\_\_\_\_\_\_\_ | Action/Technique #2\_\_\_\_\_\_\_\_\_\_\_ | Action/Technique #3\_\_\_\_\_\_\_\_\_\_\_ |

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| 5. Analyze the ingredients in this recipe. Connect to previous learning on reading labels, nutritional content, healthy choices, etc. Do you believe this recipe is a healthy choice? Explain your answer based on your learning. (3 Marks) |
| 6. List the hardest tool used in this recipe to clean and give a tip on how to clean it successfully. (2 marks) |