

Foods/Nutrition Lab Sheet

Cooking Group Names & Job Titles: _____

Lab Check Off: _____

Quality	Strawberry blueberry lemonade smoothie & spinach artichoke dip
APPEARANCE Dip is creamy and flavorful, smoothie has a creamy pink color and looks smooth and evenly blended. 1 2 3 4 5 Poor not great good better perfect	
COLOR Dip is creamy and even in color and flavor. Smoothies are pink with evenly blended colors from blueberries. 1 2 3 4 5 Poor not great good better perfect	
TEXTURE Dip is creamy and has an evenly blended texture. Smoothie is evenly blended without chunks of fruit or ice. 1 2 3 4 5 Poor not great good better perfect	
FLAVOR Dip has a savory flavor and evenly flavored throughout. Smoothies are fruity without being overpowering and all fruit flavors complement each other. 1 2 3 4 5 Poor not great good better perfect	
GENERAL 1 2 3 4 5 Poor not great good better perfect	

QUESTIONS ON BACK!

1. What ingredients in this recipe are the highest in vitamins and minerals?
2. List the water-soluble vitamins?
3. List the fat-soluble vitamins?