

Foods/Nutrition Lab Sheet

Cooking Group Names & Job Titles: _____

Quality	Old Fashion Pancakes, Buttermilk Syrup, & Hash-brown Patties				
APPEARANCE Very attractive, pancakes are cooked all the way through, syrup is a smooth creamy texture and hash-browns are crispy and seasoned evenly.	1.	2.	3.	4.	5.
COLOR Pancakes, and hash-browns are golden brown, and syrup is a good creamy color.	1.	2.	3.	4.	5
TEXTURE Pancakes are soft, syrup is creamy with no lumps, and hash-brown patties are crispy.	1.	2.	3.	4.	5
FLAVOR Pleasant, evenly seasoned, warm, etc.	1.	2.	3.	4.	5
GENERAL Very good, good, fair, poor, very poor.	1.	2.	3.	4.	5

1. What type of Carbohydrates that you used today were simple and which ones were complex? Why?
2. Did everybody do more than their share when it came to the work load?
3. Did you follow the recipe and directions exactly?

Lab Check off _____

