

Foods/Nutrition Lab Sheet

Cooking Group Names & Job Titles: _____

Quality	Chicken & Waffles				
APPEARANCE Very attractive, chicken is cooked all the way through, with a crispy crust. Waffles are golden brown, and the sauce is creamy.	1.	2.	3.	4.	5.
COLOR Chicken and waffles are golden brown, and sauce is a good creamy color.	1.	2.	3.	4.	5
TEXTURE Chicken is crispy on the outside and moist on the inside. Waffles are cooked all the way through, and sauce is evenly mixed	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 Fat did you use today? Was it a healthy or unhealthy fat?
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 _____