

Rubric for Laboratory Experience – Protein Foods

| <p>Task Description: Students will prepare a nutritious Protein recipe:</p> <ul style="list-style-type: none"> • correctly using standard measuring techniques and equipment • demonstrating correct food preparation techniques, including nutrient retention • using food buying strategies such as calculating food costs, planning food budgets, and creating grocery lists • demonstrating food preparation techniques to reduce overall fat and calories • practicing etiquette, food presentation, and table service appropriate for specific situations • applying food storage principles | | | | | |
|---|--------|---|---|--|--|
| Criteria | weight | Professional 4 | Practitioner 3 | Novice 2 | Beginner 1 |
| Safety/ Sanitation | 15% | <input type="checkbox"/> Always observes safety and sanitation rules | <input type="checkbox"/> Observes safety and sanitation rules with few lapses | <input type="checkbox"/> Occasionally follows safety and sanitation rules | <input type="checkbox"/> Almost never follows safety and sanitation rules |
| Use of Equipment | 15% | <input type="checkbox"/> Efficiently manages equipment <input type="checkbox"/> Selects appropriate equipment for task | <input type="checkbox"/> Manages equipment competently <input type="checkbox"/> Often selects appropriate equipment for task | <input type="checkbox"/> Attempts to manage equipment properly <input type="checkbox"/> Occasionally selects appropriate equipment for task | <input type="checkbox"/> Lacks equipment management techniques <input type="checkbox"/> Rarely selects appropriate equipment for task |
| Maintenance of Work Space | 15% | <input type="checkbox"/> Methodically makes use of a well-planned work space | <input type="checkbox"/> Carefully maintains an organized work space | <input type="checkbox"/> Intermittently maintains an organized work space | <input type="checkbox"/> Seldom maintains an organized work space |
| Time Management | 15% | <input type="checkbox"/> Expertly develops and implements an organized plan | <input type="checkbox"/> Develops and implements an organized plan | <input type="checkbox"/> Attempts to develop and implement an organized plan | <input type="checkbox"/> No apparent plan of action |
| Resource Management | 15% | <input type="checkbox"/> Masterfully manages resources | <input type="checkbox"/> Manages resources properly | <input type="checkbox"/> Works to properly manage resources | <input type="checkbox"/> Mismanagement of resources |
| Food Presentation | 15% | <input type="checkbox"/> Practices etiquette, food presentation, and table service masterfully | <input type="checkbox"/> Practices etiquette, food presentation, and table service adequately | <input type="checkbox"/> Attempts to practice etiquette, food presentation, and table service | <input type="checkbox"/> Little or no practice of etiquette, food presentation, and table service |
| Food Storage Principles | 10% | <input type="checkbox"/> Applies food storage principles masterfully | <input type="checkbox"/> Applies food storage principles adequately | <input type="checkbox"/> Food storage principles attempted | <input type="checkbox"/> Little or no attempt at food storage |

Assignment Score _____ + Beyond/Bonus _____ = Final Score _____