

Rubric for Laboratory Experience - Vegetables

<p>Task Description: Students will prepare a nutritious Vegetable 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 _____