

# HEALTHY YOU Final Cooking Project

Period \_\_\_\_\_

Kitchen Group Color \_\_\_\_\_

## RESEARCH PHASE (+40 POINTS)

\_\_\_\_\_ ✓ Decide what to cook

Page 1  
(+5 pts.)

\_\_\_\_\_

\_\_\_\_\_ ✓ Attach a copy of your resume

Page 1  
(+10 pts.)

\_\_\_\_\_

\_\_\_\_\_ ✓ Proper citing of where you got the recipe from

Page 2  
(+5 pts.)

\_\_\_\_\_

\_\_\_\_\_ ✓ Meeting the "healthy element" requirement

Page 2  
(+20 pts.)

\_\_\_\_\_

\_\_\_\_\_ **TOTAL PTS** \_\_\_\_\_

## PLANNING PHASE (+25 points)

\_\_\_\_\_ ✓ Detailed description of whom is responsible for bringing which ingredients

Page 2  
(+10 pts.)

\_\_\_\_\_ ✓ Planning to finish within class period time

Page 2  
(+5 pts.)

\_\_\_\_\_ ✓ Create and assign job titles to group members

Page 3  
(+10 pts)

\_\_\_\_\_ **TOTAL PTS** \_\_\_\_\_

## COOKING EXECUTION PHASE (+45 points)

\_\_\_\_\_ ✓ Finish cooking during class period

Page 3  
(+20 pts.)

\_\_\_\_\_

\_\_\_\_\_ ✓ Finish cleaning during class period

Page 3  
(+20 pts)

\_\_\_\_\_

\_\_\_\_\_ ✓ Cook enough for everyone in the group to eat (proper yield)

Page 3  
(+5 pts.)

\_\_\_\_\_

\_\_\_\_\_ **TOTAL PTS** \_\_\_\_\_

**SELF-EVALUATION PHASE (+25 POINTS)**

**To include:**

\_\_\_ ✓ Description of what went well during cooking +5 pts. \_\_\_\_\_

\_\_\_ ✓ Description of what the group would do differently +5 pts. \_\_\_\_\_

\_\_\_ ✓ Taste of food rating +5 pts. \_\_\_\_\_

\_\_\_ ✓ Teamwork rating +5 pts. \_\_\_\_\_

\_\_\_ ✓ Overall experience rating +5 pts. \_\_\_\_\_

**TOTAL PTS** \_\_\_\_\_

**Final Total**

**+**  
\_\_\_\_\_  
**135 pts.**