



Healthy You Final Cooking Lab Project

TEAM COLOR: _____ CLASS PERIOD: _____

GROUP MEMBER NAMES:

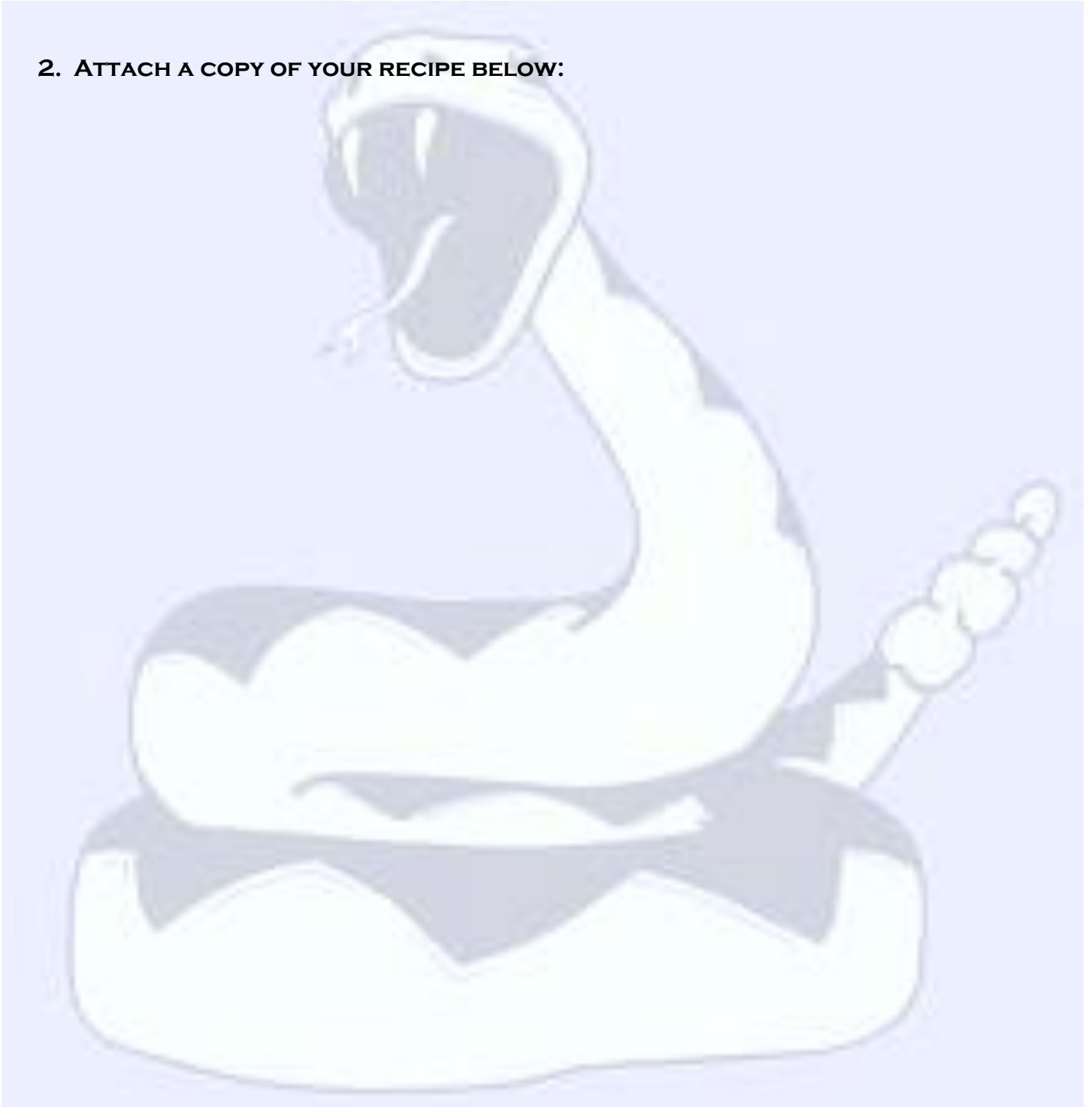
PROJECT REQUIREMENTS AND RULES

- **MUST PROVIDE YOUR OWN INGREDIENTS**
- **MUST GET PRIOR APPROVAL TO BRING IN ANY TYPE OF COOKING DEVICE (GEORGE FOREMAN GRILL, ETC)**
- **MUST COOK ENOUGH FOR EACH GROUP MEMBER TO EAT**
- **YOUR FOOD MUST HAVE AN OBVIOUS HEALTHY COMPONENT, EITHER IN ITS INGREDIENTS OR IN ITS METHOD OF PREPARATION**
- **FOOD MUST BE PREPARED AND COOKED ONLY DURING CLASS ON OUR FINAL COOKING DAY – IN OTHER WORDS, IRON CHEF STYLE...NO PREPARING FOODS BEFORE CLASS**
- **NO PREPACKAGED FOODS**
- **EACH GROUP MEMBER MUST BE RESPECTED WITH THEIR OPINION AND VALUED WITH THEIR WORK/ROLES**

RESEARCH PHASE

1. AS A GROUP, HOW DID YOU DECIDE ON WHAT TO COOK?

2. ATTACH A COPY OF YOUR RECIPE BELOW:



3. WHERE DID YOU GET THE RECIPE? CITE YOUR SOURCE (WEBSITE URL, FAMILY MEMBER, ETC):

4. A REQUIREMENT FOR THIS PROJECT IS THAT YOUR RECIPE MUST HAVE A HEALTHY ELEMENT OR YOU MUST HAVE SUBSTITUTED A HEALTHY INGREDIENT FOR AN UNHEALTHY INGREDIENT. BELOW, DESCRIBE HOW YOUR GROUP MET THIS REQUIREMENT WITH YOUR RECIPE:

PLANNING PHASE

1. USE THE AREA BELOW TO LIST WHICH GROUP MEMBER IS RESPONSIBLE FOR BUYING/BRINGING WHICH INGREDIENTS FOR YOUR RECIPE:

2. YOUR GROUP MUST FINISH THE COOKING WITHIN THE BLOCK CLASS PERIOD. HOW LONG WILL IT TAKE TO FINISH COOKING YOUR RECIPE? (HINT: THIS SHOULD BE ON YOUR RECIPE)

3. BELOW, CREATE JOB TITLES AND ASSIGN ROLES SO THAT EACH GROUP MEMBER HAS A ROLE IN COOKING (AT LEAST ONE JOB PER GROUP MEMBER)

COOKING EXECUTION PHASE

1. DID YOU FINISH COOKING IN TIME?

YES

NO

2. DID YOU FINISH CLEANING IN TIME?

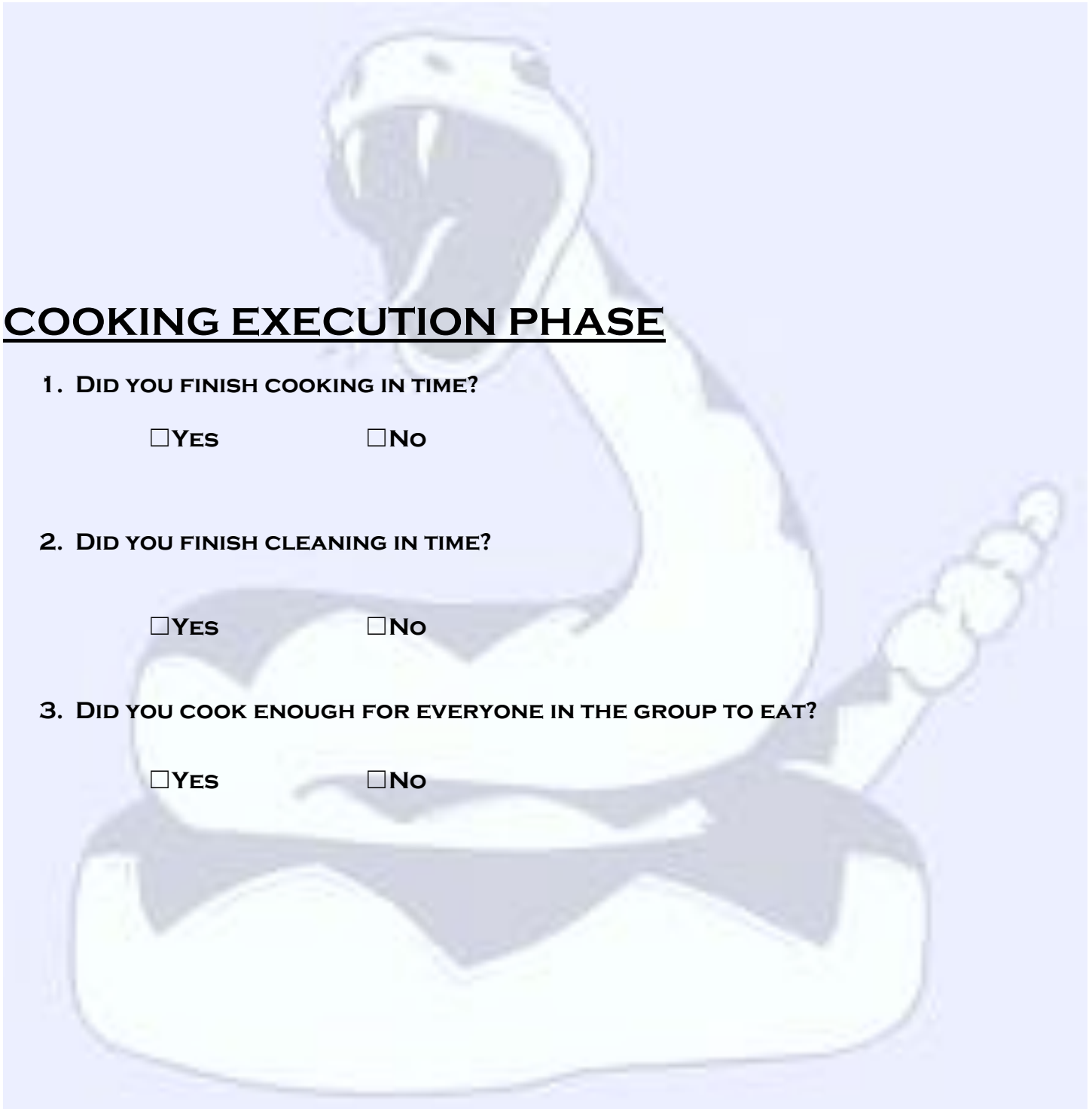
YES

NO

3. DID YOU COOK ENOUGH FOR EVERYONE IN THE GROUP TO EAT?

YES

NO



SELF-EVALUATION PHASE

1. WHAT WENT WELL DURING COOKING?

2. WHAT WOULD THE GROUP DO DIFFERENTLY, IF YOU COULD DO IT OVER AGAIN?

3. RATE YOUR FOOD BASED ON TASTE, WITH 1 BEING BAD AND 10 BEING GREAT

1 2 3 4 5 6 7 8 9 10

4. RATE YOUR TEAM'S ABILITY TO WORK TOGETHER (1=BAD, 10=GREAT)

1 2 3 4 5 6 7 8 9 10

5. RATE YOUR OVERALL EXPERIENCE WITH THIS PROJECT (1=BAD, 10=GREAT)

1 2 3 4 5 6 7 8 9 10