

### Rubric for Laboratory Experience – Oils or Fats

<p><b>Task Description:</b> Students will prepare a nutritious oils or fats recipe:</p> <ul style="list-style-type: none"> <li>• correctly using standard measuring techniques and equipment</li> <li>• demonstrating correct food preparation techniques, including nutrient retention</li> <li>• use food buying strategies such as calculating food costs, planning food budgets, and creating grocery lists</li> <li>• demonstrate food preparation techniques to reduce overall fat and calories</li> <li>• practice etiquette, food presentation, and table service appropriate for specific situations</li> <li>• apply food storage principles</li> </ul>					
Criteria	weight	Professional 4	Practitioner 3	Novice 2	Beginner 1
<b>Safety/ Sanitation</b>	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
<b>Use of Equipment</b>	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
<b>Maintenance of Work Space</b>	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
<b>Time Management</b>	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
<b>Resource Management</b>	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
<b>Food Presentation</b>	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
<b>Food Storage Principles</b>	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 \_\_\_\_\_