

JOURNAL CHECKSHEET

Foods 1: Term 1

Due Date: October _____, 2016

Each item is worth 4 points. Everything must be *complete* and in the exact order listed below for full credit. Any pages out of order will be docked -1.

COURSE INFORMATION

- 1. Journal checksheet (this paper!)
- 2. Course Outline
- 3. Disclosure Document
- 4. Lab Rules and Regulations

MRS
YOU PEARSON

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READING A RECIPE

- 5. Abbreviations & Equivalents Flipchart
- 6. Reading a Recipe Study Guide
- 7. Safety & Sanitation Worksheet
- 8. ServSafe Food Handler Guide

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MY PLATE

- 9. Dietary Guidelines
- 10. MyPlate Coloring Sheet
- 11. My Food Journal

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RECIPES

- 12. Biscoff Cookies
- 13. German Pancakes
- 14. Basic Mix
- 15. Taco Salad Recipe
- 16. Microwave Notes and Recipes
- 17. Breakfast Lab
- 18. Peanut Butter Rice Krispies
- 19. Apple Crisp
- 20. Protein &, Fajita recipe
 - a. On the back: Egg Worksheet
- 21. Milk Worksheet
 - a. On the back: Milk Recipes
- 22. Lipids Worksheet
 - a. On the back: High/Low fat Recipes

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Neatness: 10 points
 (put together nicely, no ragged edges)
 Cover: 10 points
 (3 ring binder, papers are hole punched)
 On time: 5 points
 (turned in on time)
 Colored: 5 points
 (this picture on this page is colored)

Total Points:

_____ /130