Casserole Lab
Tasting Evaluation

Name _____

Lab # _____

Directions: Rate each casserole in the following categories with a 1-10 (10 being the highest). Write in a descriptive term for each.

Category:	Appearance	Aroma	Flavor	Texture	Overall Rating
#1: _____					Total:
#2: _____					Total:
#3: _____					Total:
#4: _____					Total:

Questions:
1)   For each casserole tasted, list the following:
a)   Protein or Main ingredient
b)   Starch
c)   Binder
d)   Vegetables
e)   Topping

2)   How would you alter these recipe to include more nutrients or to meet your tastes? List 1 way for each casserole.

3)   Rate the following 1-10 (10 being the highest) based on your groups performance:
⚔ Safety and Sanitation _____
⚔ Use of Lab Plan _____
⚔ Use of Recipe _____
⚔ Teamwork _____
⚔ Time management _____

4)   Below reflect on this experience, sharing your thoughts on the casserole lab along with ways to use the information learned to help when preparing meals.