

Introduction to Foods and Nutrition Technical Assessment

Critical Competencies:

8.2.7: Demonstrate safe food handling and preparation techniques that prevent cross contamination from potentially hazardous foods.

8.5.1: Demonstrate skills in safe handling of tools, and equipment.

8.5.3: Demonstrate knowledge of portion control and measurement techniques.

Rubric

8.2.7: Demonstrate safe food handling and preparation techniques that prevent cross contamination from potentially hazardous foods.	Exceeds expectations 4	Meets expectations 3.5	Meets most expectations 3	Partially meets expectations 2	Didn't meet any expectations 1
Hygiene • Hair pulled up, if applicable. • Closed toe shoes were worn for the entire lab. • Apron is on during entirety of lab • Towels and aprons will be washed afterwards. • Hands are washed for at least 20 seconds with warm, soapy water before handling food, after handling potential contaminants and upon returning to the classroom.	Student demonstrated all listed tasks.	Student demonstrated 4 of the listed tasks.	Student demonstrated 3 of the listed tasks.	Student demonstrated 2 of the listed tasks.	Student demonstrated 1 of the listed tasks.

Workspace Care • Keep a clean and sanitized work environment. • Clean up spills immediately. • Set table correctly. • Clears the table at end of lab. • Wash and disinfect dining area. • Wash dishes properly using correct amount of soap and water. • Troubleshoot tough or burnt dishes. • Straighten drawers and cabinets. • Clean counters and stove surface. • Sweep floor.	Student demonstrated all listed tasks.	Student demonstrated 8 to 9 of the listed tasks.	Student demonstrated 6 to 7 of the listed tasks.	Student demonstrated 4 to 5 of the listed tasks.	Student demonstrated less than 4 of the listed tasks.
8.5.1: Demonstrate skills in safe handling of tools, and equipment.	Exceeds expectations 4	Meets expectations 3.5	Meets most expectations 3	Partially meets expectations 2	Didn't meet any expectations 1
Equipment care and usage • Proper care and usage of knives and special equipment. • Used electrical equipment properly. • Equipment is cleaned correctly and properly stored. • Reduce risk of spills by moving handles inward on the range and/or cleaning up immediately. • Items are placed in the correct locations neatly before inspection.	Student demonstrated all listed tasks.	Student demonstrated 4 of the listed tasks.	Student demonstrated 3 of the listed tasks.	Student demonstrated 2 of the listed tasks.	Student demonstrated 1 of the listed tasks.
Gathering supplies	Student	Student	Student	Student	Student did not

- Identify where supplies are prior to lab. - Use of correct measurement tools. - Use already opened containers first to minimize waste. - Leftover ingredients are stored in the correct container, labeled and location.	demonstrated all listed tasks.	demonstrated 3 of the listed tasks.	demonstrated 2 of the listed tasks.	demonstrated 1 of the listed tasks.	demonstrate any of the listed tasks.
8.5.3: Demonstrate knowledge of portion control and measurement techniques.	Exceeds expectations 4	Meets expectations 3.5	Meets most expectations 3	Partially meets expectations 2	Didn't meet any expectations 1
Cooking Techniques - Demonstrate proper temperature needed for the lab. - Demonstrate proper cooking methods needed for the lab. - Demonstrate proper cooking time needed for the lab. - Use of correct cooking equipment. - Sample food with clean spoon to check seasoning before adjusting.	Student demonstrated all listed tasks.	Student demonstrated 4 of the listed tasks.	Student demonstrated 3 of the listed tasks.	Student demonstrated 2 of the listed tasks.	Student demonstrated 1 of the listed tasks.
Serving/Portion Control Upon serving the food, students will demonstrate portion control to self and team members.	Student demonstrated thorough understanding of portion control.	Student demonstrated knowledge of portion control.	Student demonstrated knowledge of portion control but did not correctly serve self or team members.	Student demonstrated knowledge of portion control but did not correctly serve self and team members.	Student did not eat during this lab for reasons that are not medical or related to dietary limitations.

