

Lesson 6: Mizrahi Cuisine

Appendix C - Food Evaluation: A Global
Tour Recipe Worksheet

Note to Teacher:

This Appendix has one worksheet. Print as many copies as you need.

Food Evaluation: A Global Foods Tour Recipe Worksheet

Name of Recipe: _____

Planning the Meal

1. List the equipment you needed to prepare this recipe:

2. On a separate sheet of paper, make a work plan for preparing this recipe in the foods lab. List the ingredients you will need.

Questions

1. How does this recipe reflect the food traditions of its native country or region?

2. How would you rate the nutritional value of this recipe? Why?

Evaluation

After preparing the recipe, complete the following:

1. How did the food look and taste?

2. What changes would you want to make in the recipe? Why?

3. List any difficulties in preparing the recipe.

4. How would you solve the problem(s) next time?
