

Essential Nutrients Assessment

Name Evaluation Criteria

Date \_\_\_\_\_ Per. \_\_\_\_\_

1 pt. 1. How many essential nutrients are there? 6

1 pt. 2. What makes an essential nutrient essential?  
our bodies need them for survival, yet we cannot produce them.

1 pt. 3. Name of cookbook you are using: Answers vary.

1. Recipe Name \_\_\_\_\_

2. Page Number \_\_\_\_\_

4. Analyze your recipe; please fill up every box to the best of your ability.

6 pts. Each check mark is worth one point. If there are at least 6 checks, student gets 6

Name of Ingredient	Nutrient that Ingredient Provides
<u>Answers vary</u>	

✓ = correct  
X = incorrect

1 pt. 5. Does this recipe contain all of the essential nutrients? yes or no

2 pts. for

either If yes, support your answer using the information you gathered from the recipe

first or The recipe I evaluated does have all the essential nutrients.

second Carbohydrates are provided by the \_\_\_\_\_, fats are provided by the \_\_\_\_\_, vitamins and minerals are provided by \_\_\_\_\_

question. \_\_\_\_\_, protein is provided by the \_\_\_\_\_, and water is present in the \_\_\_\_\_.

-1 if correct but did not support. If no, which nutrient(s) are missing and what could you add to make this recipe contain all of the essential nutrients?

\_\_\_\_\_ is the nutrient that is missing in this recipe. In order to provide \_\_\_\_\_ in this recipe, you could add a glass of water, chicken, olive oil, vegetables, rice, which would complete the recipe by providing all of the six essential nutrients.

6. Name the four knife skills we practiced this week and their corresponding vegetables.

- 4 pts. 1. Dice - onions
- 1 for 2. Julienne - carrots
- each 3. Diagonal cut - celery
- part 4. Chiffonade - cabbage
- missing

7. How could knowing how to identify essential nutrients help you in your own life/ why was this unit important to learn?

2 pts. Because our bodies cannot produce these nutrients, it is important for us to be able to identify where to find them in food so that when we cook, we can make sure we are getting them all.

8. On a scale of 1-5, rate your understanding of this week's topics. 3, 4, or 5  
Provide examples in complete sentences of what you think you did well on this week and what you need to work on. I think I did well on... **2 points.**

Did well on: Knife skills, cooking, working together, identifying essential nutrients in food sources etc. **-1 if not written in a complete sentence.**

Need to work on: I need to work on...

answers will vary.

answers will vary. Looking for student's understanding