Essential Nutrients Assessment

1 pt. 1. How many essential nutrients are there? [ ]

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.

<table>
<thead>
<tr>
<th>Name of Ingredient</th>
<th>Nutrient that Ingredient Provides</th>
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<td>[Answers Vary]</td>
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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 second question.** -1 if correct but did not support essential nutrients?

If no, which nutrient(s) are missing and what could you add to make this recipe contain all of the essential nutrients?

In order to provide ___ in this recipe, you could add a glass of water, chicken, olive oil, vegetables, ___ which would complete this 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
2. Julienne - carrots
3. Diagonal cut - celery
4. Chiffonade - cabbage

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

-1 if not thorough.

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.

Did well on: ___

Think I did well on...

Need to work on: ___

__