**Food and Nutrition 11/12**

**Term 2 Report Card Self-Assessment**

For each learning outcome, make a mark on the arrow to show where you feel you are on the continuum from not knowing the learning outcome, to knowing it well. To help me know whether to agree with your self-assessment, please provide evidence to support where you have marked yourself.

**FOOD PREPARATION FOUNDATIONS**

**I can identify and analyze sources of food-borne illnesses and apply preventative measures.**

I can’t do this I can do this well

Please tell me how you have demonstrated this learning outcome:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**I can prepare food safely and deal with emergencies as needed.**

I can’t do this I can do this well

Please tell me how you have demonstrated this learning outcome:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**I can evaluate recipes and use a wide variety of food preparation techniques and equipment.**

I can’t do this I can do this well

Please tell me how you have demonstrated this learning outcome:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**I can compare various types of equipment used for food preparation.**

I can’t do this I can do this well

Please tell me how you have demonstrated this learning outcome:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**I can demonstrate organization and cooperation in partner and group work, including the ability to manage my time well.**

I can’t do this I can do this well

Please tell me how you have demonstrated this learning outcome:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**I can vary ingredients and methods in recipes to affect nutrition, flavour, texture, taste, and quality of the product.**

I can’t do this I can do this well

Please tell me how you have demonstrated this learning outcome:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**FOOD PREPARATION TECHNIQUES**

**I can select recipes and apply cooking principles to prepare healthy dishes and meals, incorporating presentation and budgetary considerations.**

I can’t do this I can do this well

Please tell me how you have demonstrated this learning outcome:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**I can choose and demonstrate appropriate cooking methods for particular products.**

I can’t do this I can do this well

Please tell me how you have demonstrated this learning outcome:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**NUTRITION AND HEALTHY EATING**

**I can modify and test recipes to improve their nutritional value.**

I can’t do this I can do this well

Please tell me how you have demonstrated this learning outcome:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**SOCIAL, ECONOMIC, AND CULTURAL INFLUENCES**

**I can analyse comparative costs of convenience, restaurant, and self-prepared foods.**

I can’t do this I can do this well

Please tell me how you have demonstrated this learning outcome:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**I can demonstrate an awareness and analyse global and environmental health issues related to the production and consumption of food.**

I can’t do this I can do this well

Please tell me how you have demonstrated this learning outcome:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Term 2 Report Card Grade**

A student who can confidently state that they have DEMONSTRATED “I can do this well” for ALL of the learning outcomes for this term should receive 95% on their report card. If you cannot confidently agree that you have fully met each learning outcome, please adjust your mark accordingly. Note: if you feel your appropriate grade is not reflected in these five percentage options, please see the teacher.

**Circle the appropriate mark** for your report card, based on your knowledge and demonstration of the learning outcomes:

**40% 50% 65% 80% 95%**

**Term 2 Work Habit**

Check off each of the items that applies to you:

|  |  |  |  |
| --- | --- | --- | --- |
| **Work Habit** | **Needs Improvement (N)** | **Satisfactory (S)** | **Good (G)** |
| Responsibility | * Most assignments missing
* Often late for class
* Has many unexcused absences
 | * Most assignments handed in
* Rarely late for class
 | * All assignments handed in
* Always on time for class
 |
| Leadership | * Does not help others
 | * Helps others when asked to
 | * Helps others without being asked
 |
| Cooperation | * Does not work well with others and teachers
 | * Usually works well with others and teachers
 | * Works well with others and teachers
 |
| Motivation | * Demonstrates lack of motivation and inability to stay on task
 | * Sometimes self-motivated, but often needs teacher input
* Usually has a positive attitude
 | * Self-motivated, positive attitude
 |
| Independence | * Needs one on one attention
 | * Works independently for a short time, but needs teacher direction periodically
 | * Capable of self-direction
 |

A student who demonstrates the qualities under the “Good” column **most of the time** should receive a “G” on their report card.

**I believe my work habit for this term should be \_\_\_\_\_\_ (G/S/N) because…**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Term 2 Comment(s)**

The following are possible comments that could appear on your report card. You can choose up to **two** of the following, or write your own if appropriate. Try to choose comment(s) that are different than those you chose in Term 1.

**Achievement**

* This student is making excellent progress.
* This student shows an aptitude for this subject.
* This student is progressing well.
* This student is progressing satisfactorily.
* Commendable improvement has been noted in this student’s performance.
* This student’s willingness to improve, coupled with continued effort, will lead to success.
* This student is capable of higher achievement.

**Assessment**

* The quality of this student’s work is consistently good.
* This student did not complete major assignment/s.

**Attendance**

* Irregular attendance has had a negative impact on the term’s grade.
* This student is frequently late for class.

**Behaviour**

* This student is a pleasure to teach.
* This student contributes to the success of the class.
* This student is cooperative in class.
* This student shows interest and enthusiasm.
* This student would benefit from being more cooperative.
* This student needs to make better use of class time.

**Attitude**

* Excellent attitude, performance, and effort. This student is an asset to the class.
* This student demonstrates a respectful and supportive manner towards others.

**Effort**

* This student has worked hard to achieve this standing. Congratulations!
* This student attends regularly but needs to have sufficient effort for success.

**Custom Comments**

* This student fully met all of the learning outcomes for this term.
* This student is still working on meeting all of the learning outcomes for this term.
* This student did not meet all of the learning outcomes for this term.
* This student demonstrates excellent basic lab techniques.
* This student demonstrates a talent in Food and Nutrition and is encouraged to consider a career in the culinary arts.
* To create better final products, this student needs to work on using proper measuring techniques.
* This student needs to work on cooperating with group members during labs.

**You may choose up to two of the comments above, or write your own. Please write down which comment(s) you would like to have on your report card below:**

1) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Just a reminder: if the teacher feels the mark you have chosen is not an accurate reflection of
your learning this term, she/he will set up a meeting with you to discuss this.*

*Thank you for being an active participant in your learning and assessment in Foods 11/12!*