



Handout 1.8: Lab 1 Reflection

Name: _____ Date: _____ Period: _____ Station: _____

My role: _____ Our recipe (circle one): Mug Cake with Hand-Whipped Cream / Scrambled Egg Tacos / Overnight Oats (no-kitchen)

Directions. Answer in full sentences. This is the third row of your lab grade, so be specific: name a step, a minute, or a role. Sentence starters are there if you want them.

Part A: What happened (remember)

1. What was your first job in the prep phase, and what tool did you use for it?



2. What was the safety rule for your role? Did you follow it every time? (Yes or no, and one example.)

3. What minute did your station start eating? (The flowchart said 28.) _____

Part B: Check it against the card (analyze)

4. Look at the “what does done look like” list on the station card. Which line was hardest for your station to get to, and why?

Sentence starter: "The hardest line was ___ because at minute ___ we ___."





5. Name one measurement your station made. Was it done with the right tool and technique? How do you know?



6. Which step on the flowchart cost your station the most time or the most quality? What role was doing it, and what was happening around them?



Part C: Fix it for Lab 2 (evaluate and recommend)

7. Recommend one change for Lab 2. Make it specific: a role, a minute, and what they do differently.

Sentence starter: "In Lab 2, the ___ should ___ by minute ___ so that ___."





8. How did your team talk to each other during the cook phase? Give one example of a message that worked (words, a signal, or a call like “hot” or “behind you”) and one that did not get through.



Part D: Bring it home (connect)

9. Mug Cake: the recipe used about 4 eggs, $\frac{3}{4}$ cup of milk, and pantry items for four cakes. Tacos: a dozen eggs was about \$3.49 and the station used 8. What did the eggs cost per person at your station? Show the math.

10. Could you make this at home this week? What one thing would you change (an ingredient, a tool, or a step), and why?





Teacher key

Scored complete, partial, or missing for daily work. Question 6 and 7 together feed Objective 3 on the Lab Rubric (Not Yet 1 to Exceeds 4):

- 1: no step named, no change, or one word.
- 2: a step named but not why, or a change not tied to a step.
- 3: the step that cost the most, why (using the flowchart or the done list), and one change the team could make.
- 4: the change names a role and a minute and would work (for example, “the Prep Cook fills all four mugs by minute 7 so the Head Cook is not waiting at minute 10”; “the Second Cook starts skillet 2 at minute 9 because the vegetables take longer than the eggs”).

Question 9 math: Mug Cake, 4 eggs at about \$0.29 each is about \$1.16 for the station, about \$0.17 per person for 7. Tacos, 8 eggs at about \$0.29 each is about \$2.33, about \$0.33 per person. Accept any answer with the division shown and a reasonable rounding.

Question 8 is the evidence for CTE CIR 3. Workplace Communication f) Demonstrate effective communication skills in a group setting to accomplish a task. Look for a named message and a real moment, not “we communicated well.”

[Sal: your original reflection had four parts, recall, critical thinking, personal, real world. This keeps the shape and adds the rubric link so the reflection is the Objective 3 score, not extra work.]