

## Self Evaluation Sheet (Suggested for Yr 7-10)

At the end of each kitchen lesson, you are required to evaluate your performance from 1 (Very Poor) to 5 (Excellent)

COMPETENCY CRITERIA	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Meal 7	Meal 8	Meal 9	Meal 10	Meal 11	Meal 12	Meal 13	Meal 14	Meal 15	Meal 16	Meal 17	Meal 18	Meal 19	Meal 20
I was on time for class																				
I brought my recipe and completed Work Plan																				
I brought my container and/or table setting																				
I worked well in my group																				
I followed the recipe work plan to complete all set tasks to a high standard																				
I was well organised with my ingredients and method																				
The presentation of the completed meal was of a high standard																				
I enjoyed preparing and eating my food																				
My cleaning was methodical																				

Your teacher may ask you to self-assess how well you completed each practical lesson. This self-assessment requires you to **“be honest”** with yourself and to identify how well you believe you completed each lesson. This honest assessment provides you with the knowledge of how you can increase your skills next time you complete this task.

The competency criteria shown here can be modified to meet the specific needs and/or preferences of individual teachers / trainers.