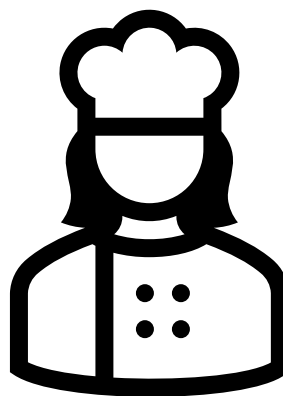
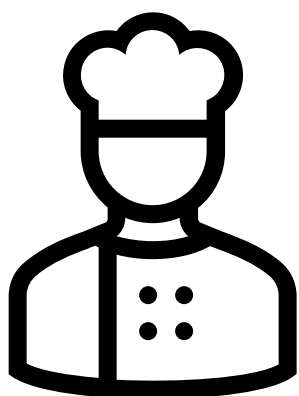


Chef Career Passport Worksheet



My Future Restaurant

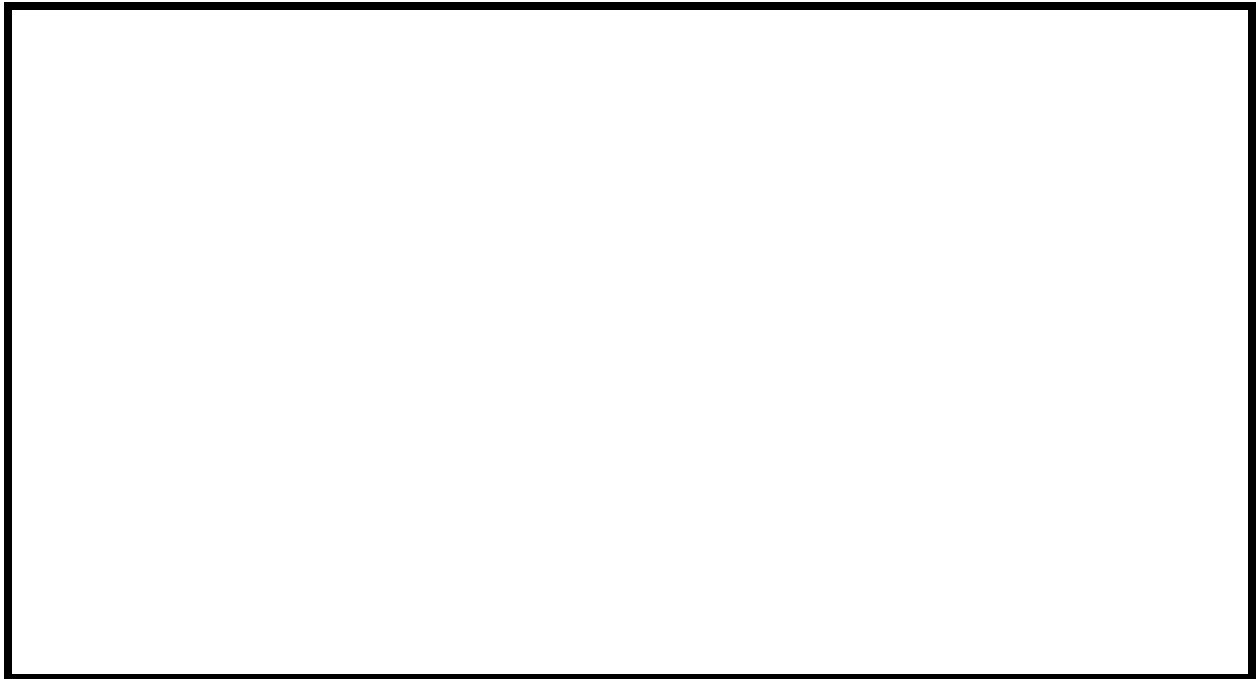
Your name: **Chef** _____

What is the name of your restaurant? _____

Where is your restaurant? _____

What kind of food does your restaurant serve?

Draw your restaurant:



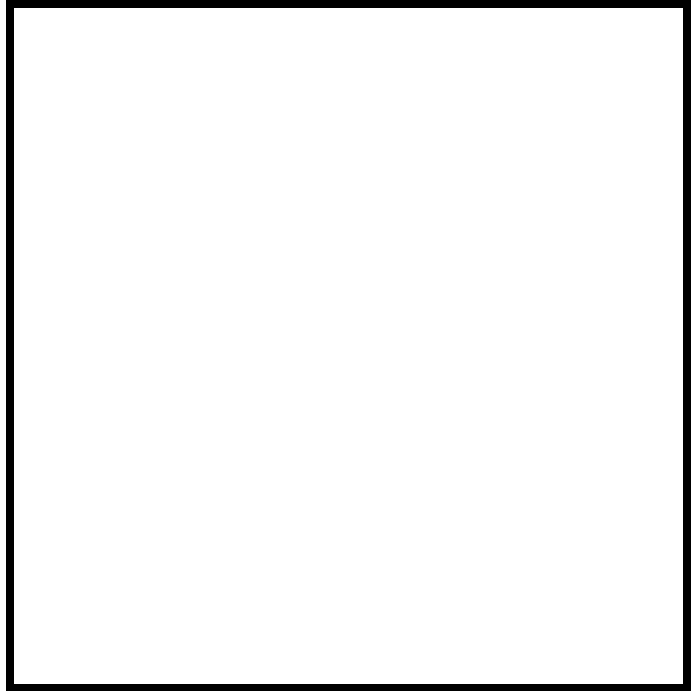
What is your restaurant's signature dish? (Write recipe on next page)

Chef _____'s _____ Recipe

(your name)

(name of your dish)

Ingredients:



(draw a picture of your dish)

Instructions:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Meal Planner

Menu

Appetizer:

Main Dish:

Dessert:

Recipes Sources
(cookbook and page number / website)

Appetizer:

Main Dish:

Dessert:

Prep Work

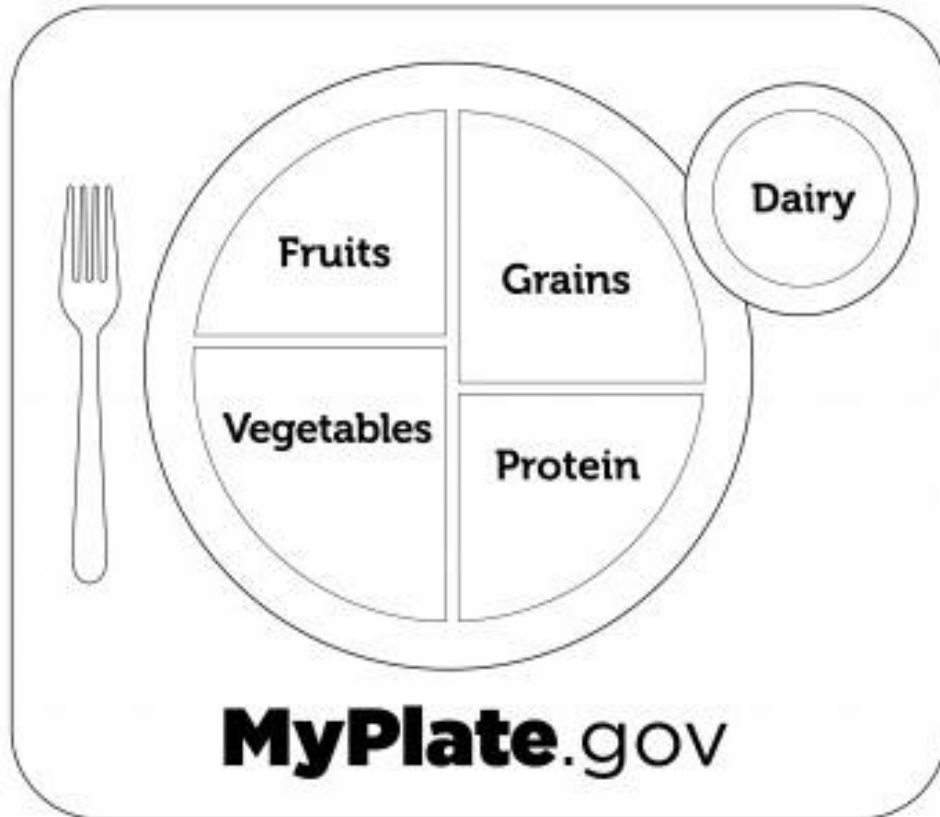
Ingredients Needed

Appetizer:

Main Dish:

Dessert:

Food Groups



Will your meal have all five food groups?

What **fruits** does it have? _____

What **grains** does it have? _____

What **dairy** does it have? _____

What **vegetables** does it have? _____

What **protein foods** does it have? _____

Shopping list

FRUITS

_____	_____
_____	_____
_____	_____
_____	_____

GRAINS

(BREADS, PASTAS, RICE, CEREALS)

_____	_____
_____	_____
_____	_____
_____	_____

DAIRY

(MILK, YOGURT, CHEESE, ICE CREAM)

_____	_____
_____	_____
_____	_____
_____	_____

VEGETABLES

_____	_____
_____	_____
_____	_____
_____	_____

PROTEIN FOODS

(MEAT, SEAFOOD, BEANS, NUTS, EGGS)

_____	_____
_____	_____
_____	_____
_____	_____

OTHER

_____	_____
_____	_____
_____	_____
_____	_____

Food critics

Chef's Name: _____

Critic's Name: _____

Appetizer

Visual Appeal

1 2 3 4 5

Taste

1 2 3 4 5

Quality of Service

1 2 3 4 5

Overall Rating

Make it again?

Yes No

Main Dish

Visual Appeal

1 2 3 4 5

Taste

1 2 3 4 5

Quality of Service

1 2 3 4 5

Overall Rating

Make it again?

Yes No

Dessert

Visual Appeal

1 2 3 4 5

Quality of Service

1 2 3 4 5

Taste

1 2 3 4 5

Overall Rating

Make it again?

Yes No

Food critics

Chef's Name: _____

Critic's Name: _____

Appetizer

Visual Appeal

1 2 3 4 5

Taste

1 2 3 4 5

Quality of Service

1 2 3 4 5

Overall Rating _____

Make it again? Yes No

Main Dish

Visual Appeal

1 2 3 4 5

Taste

1 2 3 4 5

Quality of Service

1 2 3 4 5

Overall Rating _____

Make it again? Yes No

Dessert

Visual Appeal

1 2 3 4 5

Quality of Service

1 2 3 4 5

Taste

1 2 3 4 5

Overall Rating _____

Make it again? Yes No

Food critics

Chef's Name: _____

Critic's Name: _____

Appetizer

Visual Appeal

1 2 3 4 5

Taste

1 2 3 4 5

Quality of Service

1 2 3 4 5

Overall Rating

Make it again?

Yes No

Main Dish

Visual Appeal

1 2 3 4 5

Taste

1 2 3 4 5

Quality of Service

1 2 3 4 5

Overall Rating

Make it again?

Yes No

Dessert

Visual Appeal

1 2 3 4 5

Quality of Service

1 2 3 4 5

Taste

1 2 3 4 5

Overall Rating

Make it again?

Yes No

Chef Quiz

What are the five main food groups? (give two examples for each one)

1. _____ examples: _____

2. _____ examples: _____

3. _____ examples: _____

4. _____ examples: _____

5. _____ examples: _____

How do you set a table? Draw a picture using these items:

Plate

Knife

Fork

Napkin

Spoon

Glass



List 3 kitchen safety tips you learned:

1. _____

2. _____

3. _____

List 3 table manners you learned:

1. _____

2. _____

3. _____

Chef Reflection

Would you serve your 3-course meal you made at your restaurant that you created in Step 1? Do you think customers would order it?

What was the most fun part about prepping, making, and serving your meal?

What was the least fun part?

Did your dinner guests like your meal? _____

Will you make it for them again? _____

Did your meal have all five food groups (fruit, grains, dairy, vegetables, and protein)? Do you think your meal was healthy?

Did you have more fun making the main course or the dessert?

Would you rather be a **cook** (makes appetizers and main courses like chicken, pasta, and vegetables) or a **baker** (makes bread and desserts)?

After you prepped and cooked your big meal, do you think you would like to be a chef one day? Why or why not?

Draw yourself as a chef!

A large, empty rectangular box with a black border, intended for a drawing of the student as a chef.