# 🥣 Overnight Oats Lab · Lab Reflection

Culinary 1 · Unit 8 · Level 2 · before Intro to Grains (eat them the next class)



Name: _____ Date: _____ Period: _____

## 📸 My 5 lab photos

☐ Mise en place ☐ Process 1 ☐ Process 2 ☐ Process 3 ☐ Final plate

## ✅ Skills I used today (check all you did)

☐ 🥄 I measured oats and milk

☐ 🥄 I stirred out the dry spots

☐ 🏷️ I labeled my jar

☐ ❄️ I stored it in the fridge

## ⭐ 3 things that went well

1. _____
2. _____
3. _____

**Ideas:** **I measured** **I followed the steps** **I worked with my team** **It tasted good** **I was safe**

## 🔧 3 things to do better next time

1. _____
2. _____
3. _____

**Ideas:** **measure more carefully** **read the next step first** **clean as I go** **watch the timer** **ask for help sooner**

## 🧽 My clean-up score

1 2 3 4 5 6 7 8 9 10

I earned this score because I _____