🥚 Egg Cookery Competition Lab · Lab Reflection



Culinary 1 · Unit 9 · Level 2 · after the Frittata/Omelet Lab

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 cracked an egg into a cup

☐ ⏲️ I timed my egg

☐ 🥚 I cooked my egg way

☐ 🍽️ I plated for the judges

⭐ 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 _____