

Chef for a Day

Shaw Middle School Smarter Lunchroom Design April 17, 2013

Shaw students were selected from the leadership class to participate in this Chef for the Day focus group. SRHD provided a brief food safety/proper hygiene review and explained the challenge of preparing salads using vegetables and legumes required by the new Federal nutrition guidelines. The entire focus group took 40 minutes; 30 minutes to create their recipes and make their original salads, 5 minutes for judging (Spokane public schools nutrition director, Shaw vice principal, cafeteria manger, and lead dietitian for nutrition services) and students. Everyone identified their favorite salad and the salad with the most votes won. The Shaw cafeteria manager and staff made the winning salad two weeks later, the Shaw principal announced the name of the winning salad and recognized the students, and all students who wanted to try it had a chance to have a taste test.

Chef Names: _____

INGREDIENTS (circle which ones you use and write how much you use):

Black Beans _____ Garbanzo Beans _____ Red Peppers _____
Green Peppers _____ Cauliflower _____ Broccoli _____ Carrots _____
Corn _____ Tomato _____ Peas _____ Onion _____ Olives _____

DRESSINGS:

Italian _____ Caesar _____ Coleslaw _____ Ranch _____

SPICES: Fajita _____ Mexican _____ Italian _____ Cajun _____ Italian & Herb _____
garlic powder _____ onion powder _____ pepper _____

PREPARATION (How did you make your salad?):

Step 1:

Step 2:

Step 3:

Step 4:

Salad NAME (Give your salad a fun, descriptive, catchy name will encourage other students to try it!!)

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Name of Salad _____

Student Chefs: _____

Evaluation Matrix	I Didn't Like It 1	I've Had Worse 2	I've Had Better 3	Good 4	Awesome 5
Appearance (visual)					
Aroma (smell)					
Taste (flavor)					
Texture (crunchy, smooth etc.)					
Overall Rating					

Name of Salad _____

My number one vote is for (name of salad)
