

Task 10. Read the Can-Do Statements below. Put a tick in the box that best describes your ability. Be honest and think about how confident you feel.

(CLIL Lesson Plan – Culinary Products. Cabbage rolls with millet.)

After studying the topic, I will be able to:	Yes	No	Not sure
Explain the importance of using properly prepared ingredients (cabbage, millet, meat, vegetables) in cabbage rolls.			
Identify and correct common defects in the preparation of cabbage rolls with millet.			
Describe the function of each ingredient in the cabbage roll recipe.			
Compare different cooking methods for millet and describe their effects.			
Apply safe and correct techniques for blanching cabbage and sautéing vegetables.			
Total:			

After studying the topic:	Yes	No	Not sure
Knowledge & Understanding I can explain the steps involved in preparing cabbage rolls with millet. I can identify the key ingredients (cabbage, millet, minced meat, vegetables) and their roles. I can explain how ingredient quality affects the final product (taste, texture, appearance). Skills & Application I can properly boil and blanch cabbage leaves to keep them flexible and intact. I can cook millet to the correct consistency and integrate it into the filling. I can sauté vegetables correctly, keeping their shape, color, and flavor. I can assemble, fill, and roll cabbage leaves neatly and evenly. Evaluation & Creativity			

<p>I can evaluate cabbage rolls based on taste, texture, shape, and visual appeal.</p> <p>I can experiment with seasoning and ingredients to improve or vary the recipe.</p> <p>Problem-Solving</p> <p>I can identify and correct common defects (e.g., bitter taste, undercooked millet, tearing leaves).</p> <p>I can adapt the recipe based on ingredient availability or dietary needs (e.g., vegetarian versions).</p> <p>I can adjust cooking time and technique for different types of cabbage (young vs. old).</p>			
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