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HANDOUT 8, pages 1-2

Self-Assessment Questions



1. Teamwork and Cooperation. How well did I work with my team members?

- I worked very well and contributed to the team effort.
- I worked well, but could have communicated more effectively.
- I had difficulty working with my team and need to improve communication.

2. English Language Skills. How did I use English during the task?

- I used English confidently to discuss the recipe, ingredients, and cooking methods.
- I used some English, but could have used it more.
- I struggled to use English, and need to practice cooking-related vocabulary more.

3. Following Instructions and Process. How well did I follow the instructions and preparation process?

- I followed the steps carefully and didn't make any mistakes.
- I followed the instructions well, but made a few mistakes along the way.
- I struggled to follow some of the instructions and need to improve my attention to detail.

4. Creativity in Ingredient Choices. How creative was I in choosing ingredients for the meat roll?

- I was very creative and added unique ingredients that made my dish special.
- I used basic ingredients, but still created a tasty dish.



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I followed the recipe exactly and didn't experiment much with new ingredients.

5. Time Management. How well did I manage my time during the task?

- I managed my time well and completed everything on time.
- I needed a little more time, but I finished the task.
- I struggled to manage my time and didn't complete the task properly.

6. Cooking Skills. How well did I execute the cooking techniques for the meat rolls?

- I cooked the meat rolls perfectly and followed all steps successfully.
- I cooked the meat rolls well, but could have improved the cooking technique.
- I had difficulty with cooking and need more practice.

7. Presentation of the Dish. How well did I present the meat roll on the plate?

- My dish was presented neatly and looked appetizing.
- My dish was okay, but could have looked more polished.
- My presentation could be improved and I need to work on it.

8. Understanding of Ingredients and Techniques.

How well did I understand the role of each ingredient and cooking technique in my dish?

- I understood the role of each ingredient and cooking technique very well.
- I understood most of the ingredients and techniques, but need further practice.
- I struggled to understand some of the ingredients and cooking techniques.



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