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HANDOUT 6



Self-Assessment Questions – Sustainable Cooking Project

1. Teamwork and Cooperation. How well did I cooperate with others during the practical task and group discussions?

- I actively participated and supported my team.
- I worked well but could have shared more ideas.
- I found it difficult to work with others and need to improve my cooperation.

2. Use of English in the Kitchen. How did I use English while watching the video and doing the task?

- I used English confidently and learned new vocabulary.
- I used some English, but relied on Estonian for harder parts.
- I mostly used Estonian and need to build my confidence in English.

3. Following Instructions from the Video. How well did I follow the steps shown in the instructional video?

- I understood and followed all steps without help.
- I followed most of the video but needed some support.
- I had difficulty understanding and following the video.

4. Understanding Sustainable Cooking Concepts. How well do I understand the ideas behind sustainable or zero-waste cooking?

- I clearly understand the concept and applied it in my dish.
- I understand some ideas, but I need to learn more.
- I'm still unclear and need support in this topic.

5. Creativity and Innovation: How creative was I with ingredients and presentation?

- I used creative ideas and presented my dish in a unique way.
- I followed the example with some small changes.
- I followed everything exactly and didn't try new ideas.



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6. Cooking Techniques and Professionalism: How well did I perform professional techniques (rolling, filling, baking)?

- I used the techniques well and the result was professional.
- I managed the techniques but made some small mistakes.
- I need more practice with the techniques.

7. Presentation and Reflection. How clearly did I present my product and reflect in English?

- I shared clearly in English what I used, learned, and would improve.
- I presented in English with some help.
- I had difficulty presenting in English.

8. Knowledge of Ingredients and Process. Did I understand why each ingredient or step was important?

- I understand the function of ingredients and how each step affects the outcome.
- I understand some elements, but some steps were unclear.
- I need to learn more about ingredients and techniques.



My Personal Development Goals (complete in your own words):

1. One thing I want to improve in teamwork or communication:

Example: I want to express my ideas more confidently in group discussions.

2. One English vocabulary area I want to learn more about:

Example: Verbs for cooking techniques (e.g., flatten, layer, stir).

3. One cooking skill or sustainable idea I want to get better at:

Example: Using vegetable leftovers to create a new dish.
