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FSM Worksheet 3



Putting it into Practice

1. List five techniques a Certified Dietary Manager can use to make standardized recipes effective.
 - 1.
 - 2.
 - 3.
 - 4.
 - 5.
2. You have a recipe that serves 6. Now you want to convert it for 35 servings. What conversion factor will you use?
3. You are making a fresh fruit salad using whole cantaloupe. How much cantaloupe (AP) would you have to order if you needed 15 pounds EP and cantaloupe has a 55% yield?

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4. Calculate the cost of the following recipe using the information provided:

Meatloaf Yield: 50, 4 oz portions

Ingredient	Cost per unit	Recipe Cost
10 lbs ground beef	\$3.99/pound	
2 lbs ground pork	\$2.99/pound	
12 whole eggs	2.49/dozen	
12 slices whole grain bread	\$1.69/loaf (16 slices)	
4 oz onions, chopped	\$.69/pound	
1 quart 1% milk	\$3.69/gallon	
1 oz iodized salt	\$2.29/pound	

Total Recipe Cost:

Portion Cost: \$ /portion

5. What size disher/portion scoop is needed to serve $\frac{1}{2}$ c portion of mashed potatoes?

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Prepare a Standardized Recipe

Directions

For this performance assessment you will develop a standardized recipe.

Follow these directions when completing your product.

1. Select a simple recipe that needs adjusting or a home recipe that might work in your facility.
2. Follow the steps in the textbook for standardizing the recipe.
3. Write up why you chose this recipe, what your results were with the new standardized recipe, and how this process would work in your facility.

Scoring Standard

You must achieve a rating of at least "2" on each criterion to demonstrate competence

Rating Scale

- | | |
|---|---|
| 0 | Work is missing, incorrect, or incomplete |
| 1 | Work does not meet criterion |
| 2 | Work meets criterion at a basic level of competence |
| 3 | Work meets and exceeds criterion |

Scoring Guide		
	Criteria	Ratings
1.	Standardized Recipe fulfills a clear purpose	3 2 1 0
2.	Standardized Recipe shows evidence of logical critical thinking	3 2 1 0
3.	Standardized Recipe follows prescribed format, meeting criteria for all components	3 2 1 0
4.	Standardized Recipe exhibits correct and appropriate grammar, punctuation, spelling, syntax, word usage	3 2 1 0
5.	Standardized Recipe exhibits correct amounts and correct math calculations	3 2 1 0
6.	Standardized recipe is calculated for two different yield amounts OR for cost of ingredients	3 2 1 0
7.	Standardized recipe calculations are correct and accurate using the rules for rounding weights and volume measures of ingredients	3 2 1 0
8.	You list all parts of a standardized recipe	3 2 1 0
9.	You effectively describe the need for standardized recipes	3 2 1 0

Total Points _____