

## Family and Consumer Sciences Strengths: Food Services

**Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Instructor:** Note that these questions may require adjustment to fit the understanding of the student. Moreover, actual experience is likely to change the student's preference and make it more valid. Encourage the student to take his best guess, especially when doing this for the first time and when the student has no direct experience yet in the food services field.

### Food Preparation

	1 Not Good	2 Fair	3 Good	4 Super
1) How capable would I be working in the kitchen of a restaurant or a business or school cafeteria?				
2) How capable would I be in cooking or preparing a variety of food items for cooking?				
3) How capable would I be using a stove, an oven and a microwave?				
4) How capable would I be using other kitchen equipment such as toasters, food processors, slicers and blenders?				
5) How capable would I be cleaning and inspecting kitchen equipment and appliances?				
6) How capable would I be cleaning and inspecting work areas to ensure the kitchen is up to health and safety standards?				
7) How capable would I be cleaning, cutting, and cooking meat, fish or poultry and chopping vegetables?				
8) How capable would I be mixing ingredients for salads?				
9) How capable would I be portioning or wrapping food items or dishes?				
10) How capable would I be weighing or measuring ingredients (e.g. flour, salt, sugar, oil)?				

	<b>1 NOT GOOD</b>	<b>2 FAIR</b>	<b>3 GOOD</b>	<b>4 SUPER</b>
11) <i>How capable would I be mixing, pouring, and stirring in completing recipes?</i>				
12) <i>How capable would I be putting foods on plates according to the menu description?</i>				
13) <i>How capable would I be baking breads, rolls, or other baked goods?</i>				
14) <i>How capable would I be washing pots, pans, kitchen utensils and other cooking equipment?</i>				
15) <i>How capable would I be wiping down kitchen surfaces using proper sanitizers?</i>				
16) <i>How capable would I be keeping records of food items, supplies, and equipment and taking inventory of items that need to be ordered?</i>				
17) <i>How capable would I be dating foods when storing, rotating foods for proper access and storing food items on shelves and in freezers?</i>				
18) <i>How capable would I be following safety, sanitation and food handling procedures?</i>				

### Dining Room Maintenance & Service

	1 NOT GOOD	2 FAIR	3 GOOD	4 SUPER
1) How capable would I be clearing dirty dishes/cups/utensils from tables?				
2) How capable would I be carrying dirty dishes/cups/utensils to the back of the kitchen for dishwashing?				
3) How capable would I be scraping food off dirty dishes and emptying out cups/glasses for dishwashing?				
4) How capable would I be wiping down dirty tables and seats with moist cloths, and removing soiled tablecloths?				
5) How capable would I be setting tables with clean tablecloths, napkins, and silverware?				
6) How capable would I be re-stocking napkin dispensers, wrapping silverware, and re-filling condiment bottles and shakers?				
7) How capable would I be serving glasses of water to customers and re-filling water glasses when needed?				
8) How capable would I be sorting and stacking supplies and clean dishes, cups/glasses, and silverware?				
9) How capable would I be mopping or sweeping the floors?				
10) How capable would I be following health and safety rules and procedures?				
11) How capable would I be interacting with customers and making sure that they have everything that they need for a meal?				
12) How capable would I be seating customers and bringing menus to them?				
13) How capable would I be taking a customer's order?				
14) How capable would I be answering questions from customers about the menu?				
15) How capable would I be entering a customer's order into a computer?				

	1 NOT GOOD	2 FAIR	3 GOOD	4 SUPER
16) How capable would I be watching to make sure that customers are happy with their meals?				
17) How capable would I be watching the progress of their meal and asking them if I can bring something else or removing dirty dishes?				
18) How capable would I be dealing with an unhappy customer who is not satisfied with their meal or service?				
19) How capable would I be bringing my customers the check when they are finished?				
20) How capable would I be taking the customer's money or credit card and completing the purchase of the meal?				
21) How capable would I be waiting on 4-8 tables at one time?				