

Journal:

Record your entire dietary intake during your leave (food you eat...breakfast, lunch, dinner, & snacks)...after each meal, answer the following questions.

Evaluating Food:

- Is there an attempt to make the food visually appealing?
- Is everything properly cooked? (Are sauces curdled? Is pasta overdone?)
- When you take your first bite, what's your immediate reaction?
- Are the flavors balanced? (This question is appropriate with all styles of cooking, whether the secondary ingredients are meant to complement or contrast the main ingredient)?
- Are the flavors bright and integrated? (No dish, even a long-cooked item, should be dull or flat.)
- Is the dish what it should be? (Even if you don't like liver, for example, you still need to know the good from the bad).
- How does this dish compare to similar dishes you've had at other times?
- If the dish is exciting, what is it that makes it so? If it's mediocre, why?
- Check your attitude, once again: Are you sure it's the food that's the problem or are you in a bad mood or frustrated by the events of the day?
- Is the food worth the effort that was made to prepare it?