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?