

Lab 3 – September 12, 2016

Due for Lab 3

1. Have a copy of results from Strengths Finder (first page with top 5 strengths)
2. List of your ingredients and the function of each. Ingredient functions include:
 - a. Texture
 - b. Structure
 - c. Taste
 - d. Color
 - e. Macro nutrients (protein, calories, etc.)
 - f. Micro nutrients (vitamins, minerals, etc.)

Agenda for Lab 3

1. Sit with teams
2. Review lab notebooks
3. Discuss results of Strengths Finder with team and start lab notebook

Due Next Week (9/19/16)

1. List your team members and their StrengthsFinder strengths.
2. Discuss how your team will work together to best utilize your team's unique set of strengths