**Food Science Notebooks to be impounded at the beginning of the day.**

* + Labs written on the official forms.
	+ Students should have at least nine labs
		- Three for each of the lab tasks (butter, cheese, and ice cream)
		- The first three for each lab task get graded
		- They should have only one independent variable (what they are changing) and one dependent variable (what the independent variable impacts). For example if they are making ice cream, the goal is to build a tower as tall as they can. So the dependent variable should be tower height. The independent variable might be the amount of rock salt that they use. Everything else should stay the same as on the “recipe” – the controls.
	+ Students are allowed 5 pages of notes (both sides of the page). Make sure that they have some notes to help them on the written test or with their experiments. At regionals or states, I am not sure what will happen if they have more than 5 pages of notes.
	+ Some schools had binders with dividers. A section for each task (butter, cheese and ice cream), and a section for notes. Organization is important during the event.

\*Make sure that you have the necessary supplies and safety equipment for the lab event. Many students had a plastic tub with all of their materials materials.