

KITCHEN LAB

Guidelines



A friendly reminder of the Family and Consumer Sciences classroom rules:

- Be ready.
- Be responsible.
- Be respectful.

Below are rules, procedures and guidelines for kitchen laboratories. Please keep them in mind when working in the kitchen units. Following these guidelines will ensure a safe, fun and educational experience. Bon Appétit!

TYPICAL OUTLINE OF LAB OPERATIONS

Sample Week

Day One



PLAN!

Meet your lab group, read recipe(s), decide who does what, make out grocery order, fill out equipment rundown, list cookery and techniques you will use, share your paperwork with your group, read recipe AGAIN!

Day Two

COOK!

Cooking group will be in the lab cooking and preparing their recipes. Off day lab group (if needed) will work on the paper lab to accompany the lab.



Day Three

COOK!

Cooking group will be in the lab cooking and preparing their recipes. Off day lab group (if needed) will work on the paper lab to accompany the lab.

Day Four

EAT & EVAL (if needed)

If the lab does not allow you to eat your product, you will taste test and evaluate your recipe(s) today! We will also debrief as a class on the lab experience.

Day Five & Six

REVIEW & TEST!

Review information learned in the classroom and lab for the unit test.

KITCHEN LAB PLANNING AND EVALUATING

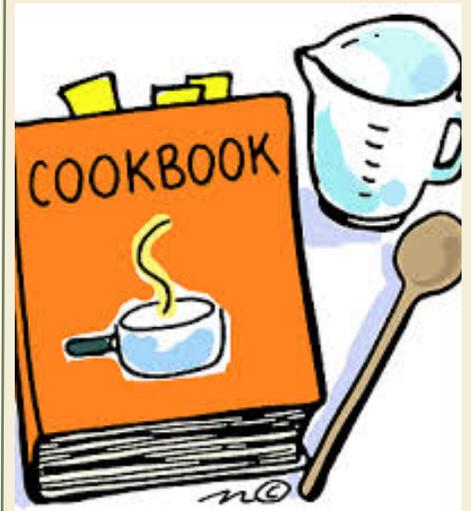
1. All group members need to read the recipe and ask questions as needed. Read twice and ask once!
2. Fill out a grocery order—be specific and accurate.
3. Fill out a management plan and write down all tasks that must be done (including clean-up), indicate the times you expect to be doing each task as well as assign a member to each task. Remember all members must have a role in making the food and participating in the kitchen lab including cleaning up.
4. The grocery order and the management plan must be turned in and approved before Lab can be started.
5. If I do not receive paperwork, you will not be in lab.
6. Students will be evaluating themselves on lab planning, preparation and process, management and product. (10 points)
7. The teacher will evaluate lab-planning, preparation and performance. (30 points)

NOTE: We will cover food information in the classroom before we move to the lab to learn how to correctly prepare the food we just learned about.



KITCHEN LAB PROCEDURES AND SAFETY CONCERNS

1. Dress appropriately in clean clothes and preferably closed toe shoes, you must also pull long hair back.
2. You must wear an apron anytime you are in the kitchen units.
3. Leave books or bookbags/ purses and iPads in your locker or place on unused tables in the classroom.
4. Bathroom brakes will be very limited, USE THE RESTROOM immediately, you will not be able to leave the FACS classroom for the first 40 minutes during a foods lab.
5. Keep things clean and sanitary and wash your hands before doing anything in the lab. Make sure you wash your hands after handling raw meat or eggs and if you touch your hair or face when in lab, please wash your hands.
6. Be sure to report any broken equipment as soon as possible.
7. Do not lick spoons or any other equipment. If I catch you licking, tasting or using your dirty fingers, you're out of the lab and will make up the lab. Also, remember others are going to be eating what you make.
8. Sit only on chairs, avoid sitting on countertops and tables.
9. You must obtain permission to excess the fridge, freezer and pantry items. Supplies and ingredients you need for your recipes will be out and ready to be picked up.
10. Clean up as you go, the end clean-up will be quicker and easier! :)
11. Your lab clean-up is your responsibility; there will be no passes for slow lab groups.



Safety in the lab protects against not only injury but also helps keep our food safe too. Not to mention, lab just goes so much better!

Kitchen Rules

- If you open it, close it
- If you turn it on, turn it off
- If you break it, repair it
- If you can't fix it, call someone who can
- If you borrow it, return it
- If you use it, take care of it
- If you make a mess, clean it up
- If you move it, put it back
- If you don't know how to operate it, leave it alone
- If you didn't make it or bake it, then don't take it

WHEN IN THE KITCHEN REMEMBER:



EQUIPMENT

1. Kitchens are designated by numbers 1 through 3 and by color. Standard equipment is duplicated. Special items will be kept in specially designated kitchens. Everything has a place!
2. Some equipment is not stored in your kitchen. If you get an item/ingredient from the supply table, it must be returned to the supply table and inspected by the instructor.
3. When getting supplies from the supply table, always use the trays.
4. Use equipment only for the purpose for which it was designed. For example, use mixing bowls for mixing and serving bowls for serving and not vice versa. Use only glass, paper, and some plastic in the microwave; do not use metal. Use wooden spoons for stirring, not for flatware, which is for eating.
5. Do not set hot pans directly on the counters. Use the range top.
6. Stand mixers: completely wipe the white motor portion off after using it, and wash the beaters and bowl. Leave the beater in the bowl and tilt the head back. Do not wrap the cord around the motor.



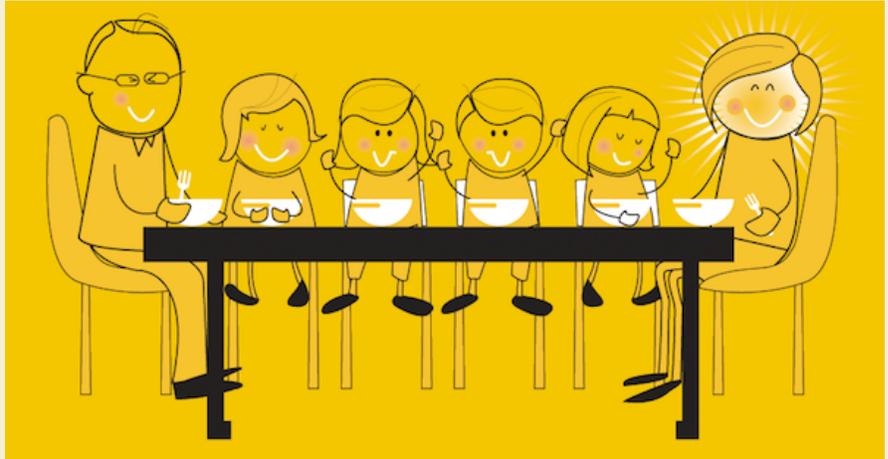
SAFETY PRECAUTIONS

1. Keep safety and sanitary practices in mind at all times. {use common sense}
2. Keep cupboard doors and drawers closed.
3. Wipe up spills immediately and take care of soiled linens quickly.
4. Keep pan handles turned in to avoid spills, burns and accidents.
5. Wash knives separately and be careful. Report any injury immediately.
6. Stay in your own unit at all times so you can help your group in any way possible and remember you are a team and what you do affects the others and no one person is completely responsible for what happens.

NOTE: This is not really a safety precaution, but an organizational tip...reference the drawer and cupboard setup pictures to locate and put kitchen equipment back in its correct place.

EATING

1. You will be expected to try everything we make in lab.
2. If you don't like what you try, don't make faces, comments or other fusses. Be RESPECTFUL!
3. Please use manners when you eat.
4. Food will NOT be taken out of the FACS classroom or labs.
5. Bring soda, juices, milk or any other outside beverage to foods lab is not allowed. Ice water will be available, and will only be consumed when eating, not while cooking.
6. Remember you will have to clean up after you eat, no passes for slow eaters/ cleaners. We will not be using the dish washer.



CLEANING UP

1. Clean dish towels and linens are in the "clean" laundry basket. Put all dirty towels and pot holders in the washing machine, and please keep the lid open.
2. Wash all dishes in **HOT**, soapy water, dry thoroughly, and put away in their correct spots. If you don't know where supplies go, please follow the posted pictograph.
3. Spray countertops and tables with kitchen sanitizer and dry with paper towels.
4. Nothing should be left on countertops after lab including flour and sugar containers or dirty towels.
5. Make sure ovens and stoves are turn off.
6. Wipe out microwave if you used it.
7. Wipe off stovetop.
8. Sweep the kitchen area.
9. When done cleaning, sit at a table and stay out of the way of others.
10. There are magazines and cookbooks to brows through if you finish early, however, you must check out your lab group to attain this privilege.
11. You may use your iPad ONLY after your group has been checked out.
12. You must obtain a check out before your group can go...clean it right the first time, or else you will be asked to re-clean.





OTHER THINGS TO KEEP IN MIND

1. See the instructor for storage bags, aluminum foil, plastic wrap, and waxed paper when needed.
2. Never leave anything in the oven at the end of the hour, unless specific arrangements have been made with the instructor for its removal.
3. Noise needs to be kept to a minimum. This includes talking as well as the clatter of equipment, utensils, drawers, and doors.
4. No students are allowed to open the refrigerator, freezer, or pantry.
5. Additional duties will be assigned as needed.
6. Everyone must bring their recipes to the lab on lab days; do not rely on your group members for theirs.
7. Behavior determines lab activities. If your behavior is anything less than excellent, you will be issued a Paper Lab and will sit out. This means you will not be able to eat.
8. In order to participate in foods labs you must have all of your work turned in!
9. Students on the Watch List (have a 4 or a 5) will not be participating in foods labs. Instead, they will be issued a paper lab. NO foods labs until the student is off of the Watch List.
10. If you miss a lab, you will need to make it up! There are no exceptions to this.
11. Labs are worth 30 points from the instructor and 10 points from the student for a total of 40 points (similar to a test).
12. Labs are a privilege and may be revoked at any time.

THE FINE PRINT

Platteview High School

The following is a copy of the Accountability Statement form that will need to be read, understood and filled out by you before you can participate in foods labs. In addition you will need to complete an ICE (incase of emergency) form and turn it in for safety reasons. As stated in the Platteview FACS Course Catalog, all foods classes require a fee to help offset the cost of food and equipment, this must be paid to avoid an alternative paper lab assignment.

ACCOUNTABILITY STATEMENT

In order to create and maintain a safe and learning Family and Consumer Sciences environment, students need to follow the guidelines set forth. Signing below signifies that the student has read and understands the guidelines and by signing this Accountability Statement, the student implies that they will make every possible attempt to follow the guidelines for this class. Appropriate consequences will be assigned if any guideline is violated. This form along with the class fee of \$___ and the ICE (incase of emergency) form will need to be turned into the teacher **before** the student is eligible to participate in any foods lab activity. Please share these guidelines with your guardian, sign and return this statement as soon as possible.

Student signature