Food Lab Rules & Procedures
Before each lab you will... 

• write down the recipe.  
  – This is your “ticket to lab.” Without it, you will not participate. 

• watch a demonstration of the recipe.  
  – There is no talking during demonstrations. Demos are performed to teach you the steps of the recipe, not entertain you. 

• complete a lab plan with your group.  
  – This is when your group will determine who is in charge of each task.
Lab Plans – Jobs – Chefs

• There are only two cooks per lab! Everyone will have a chance to be a chef.
  – Sous Chef
    • Keep track of time.
    • Manage other group members.
    • Collect and measure food items.
    • Set the oven or turn on eyes if needed.
    • Stir or mix food items.
  – Line Cook
    • Get out and put away equipment.
    • Cut up foods.
    • Aid the Sous Chef with preparation.
    • Insert/remove food from the oven if needed.
    • Divides up the food.
Lab Plans – Jobs – Dishwashers

• Don’t underestimate how important this job is! It may not seem like it, but making the lab safe to use again is more important than the food.

  – Dishwasher One
    • Fill in the sink with hot, soapy water.
    • Wash dishes inside and out.
    • Clean the sink.

  – Dishwasher Two
    • Rinse the dishes with hot water before and after washing.
    • Dry dishes completely.
    • Dry the sink.
Lab Plans - Jobs - Assistants

- Assistants do it all! They clean and help others.
  - Wait Staff
    - Set the table if needed.
    - Get cups and ice if needed.
    - Assist the chefs if needed.
    - Help plate food.
    - Get Mrs. Willis for inspection.
  - Bus Boy or Girl
    - Collect and throw away trash.
    - Sanitize countertops and tables.
    - Assist the dishwashers if needed.
    - Put the towels in the dirty hamper after inspection.
On the day of food labs you will...

• **Come in quietly and sit with your lab group.**
  – You will need to have your recipe and lab plan out on your desk for the check.
  – If the oven needs to be preheated, send 1 member to do so.

• **Participate in your group to complete the lab.**
  – This includes following the recipe, washing dishes, and cleaning up the kitchen.

• **Follow the food lab rules on the next slide.**
  – You will be removed from lab if you fail to follow the rules.

• **Stay in your lab until your kitchen has been inspected.**
  – Your dishes should be kept out (preferably on top of the microwave) until they have been inspected.
  – Your sink and counters will also be inspected.
Food Lab Rules

1. Stay in your assigned lab and on task at all times.
2. Abide by all safety and sanitation practices.
3. Always use the proper utensil for the job.
4. Wear appropriate clothing for lab.
5. Tie back long hair.
6. Clean as you work to prevent rushing through sanitation tasks.
7. Never spray someone with cleaning solution.
8. NEVER point a knife at someone. It is not funny.
Sanitation

- Always wash your hands before cooking.
- Wash and rinse dishes with hot, soapy water.
- Use a separate towel to dry hands and dishes.
- Use a plastic cutting board when cutting meats.
- The bacterial danger zone is 40°F to 140°F.
- Keep hot foods hot and cold foods cold.
- 3 things needed for bacteria to grow:
  1. Food
  2. Moisture
  3. Right Temperature
Accidents

• Most accidents are caused by carelessness.
• Quickly and calmly inform an adult when accidents happen.
• Clean spills immediately!
• Never use a dishtowel to remove items from the oven.
Electrical Shock

• Keep water away from electrical appliances and outlets.
• Dry hands before touching equipment.
• Never tug or pull on electrical cords.
• Always unplug a toaster before trying to remove items that are jammed.
Burns

- Turn pot handles inward on range tops – out of the walking path.
- Use only dry potholders to remove items from oven.
- Avoid loose clothing when cooking.
- Keep dishtowels away from the oven.
- Vent microwave foods and open carefully to prevent steam burns.
- Never add water to a grease fire.
- Put only dry items into hot grease.
- Always stay with cooking food and keep an eye on it.
- Never leave oven doors open.
- Never pour cold water over a hot pan! It will warp the pan.
Knife Safety

• Walk with knives in a downward position.
• Dry knives with the blade away from your hand.
• Never place a knife in soapy water where it can’t be seen.
• Hold foods with curved fingers when cutting.
• Sharp knives are safer than dull knives.
• Never more than one person cutting on the same cutting board.

**NEVER POINT A KNIFE AT SOMEONE!!! It is not funny!**