



Food Lab Rules

1. Wash hands before starting a lab.
2. Do not comb hair, put on perfume or nail polish in class. Pin or tie hair back; no long dangling sleeves.
3. Dirty towels and dishcloths should be placed in dirty basket.
4. Food in refrigerators, freezers and supply cupboards are OFF LIMITS, unless otherwise noted.
5. No horseplay in the kitchens. Follow all safety rules. Use caution when handling sharp or hot objects. Throwing anything will result in removal from lab for one week and forfeiture of lab grades.
6. Cooperation is a must. Jobs must be rotated each lab. Do a fair share of work and be aware of time and manage it properly.
7. EVERYONE in your kitchen stays until all the work is completed. *The kitchen clean-up must be checked by the teacher before you are to leave class.

Make sure that:

- ✓ All items are washed in HOT SOAPY water, rinsed, and dried thoroughly and returned to the correct place.
- ✓ Dry the sink out, check floor, wipe counters, handles, range top and do a last check for overall cleanliness. This is a part of your grade!

8. Use a tray to get the ingredients from the supply table. Plan ahead and make one trip. You must use your own measuring supplies at times!

9. Do not sit on the tables or the countertop.

10. During lab, you must stay in your own kitchen. Do not bother others.

11. Do not change or double a recipe without permission.

12. Practice safety rules at all times. The behavior of one individual can affect the safety of the class.

13. Always taste what you have made. It may be the best thing you ever ate.

14. When finished, remain seated until the bell.

THANK YOU!