

Expectations for Food Labs

Before Cooking

- Pay attention to any special instructions given by the teacher
- Read the recipe thoroughly before even entering kitchen area
- Decide on what tasks each group member will complete
- Tie long hair back with an elastic
- Wear an apron
- Wipe down countertops with soap and warm water
- Wash hands using proper hand washing procedure
- Obtain all supplies that you will need (dish cloths, towels, aprons, etc.)

During the Lab

- Follow proper sanitation and safety procedures
- Stay in your own kitchen
- Work as a team—each person should always be doing something productive
- Follow the recipe
- Treat all equipment with care
- Do not waste food
- No shouting or other disruptive behaviour

After the Lab (Clean-Up)

- All dishes are properly washed (no food residue; soap and hot water used), dried (no wet spots) and put away. Nothing has been left on the countertop, or in the sink to dry.
- All utensils, dishes, equipment are put away in the correct drawer or cupboard.
- The sink has been emptied, drained, and clean. (i.e. no soap or food residue left.)
- Dirty towels, cloths and aprons have been placed in the washing machine or laundry basket.
- The counter has been wiped down with soap and water and is clean.
- The stove has been wiped and cleaned. The oven and burners are turned off.
- The tables have been wiped and are clean.
- Any leftover food has been properly covered and put away in the refrigerator
- All spices, seasonings, and other cooking/baking supplies have been put away in their proper places.
- The floor has been swept.
- The dryer has been checked and all laundry has been folded or put away.
- Complete your lab report and hand it in for marks.

NOTE: Also, pay attention to the rubric posted in each kitchen, for more information on how to get top marks for your labs. Labs can mean the difference between a 79 and an 80 (for example)! ☺

FOOD LAB CONTRACT

Kitchen Use

- I will not damage the kitchen areas or equipment.
- I will close cupboards and drawers gently, and with my hands.
- I understand that things are expensive to replace, so I will treat all items carefully.
- I will not engage in rowdy or destructive behaviour.
- I will not sit on the countertops.
- I will not use harsh or abrasive chemicals on countertops or other kitchen surfaces.

Personal Safety

- I will ask before using a piece of equipment if I'm not sure how it works.
- I will tie my hair back each time we are in the kitchen.
- I will wear closed-toe shoes for every food lab.
- I will wear appropriate clothes on food lab days.
- I will follow the proper handwashing and other hygienic procedures.
- I will follow the safety procedures (for knives, fire, food preparation, microwave use, etc.) that I have been taught in class.

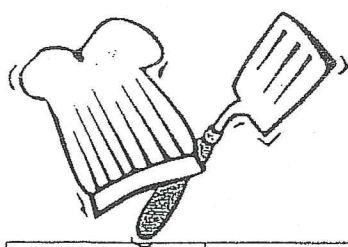
Common Courtesy

- I will share equipment and resources when needed and without being selfish.
- I will only use the resources allocated to my class and group.
- I will co-operate and communicate respectfully and politely with others at all times.
- I will not leave the classroom without permission from the teacher.
- I will not invite other people from other classes to "visit" or have some food to eat.

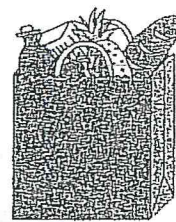
I _____ do hereby agree to follow the expectations for behaviour and safety at all times in order to participate in food labs. If I choose not to follow these procedures, I understand that I may be asked to leave the kitchen area during a food lab. If I damage any equipment, I understand that I may be held responsible to pay for anything I damage.

(student signature)

(date)



Food Lab Rubric



Criteria	Level 4 (Fabulous)	Level 3 (Good Work!)	Level 2 (Okay Work!)	Level 1 (Keep Trying...)
Planning /12	<ul style="list-style-type: none"> ☆ Arrived early and ready to start (5 Marks) ☆ Had apron (5 Marks) ☆ Thoroughly read over recipe 	<ul style="list-style-type: none"> ☆ Had to run and get apron (3 Marks) ☆ Read over recipe 	<ul style="list-style-type: none"> ☆ Read over recipe somewhat 	<ul style="list-style-type: none"> ☆ Arrived late (0 Marks) ☆ Didn't have apron at all (0 Marks) ☆ Did not read over recipe
Preparation & Cooking /10	<ul style="list-style-type: none"> ☆ Never asked where items/tools were ☆ Used correct cooking techniques ☆ Collected and organized all equipment and ingredients before beginning ☆ Used correct measuring techniques all of the time ☆ Used correct equipment all of the time 	<ul style="list-style-type: none"> ☆ Asked once or twice where items/tools were ☆ Used correct cooking techniques most of the time ☆ Collect most of the equipment and ingredients ☆ Used correct measuring techniques most of the time ☆ Used correct equipment most of the time 	<ul style="list-style-type: none"> ☆ Often asked where items/tools were ☆ Used correct cooking techniques some of the time ☆ Collected some of the equipment and ingredients ☆ Used correct measuring techniques some of the time ☆ Used correct equipment some of the time 	<ul style="list-style-type: none"> ☆ Repeatedly asked where items/tools ☆ Did not use correct cooking techniques or most were incorrect ☆ Had difficulty collecting equipment and ingredients ☆ Did not use correct measuring techniques ☆ Did not use equipment correctly
Safety /8	<ul style="list-style-type: none"> ☆ Washed hands like a pro (warm water and soap scrubbing for 45 seconds) ☆ Followed safe food handling practices at all times ☆ Safe kitchen practices at all times 	<ul style="list-style-type: none"> ☆ Washed hands well (warm water and soap 20 seconds) ☆ Followed safe food practices most of the time ☆ Followed safe kitchen practices most of the time 	<ul style="list-style-type: none"> ☆ Washed hands improperly (cold water and/or not long enough) ☆ Followed safe food practices some of the time ☆ Followed safe kitchen practices some of the time 	<ul style="list-style-type: none"> ☆ Did not wash hands/or very improperly ☆ Followed unsafe food handling practices throughout the lab ☆ Followed unsafe kitchen practices throughout the lab
Serving & Product /5	<ul style="list-style-type: none"> ☆ Cooked to perfection ☆ Appetizing in appearance (shape, size and colour) 	<ul style="list-style-type: none"> ☆ Most of product cooked properly ☆ Appetizing in appearance with some slight irregularities (shape, size or colour) 	<ul style="list-style-type: none"> ☆ Some of product cooked properly ☆ Good appearance however may be irregular (shape, size or colour) 	<ul style="list-style-type: none"> ☆ Over or undercooked ☆ Unappetizing in appearance (shape, size and colour)
Clean-Up /10	<ul style="list-style-type: none"> ☆ Cleaned all cooking tools and areas thoroughly ☆ All dishes and equipment put away in proper location 	<ul style="list-style-type: none"> ☆ Cleaned most cooking tools and areas effectively ☆ Most dishes and equipment put away in proper location 	<ul style="list-style-type: none"> ☆ Cleaned some of the cooking tools and areas effectively ☆ Some dishes and equipment put away in proper location 	<ul style="list-style-type: none"> ☆ Cooling tools and area not cleaned ☆ Dishes and equipment put away in wrong location
Overall /5	<ul style="list-style-type: none"> ☆ Knew and completed responsibilities ☆ Excellent food lab behaviour ☆ Actively involved 	<ul style="list-style-type: none"> ☆ Kept on task ☆ Good food lab behaviour ☆ Involved most of the time 	<ul style="list-style-type: none"> ☆ Needed to be reminded ☆ Food lab behaviour needed some modification ☆ Somewhat involved 	<ul style="list-style-type: none"> ☆ Unsure of responsibilities ☆ Lacking good food lab behaviour ☆ Lacking involvement

Total:

/50

