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)! 😊
**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)
<table>
<thead>
<tr>
<th>Criteria</th>
<th>Level 4 (Fabulous)</th>
<th>Level 3 (Good Work!)</th>
<th>Level 2 (Okay Work!)</th>
<th>Level 1 (Keep Trying...)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Planning</td>
<td>☆ Arrived early and ready to start (5 Marks)</td>
<td>☆ Had to run and get apron (3 Marks)</td>
<td>☆ Read over recipe somewhat</td>
<td>☆ Arrived late (0 Marks)</td>
</tr>
<tr>
<td></td>
<td>☆ Had apron (5 Marks)</td>
<td>☆ Read over recipe</td>
<td></td>
<td>☆ Didn’t have apron at all (0 Marks)</td>
</tr>
<tr>
<td></td>
<td>☆ Thoroughly read over recipe</td>
<td></td>
<td></td>
<td>☆ Did not read over recipe</td>
</tr>
<tr>
<td>Preparations &amp; Cooking</td>
<td>☆ Never asked where items/tools were</td>
<td>☆ Asked once or twice were items/tools were</td>
<td>☆ Often asked were items/tools were</td>
<td>☆ Repeatedly asked where items/tools were</td>
</tr>
<tr>
<td></td>
<td>☆ Used correct cooking techniques</td>
<td>☆ Used correct cooking techniques most of the time</td>
<td>☆ Used correct cooking techniques some of the time</td>
<td>☆ Did not use correct cooking techniques or most were incorrect</td>
</tr>
<tr>
<td></td>
<td>☆ Collected and organized all equipment and ingredients before beginning</td>
<td>☆ Used correct measuring techniques most of the time</td>
<td>☆ Collected some of the equipment and ingredients</td>
<td>☆ Had difficulty collecting equipment and ingredients</td>
</tr>
<tr>
<td></td>
<td>☆ Used correct measuring techniques all of the time</td>
<td>☆ Used correct measuring techniques some of the time</td>
<td>☆ Did not use correct measuring techniques</td>
<td>☆ Did not use correct measuring techniques</td>
</tr>
<tr>
<td></td>
<td>☆ Used correct equipment all of the time</td>
<td></td>
<td></td>
<td>☆ Did not use equipment correctly</td>
</tr>
<tr>
<td>Safety</td>
<td>☆ Washed hands like a pro (warm water and soap scrubbing for 45 seconds)</td>
<td>☆ Washed hands well (warm water and soap 20 seconds)</td>
<td>☆ Washed hands improperly (cold water and/or not long enough)</td>
<td>☆ Did not wash hands/or very improperly</td>
</tr>
<tr>
<td></td>
<td>☆ Followed safe food handling practices at all times</td>
<td>☆ Followed safe food practices most of the time</td>
<td>☆ Followed safe food practices some of the time</td>
<td>☆ Followed unsafe food handling practices throughout the lab</td>
</tr>
<tr>
<td></td>
<td>☆ Safe kitchen practices at all times</td>
<td>☆ Followed safe kitchen practices most of the time</td>
<td>☆ Followed safe kitchen practices some of the time</td>
<td>☆ Followed unsafe kitchen practices throughout the lab</td>
</tr>
<tr>
<td>Serving &amp; Product</td>
<td>☆ Cooked to perfection</td>
<td>☆ Most of product cooked properly</td>
<td>☆ Some of product cooked properly</td>
<td>☆ Over or undercooked</td>
</tr>
<tr>
<td></td>
<td>☆ Appetizing in appearance (shape, size and colour)</td>
<td>☆ Appetizing in appearance with some slight irregularities (shape, size or colour)</td>
<td>☆ Good appearance however may be irregular (shape, size or colour)</td>
<td>☆ Unappetizing in appearance (shape, size and colour)</td>
</tr>
<tr>
<td>Clean-Up</td>
<td>☆ Cleaned all cooking tools and areas thoroughly</td>
<td>☆ Cleaned most cooking tools and areas effectively</td>
<td>☆ Cleaned some of the cooking tools and areas effectively</td>
<td>☆ Cooling tools and area not cleaned</td>
</tr>
<tr>
<td></td>
<td>☆ All dishes and equipment put away in proper location</td>
<td>☆ Most dishes and equipment put away in proper location</td>
<td>☆ Some dishes and equipment put away in proper location</td>
<td>☆ Dishes and equipment put away in wrong location</td>
</tr>
<tr>
<td>Overall</td>
<td>☆ Knew and completed responsibilities</td>
<td>☆ Kept on task</td>
<td>☆ Needed to be reminded</td>
<td>☆ Unsure of responsibilities</td>
</tr>
<tr>
<td></td>
<td>☆ Excellent food lab behaviour</td>
<td>☆ Good food lab behaviour</td>
<td>☆ Food lab behaviour needed some modification</td>
<td>☆ Lacking good food lab behaviour</td>
</tr>
<tr>
<td></td>
<td>☆ Actively involved</td>
<td>☆ Involved most of the time</td>
<td>☆ Somewhat involved</td>
<td>☆ Lacking involvement</td>
</tr>
</tbody>
</table>

Total: 50