🧊 Fridge Cleanout Lab

Culinary 1 · Unit 12 · Level 1 · end of semester



Name: _____

Your group's choice. Mrs. Dyches' recipe: Her lab: cook something using what is left in the class fridge and pantry.

🧺 Plan it: get it. Check ☐.

- ☐ 🔍 look in the fridge and pantry
- ☐ 📋 list 4-6 foods you can use
- ☐ 📅 check dates: throw out old food
- ☐ 📖 pick a recipe from this semester

👩‍🍳 Do one box. Check ☐ it.

1	🔍	Look in the fridge.	☐
2	📅	Old food? Throw it out.	☐
3	📋	Pick 4 foods.	☐
4	📖	Pick a recipe.	☐
5	✅	Show the teacher.	☐
6	👩‍🍳	Cook it.	☐
7	🧽	Clean the fridge. Photo!	☐