Culinary 1 · Unit 12 Lab · Level 1

Fridge Cleanout Lab



TODAY'S PLAN

- 👥 Jobs
- ⚠️ Safety
- 👩‍🍳 Steps
- ✅ Check
- 🧽 Clean up + reflect

Get ready

Lab Jobs



Head Chef

I read the card.



Measurer

I measure.



Mixer / Cook

I mix and cook.



Clean-Up Captain

I clean up.

Safety

Be Safe



🔥 Handle in. Stay by the stove.

🧤 Use oven mitts. Hot!

🐾 Claw hand 🐾. Knife down.

👩‍🍳 Lab

Steps 1 of 2



1. 🔍 Look in the fridge.
2. 📅 Old food? Throw it out.
3. 📋 Pick 4 foods.
4. 📖 Pick a recipe.

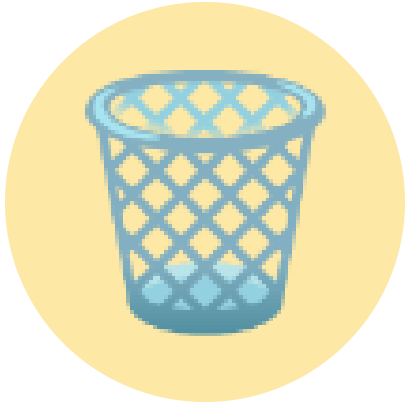
👩‍🍳 Lab

Steps 2 of 2

1. ✅ Show the teacher.
2. 👩‍🍳 Cook it.
3. 🧽 Clean the fridge. Photo!



🃏 Check 1 of 2



Moldy food goes…

Point to the picture!

1️⃣ 🍽️ On my plate

2️⃣ 🗑️ In the trash

✅ Answer · Card 1 of 2



🗑️ In the trash

Mold can make you sick.

🃏 Check 2 of 2



First we…

Point to the picture!

1️⃣ 📋 Make a plan

2️⃣ 🔥 Turn on the stove

✅ Answer · Card 2 of 2



Make a plan

Plan first.

Wrap-Up

Clean Up + Reflect



- 🧽 Wash, dry, put away
- 🧻 Wipe the counter
- 📸 Take a photo
- 😀 Fill in my check sheet