🧊 Fridge Cleanout Lab · Get Ready

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



Name: _____

👥 My job. Circle it.

👩‍🍳 **Head Chef** I read the card.	**Measurer** I measure.	**Mixer / Cook** I mix and cook.	🧽 **Clean-Up Captain** I clean up.

🧰 Get the tools. Check ☐.

- ☐ 📖 Picture recipe book
- ☐ 📋 Plan sheet
- ☐ 🌡️ Thermometer
- ☐ 🗑️ Trash + compost
- ☐ 🧽 Cleaning supplies

🧺 Get the food. 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

⚠️ Be safe!

🔥 Handle in. Stay by the stove.

🧤 Use oven mitts. Hot!

🐾 Claw hand 🐾. Knife down.

🧼 Before we cook

☐ 🧼 Wash hands ☐ 🥼 Apron on ☐ 👱 Hair back ☐ 📵 No phone