🧊 Fridge Cleanout Lab

Culinary 1 · Unit 12 · Level 2 · end of semester



Name: _____ Date: _____ Period: _____

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

🧺 Plan it

- ☐ 🔍 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

👩‍🍳 Steps: check each box when you finish

- [ ] 1 🔍 Look in the fridge and pantry with your group.
- [ ] 2 📅 Check dates. Throw out anything old, moldy, or open too long.
- [ ] 3 📋 List 4-6 foods you can use.
- [ ] 4 📖 Pick a recipe from our recipe book that uses them.
- [ ] 5 ✅ Show Mrs. Dyches your plan.
- [ ] 6 👩‍🍳 Cook it with your recipe card.
- [ ] 7 🧽 Wipe the fridge shelves. Photo of your dish!