Culinary 1 · Unit 12 Lab · Level 2

Fridge Cleanout Lab



TODAY'S PLAN

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

Get ready

Lab Jobs



Head Chef

Reads each step out loud. Checks the card.



Measurer

Gets and measures each ingredient.



Mixer / Cook

Mixes, cooks, and watches the timer.



Clean-Up Captain

Washes, dries, and wipes as we go.

Safety

Be Safe



🔥 Pan handles turned \1. Stay by the stove.

🧤 Use dry oven mitts. Pans and racks are hot.

🐾 Use the \1 grip. Walk with the knife point down.

👩‍🍳 Lab

Steps 1 of 2



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.

👩‍🍳 Lab

Steps 2 of 2



1. ✅ Show Mrs. Dyches your plan.
2. 👩‍🍳 Cook it with your recipe card.
3. 🧽 Wipe the fridge shelves. Photo of your dish!

🃏 Check 1 of 2



What should you do with food past its date?

Hold up 1, 2, or 3:

1️⃣ Throw it out

2️⃣ Cook it longer

3️⃣ Put it back

✅ Answer · Card 1 of 2



Throw it out

When in doubt, throw it out.

🃏 Check 2 of 2



Why show the teacher your plan first?

Hold up 1, 2, or 3:

1️⃣ To skip cleaning

2️⃣ To get extra food

3️⃣ To check it is safe and uses the right food

✅ Answer · Card 2 of 2



To check it is safe and uses the right food

Plan, check, cook.

Wrap-Up

Clean Up + Reflect



- 🧽 Wash, dry, and put away every tool
- 🧻 Wipe counters, sink, and stove
- 📸 Take your 5 lab photos
- 📝 Fill in the lab reflection