🧊 Fridge Cleanout Lab · Lab Prep Sheet

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



Name: _____ Date: _____ Period: _____

👥 Job roles: circle your job. Initial when it is done.

Job	What you do	Done ✔️
👨‍🍳 **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.	

🧰 Equipment: check when it is on your counter

- ☐ 📖 **Picture recipe book** Pick a recipe we already made.
- ☐ 🌡️ **Thermometer** Check cooked food temps.
- ☐ 🧽 **Cleaning supplies** Wipe the fridge shelves.
- ☐ 📋 **Plan sheet** List food, tools, and jobs.
- ☐ 🗑️ **Trash + compost** Old food goes out.

🧺 Ingredients (amounts are on the recipe card)

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

⚠️ Safety focus for this lab

🔥 Pan handles turned **in**. Stay by the stove.

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

🐾 Use the **claw** grip. Walk with the knife point down.

🧼 Before you start

☐ 🧼 Wash hands for 20 seconds ☐ 🥼 Apron on ☐ 👱 Hair back ☐ 📵 Phone put away