🥪 Hot Ham and Cheese Sandwich

Transitions · Level 1 · Cooking Lab · Thu 11/5 · Get Ready: Before We Cook



Name: _____

🧼 Before we cook. Check ☐.

- ☐  Wash hands
- ☐  Apron on
- ☐  Hair back
- ☐  Clean table

🖐️ Wash hands: 5 steps


1. Water


2. Soap


3. Scrub 20


4. Rinse


5. Dry

🧰 Get the tools. Check ☐.

- ☐  plate
- ☐  microwave
- ☐  butter knife
- ☐  hot pad

🧺 Get the food. Check ☐.

- ☐  butter
- ☐  bread
- ☐  cheese
- ☐  ham

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Transitions · Level 1 · Cooking Lab · Thu 11/5 · Be Safe!



📡 Microwave safe

- 🚫 **No metal.** No foil. No metal spoon or fork.
- 🍽️ Use a **paper plate** or a microwave plate.
- ⏱️ Cook **30 seconds**. Staff help me push the buttons.
- 🧤 **HOT!** Use a hot pad. Go slow.
- ⏳ Wait a little. Then take a small bite.

🔪 Butter knife safe

- ✋ Hold the **handle**.
- ➡️ Spread slow, away from my hand.
- ⬇️ Put it down flat on the plate.

🙋 Need help? Say it!

- 🟨 “I need help, please.”