

HOME ARTS – LAB PROCEDURES

When you arrive to class



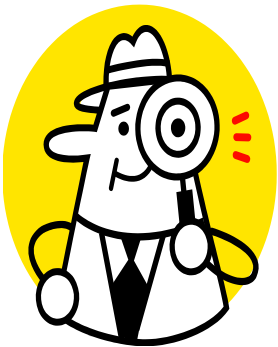
- Put your hair up if it is long enough to fall in your face.
- Wash your hands – warm water + soap + 30 seconds. Dry your hands on paper towel and put the used paper towel in the compost container.
- Get on your apron, tie it at the waist – your apron stays on until after your inspection has been completed.
 - Have a seat at your table.
- While at your table – quietly read your recipe sheet – check out the method, equipment and ingredients you will be using.

After Mrs. Snow's demonstration

- ❖ Determine who in your kitchen group will do what parts of the lab.
- ❖ Remember you are part of a team – a team works together providing positive encouragement to all members!
- ❖ Get out any equipment and ingredients that you will need – check off with the washable marker each ingredient as it is added and each step as it is completed.
- ❖ Complete the recipe with your group.



After your lab is complete



- Complete the cleanup as a whole team.
- Check off each item on the Lab Inspection Sheet before you indicate you are ready for inspection.
- Keep all cloths and towels until inspection is completed. Cloths and towels that are still good for the next class can be folded and placed beside the sink.
 - Be seated at your table once you have passed inspection.
 - Do not eat until inspection is completed.
- Sous chef completes evaluation and put it on Mrs. Snow's desk

When you hear **the BELL** – You IMMEDIATELY

Stop talking
Stop moving
Look at Mrs. Snow and LISTEN



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Safety in the Lab

ALWAYS BE MATURE AND CAREFUL

- Do not fool around in any way (towel snapping, pushing, running, etc.)
- Be conscious of the people around you (eg. Let them know if you are holding a hot pan).
- **SHHHHHH** Keep voices at a low level. Your conversation should only be heard in your kitchen!
- Always walk the laundry or garbage to its destination – DO NOT Throw!



PREVENT SPILLS AND FALLS



- Keep the floor clear of all personal items and keep chairs pushed in. Make sure you wear good shoes (if they have laces make sure they are tied).
- Clean up any spills right away.
- Roll up any long sleeves, do not wear bulky clothing.
- Keep cupboards and drawers closed when not in use.

PREVENT BURNS

- Turn pot handles to the centre of the stove top.
- Always wear 2 oven mitts when handling hot items.
- Wear oven mitts when putting a cold pan into the oven because you could burn yourself on the hot racks or the hot door.
- Make sure the oven door is open all the way when putting things in or taking out.
- Always put hot baking pans on the stove top (do not stack them).
- Never put a hot baking pan on the counter or in the cupboard.
- Make sure your hands are dry when plugging in or unplugging electrical equipment.



PREVENT FIRES

- Never put anything other than pots on the stove top.

PREVENT CUTS

- DO NOT put dirty knives in the sink, place them along the back of the counter beside the sink.
- Always pay close attention when cutting/opening anything.



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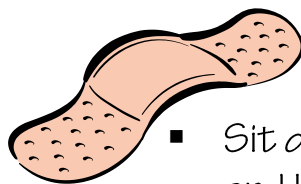
First Aid

If you get BURNED



- Put the burned area under cold running water immediately.
- Keep under the cold water until the skin feels cool.
- Get a kitchen partner to tell Mrs. Snow immediately.

If you get CUT



- Rinse the cut to remove any debris.
- Apply pressure directly on the cut.
- Sit down. Hold the cut area above your heart and keep applying pressure, if it is a big cut.
- Get a kitchen partner to tell Mrs. Snow immediately.



STOP EVERYTHING



- ❖ If someone is cut or someone **breaks anything glass** in your kitchen you must stop working. Mrs. Snow will need to check your kitchen and any food products to make sure that they are safe to use.
- ❖ **ALL** accidents (big or small) that result in personal injury or damaged equipment must be reported to Mrs. Snow immediately!

If there is a FIRE



Stay calm – call Mrs. Snow - back away from the fire.

At home

- Cut the oxygen supply from the fire by covering the fire with a lid or bowl or baking soda.
- Turn the element off - only if you can reach it safely!
- NEVER throw water on a grease fire as it will spread the fire.

STAY SAFE

Food Safe Guide

Wash your hands – OFTEN!!

How to Wash Hands

We all think we know how to wash our hands but many of us don't do it properly.

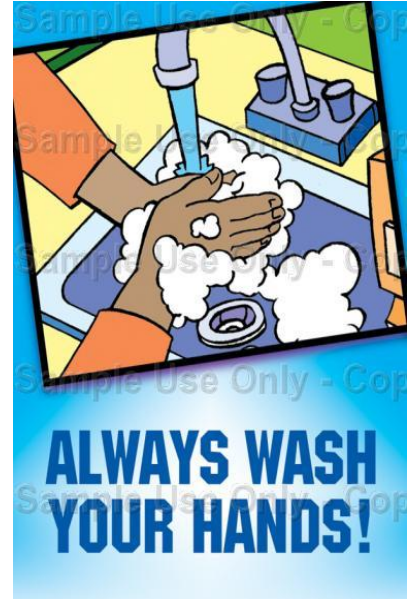


- Areas most frequently missed during hand washing
- Less frequently missed
- Not missed

(Adapted from Taylor L (1978), An evaluation of hand washing techniques - I, Nursing Times, 12 January, pp 54-55)

Scrub your hands with hot soapy water for 20-30 seconds

Sing Happy Birthday twice



Keep Hands Clean! with Good Hygiene

Cleanliness is a major factor in preventing foodborne illness. Wash hands with warm, soapy water for 20 seconds:

- before and after handling food
- after using the bathroom
- after changing a diaper
- after handling pets
- after tending to a sick person
- after blowing your nose, coughing, or sneezing
- after handling uncooked eggs or raw meat, poultry, or fish and their juices

For more information, contact:
USDA Meat and Poultry Hotline, toll-free at 1-888-MPHotline (1-888-674-6854) • TTY: 1-800-256-7072
www.fs.is.usda.gov

September is National Food Safety Education Month™

USDA United States Department of Agriculture
Food Safety and Inspection Service
USDA is an equal opportunity provider and employee. September 2005

Food Sanitation and Safety

Tie Your Hair Back-
hair carries bacteria
no matter how clean it is!



Clean the Dishes

- Wash dishes with **HOT** soapy water
- Rinse dishes with **HOT** water
- Place dishes upside down on drying towel
- Dry well with towel



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Washing the Dishes



Scrape the bowls and equipment to remove excess flour and food.

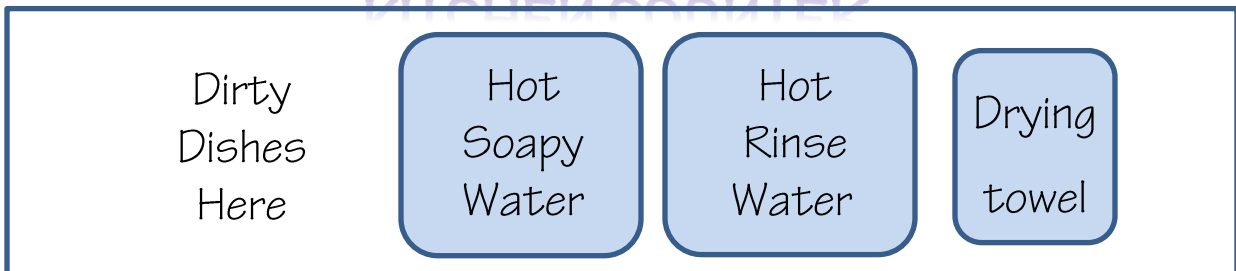
Neatly stack dirty dishes beside the sink.

Fill one sink $\frac{1}{2}$ full of hot water. Add a small squirt of soap.

Fill the next sink $\frac{1}{4}$ full of hot water.

Place a drying towel on the counter for the clean, wet dishes.

KITCHEN COUNTER



Carefully wash dishes in the hot soapy water with a cloth or sponge.

Rinse off soap suds in the hot rinse water.

Put dishes upside down on the drying towel.

Dry carefully with a dish towel.

Put dishes away properly in the correct cupboard or drawer.

Do not put dirty dish clothes or dishtowels in the dirty laundry until after inspection and Mrs. Snow has said it is ok!!!!



THANKS FOR DOING A GREAT JOB!!