

Mrs. Callahan's
KITCHEN & LAB RULES

- **Follow all of the safety rules**
 - Tie your hair back. If it is not tied back, please use a hair tie in the classroom supplies just for the period.
- **ALWAYS** wash your hands with hot water **AND** soap before beginning.
 - If you leave the classroom to use the restroom, please wash your hands again before proceeding with lab to kill other germs from the hallway/bathroom door knobs.
- Close doors and drawers carefully. Do not slam things shut.
- Separate raw, cooked, and ready-to-eat foods when shopping, preparing, and storing.
- Keep hot food hot, and cold foods cold.
- Refrigerate perishable foods promptly.
- Use paper towels to clean up spills as they occur (this includes on the floor).
- **READ** labels.
- **Be ORGANIZED!**
 - Read the **ENTIRE** recipe before beginning.
 - Follow the directions.
 - Divide work evenly.
 - Work quickly using the class time well.
 - Do your share of the work and rotate work schedule responsibilities.
- Know terms and procedures before you begin. Please ask if you are unsure!
- Clean up as you finish preparations. This makes clean up time go much faster!
- Get out all ingredients before starting a recipe.
- Use the proper utensil/equipment for each task.
 - Use a liquid measuring cup for liquids, and dry measuring cups for dry ingredients. Do **NOT** put water, milk, etc. into a dry measuring cup. This is incorrect.
- **ALWAYS** use a cutting board.
- Center food in the oven, and preheat if necessary.
- Keep heat under control so pans do not boil over.
- Keep range top burners and reflector pans clean.
- Start foods at a high temperature, then reduce.
- Be sure the oven/burners are turned off as soon as cooking is finished.
- Return equipment to the proper location! This is **VERY** important!
- Wash dishes thoroughly!
 - Work right to left (if right handed).
 - Soak greasy, sugary dishes in hot water.
 - Use **HOT** water for washing and rinsing.
 - Use a little dish soap. It doesn't take much!
 - First, wash glassware, silverware, plates, cups, and serving dishes, then wash baking dishes and pots and pans.
- Wash and dry the counter tops.
- Dry the sink with paper towels.
- If towels are wet and not dirty, hang one at a time on the racks below the sink. If they are dirty, please place in the laundry basket under kitchen 4's sink.
- If in doubt, **ALWAYS** ask me first...that is why I am here!