

Food Lab Conduct and Responsibilities

Personal conduct:

1. Cell phones will be used only for academic purposes during the lab period.
2. The use of work areas, supply tables or other food contact surfaces for seats is prohibited.
3. Each student is responsible for keeping work surfaces clean and sanitized.
4. Students must remain with their assigned lab group for the entire lab period so that they can participate in all steps of recipe preparation, evaluation and clean-up.
5. This lab period is not to be used as a study hall. It is not time to work on assignments for other classes or to read books, magazines and newspapers or text friends and family, etc.

Personal Hygiene and Safety:

1. Remove all jewelry and wash hands with soap and hot water before working with food.
2. Wash hands thoroughly after handling all potentially hazardous foods.
3. Use paper towels and not on dish towels to dry hands.
4. Wash your hands after using a tissue before handling foods again.
5. Avoid touching the hair or face while working with food.
6. Aprons must be worn during the two days of food preparation and evaluation.
7. Hair must be secured during the lab period .Hair must not be combed in the lab at any time. The combing process should be done before the student enters the room.
8. Closed toed shoes should be worn on lab cooking days.
9. Do not use hands to mix food. That's why utensils were invented.
10. If you have an open cut or wound, use gloves.

Food Handling:

1. Spoons or other utensils used for mixing food ingredients are not to be licked.
2. Use a special spoon or fork for sampling any food product for amount of seasoning.
3. Never sample foods to determine doneness. Doneness should be judged using a probe thermometer.
4. Any spoon or fork placed in the mouth must be washed before using for further food sampling.
5. No product containing raw eggs in any form is to be sampled (cake batter, cookie dough, etc.) due to possibility of salmonella contamination.
6. If you are wearing long sleeves, roll them up before you begin food preparation.

Kitchen Sanitation:

Follow this procedure for washing dishes.

1. Place dish drain on counter so that the water will run into the sink.
2. Fill the sink with **hot** soapy water.
3. Using a washcloth, wash dishes in the following order.
 - a. Glasses
 - b. Plates
 - c. Bowls
 - d. Flatware/silverware
 - e. Pots and pans
 - f. Cooking utensils
4. Rinse all clean dishes with hot water and place in the dish drain.
5. Dry dishes using a dry, clean dish towel.

