

# Food and Kitchen Safety Lab

## Summary

After reviewing kitchen management, safety and sanitation, have the students apply and demonstrate their skills in preparing a chicken stir-fry over rice while maintaining a safe working environment.

## Main Core Tie

Dietetics and Nutrition 1

[Strand 1 Standard 2](#)

## Additional Core Ties

Dietetics and Nutrition 1

[Strand 1 Standard 1](#)

## Time Frame

1 class periods of 90 minutes each

## Group Size

Small Groups

## Materials

Handouts:

Chicken Stir-fry over Rice Recipe and Lab Sheet

Ingredients needed for each individual unit:

Chicken Stir-Fry

1 cup chicken broth (1 boullion cube in 1 cup boiling water)

2 tbs. cornstarch

6 tbs. soy sauce

1/4 tsp. minced garlic

6 cups assorted vegetables - broccoli, carrots, mushrooms, onions, celery, snow peas, etc.

1 chicken breast

2 tbs. oil

Rice

3/4 tsp. salt

1 tsp. butter or margarine

2 cups water

1 cup rice

## Background for Teachers

A lab experience to review what has been taught about handwashing, sanitation procedures, cross-contamination, handling of raw food and equipment, sanitizing work areas and properly preparing of food. I pre-cut and measure out an assortment of vegetables to choose from. All ingredients that are not in their unit are placed on the supply table to be used for the lab.

## Student Prior Knowledge

Practice safety and sanitation procedures in the preparation of a meat with raw produce.

### Intended Learning Outcomes

The student will demonstrate by applying the safety and sanitation rules and guidelines by maintaining a safe working environment in preparing a Chicken Stir-Fry over Rice.

### Instructional Procedures

Hand out the recipe and lab sheet. Read and go over the directions completely with the students using the attached reminders for the chicken, vegetables and rice. Explain the grading for the lab. Have the ingredients needed for the lab on the supply table.

Allow enough time for the students to prepare, eat, evaluate and clean up before leaving. Check the units and make sure stoves are clean and counters are sanitized properly. Collect the lab sheets at the end of the hour.

### Authors

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