

## FOOD LAB ORGANIZATION FORM

Unit # \_\_\_\_\_ Period \_\_\_\_\_ Date \_\_\_\_\_

NOTE: The following worksheet is designed to help students successfully complete their first lab experience. Check each item as it is done. This lab is based on a chocolate chip or oatmeal cookie recipe.

\_\_\_ 1. Put away books and personal items in designated place.

\_\_\_ 2. Put on aprons or lab coats.

\_\_\_ 3. Wash hands.

\_\_\_ 4. Fill sink with soapy water. Get out dish drainer.

\_\_\_ 5. Wash off counters.

\_\_\_ 6. Get out the following equipment and supplies.

measuring cups & spoons	cookie sheet
sifter	pancake turner
mixing bowls	rubber scraper
spatula	cooling racks
cooking spoon	tableware teaspoon (2)
pot holders	tableware fork
wax paper	

\_\_\_ 7. Take serving tray and get supplies. (See recipe for the list.)

\_\_\_ 8. Pre-heat oven. (See recipe for temperature.)

9. Measure out:

\_\_\_ shortening

\_\_\_ sugar

\_\_\_ brown sugar

\_\_\_ vanilla

\_\_\_ egg

\_\_\_ 10. Mix ingredients according to recipe directions.

\_\_\_ 11. Sift and measure the flour.

\_\_\_ Measure the soda.

\_\_\_ Measure the salt.

\_\_\_ 12. Sift the flour, soda and salt together on wax paper.

\_\_\_ 13. Stir flour mixture into shortening according to the directions.

\_\_\_ 14. Stir in the (semi-sweet chocolate pieces or oatmeal).

\_\_\_ 15. Drop by teaspoonfuls onto baking sheet according to the directions.

\_\_\_ 16. Bake 8 to 10 minutes.

- \_\_\_ 17. Wash dishes
- \_\_\_     Dry dishes
- \_\_\_ 18. Put utensils and equipment back neatly where they were found.
- \_\_\_ 19. Turn off stove.
- \_\_\_ 20. Wash off counters, clean sink.
- \_\_\_ 21. Sweep the floor in your kitchen.
- \_\_\_ 22. Put dirty towels and dish cloth in the proper place.
- \_\_\_ 23. Fold apron and put in proper place.