

# Safety Lab

## Summary

After spending a couple of class periods reviewing and talking about safety and sanitation, have the students prepare a taco salad as a group to practice good safety and sanitation procedures.

## Main Core Tie

Food And Nutrition

[Strand 1 Standard 2](#)

## Additional Core Ties

Food And Nutrition

[Strand 2](#)

## Time Frame

1 class periods of 90 minutes each

## Group Size

Small Groups

## Materials

Handouts:

Safety and Sanitation Quiz

Ingredients for each individual lab:

1/2 lb. ground beef

1/4 cup onion

1/4 cup green pepper

1/3 - 1/2 cup mild salsa

1/2 tsp. chili powder

1/2 cup Kidney Beans

8 - 10 olives

1/4 head iceberg lettuce

1 tomato

1 cup Cheddar Cheese

1/4 cup sour cream

2 large handfuls of tortilla chips

empty can to put grease in

## Background for Teachers

A lab experience to review what has been taught about hand washing, sanitation procedures, cross contamination, handling food and equipment, sanitizing work areas and properly preparing of food. I like to precut and wrap the ground beef in 1/2 lb. packages, cut an onion into four pieces, cut a green pepper into four pieces, cut a head of lettuce into four pieces, portion a chunk of cheese per group, and purchase a small bag of tortilla chips to be shared by three groups equally.

## Student Prior Knowledge

Practice safety and sanitation procedures in the preparation of food.

### Intended Learning Outcomes

The students should apply the safety and sanitation rules and guidelines in preparing a taco salad by maintaining a safe working environment.

### Instructional Procedures

For review, give the students the Safety and Sanitation Quiz. Correct in class together. Have the ingredients measured and proportioned for each unit to gather from the supply table. Hand out Lab Sheet. Read and go over the directions together in class. Read and explain the recipe and grading. Give the students ample time to prepare, eat, evaluate and clean up before leaving.

### Authors

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