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
Food And Nutrition II
Strand 1 Standard 2

Additional Core Ties
Food And Nutrition II
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 bouillon 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.

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