

## Food Allergies and Dietary Restrictions

Name \_\_\_\_\_

Section: \_\_\_\_\_

1. What other cooking courses have you ever taken?
  
2. Do you cook at home? If so, how many are in your family and what are their ages?
  
3. What would you like to learn this year?
  
4. If you have any allergies, please list
  - a. To what:
  
  - b. Life-threatening or not?:
  
  - c. What should I do in the Foods lab to keep you safe?
  
5. Do you have any dietary restrictions that will help me plan for substitutions?
  - a. Explain:
  
  - b. What can I do to facilitate your learning needs?
  
6. Anything else you'd like to tell me about yourself that will help me further your learning?

Thanks for the information; it is strictly confidential.

# Lab Jobs:

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KNOW THESE! You will be marked on the following tasks during **every** lab! Dirty dishes and kitchens will result in loss of 50% of your lab mark and cooking privileges could be revoked if practice continues.

## A. DISHWASHER

*No Garborator here!!! NO FOOD DOWN DRAINS!*

1. Empty any dishes that are soaking.
2. Set up dishwashing area: clean counters, pile dirty dishes at one side of sink, wash in HOT, soapy water, rinse and stack in dish rack, upside down.
3. Wash and rinse in order – glasses, cutlery, dishes, cooking utensils, pots and pans – place in draining rack.
4. Wipe off counter and bake boards if used – wash sink and tap.
5. Check supplies in cupboards below sink.

## B. DISHDRYER

1. Clear table and help stack dishes. Help dishwasher .
2. Dry and put away dishes and equipment.
3. Check drawers and cupboards to be sure equipment is complete.
4. Put dish cloths and towels in washing machine, AT END OF CLASS!
5. When cupboards are complete, ask instructor for a unit check.

## C. UNIT HOUSEKEEPER

1. Clear table, scrape and stack dishes.
2. Dispose of garbage in proper containers.
3. Clean stove – check oven for spills.
4. Sweep floor of unit.

## D. SPECIAL HOUSEKEEPER

**Check with instructor for assignment – may include one or more of the following:**

1. Clear supply table and make sure that all foods are stored properly.
2. Tidy refrigerator and wipe exterior of refrigerator and freezer.
3. Collect supply trays, wash and dry them at the demonstration or laundry sink.
4. Tidy storage area and sweep floor.
5. Fold and store towels and dish cloths. Tidy laundry area.
6. Teacher assistant – see teacher for duties.

# Kitchen Tools and Equipment

Name: \_\_\_\_\_ TA: \_\_\_\_\_

This is a scavenger hunt exercise to help you learn where things are in your kitchen. Please do not remove items as you complete this exercise and do not contaminate surfaces by touching them.

Once you have located it, write the cupboard or drawer code, draw a picture of the item and explain the items' use.

ITEM	What cupboard (C) or Drawer (D) is it found in?	Drawing or image of the item.	What would you use this item for during your cooking class?
1. Measuring spoons			
2. Cutting board			
3. Mixing bowls			
4. 250ml glass measuring cup			
5. Small pot			
6. Rubber spatula			
7. Dish soap			
8. Large mixing spoon			
9. Vegetable Peeler			Cont. over....

10. Towels			
11. Pastry blender			
12. Dish rack and drain board			
13. Take-away containers and plastic spoons			
14. Funnel			
15. aprons			
			End.

### **Observation and Reflection Guide**

**Use the following to guide you in your reflection & provide specific examples from class during your interview. You should be able to describe your strengths and areas for improvement in each area.**

#### **Cleanliness**

- ❖ I am respectful of the kitchen environment and keep my area clean and tidy
- ❖ I properly wash and dry my dishes
- ❖ I put away dishes and ingredients in the correct place
- ❖ I follow safety and sanitation best practices

#### **Communication**

- ❖ I can connect and engage with others
- ❖ I ask and respond to questions
- ❖ I am an active listener; I support and encourage my partners
- ❖ I recognize that there are different points of view and I can disagree respectfully

#### **Community**

- ❖ I can work with others to achieve a common goal
- ❖ I do my share
- ❖ I can take on roles and responsibilities in a group
- ❖ I encourage and promote positivity within my group
- ❖ I offer to help the teacher without being asked

#### **Critical Thinking**

- ❖ I give, receive and act on feedback
- ❖ I can reflect on and express my strengths, obstacles and areas for improvement
- ❖ I can determine how my learning connects to my experiences and efforts

#### **Creativity/Challenge**

- ❖ I generate new ideas and build on other people's ideas
- ❖ I can innovate within given variables to pursue my interests
- ❖ I can develop creativity over time in an area I am interested in or passionate about
- ❖ I can challenge myself and maintain a growth mindset in order to try new techniques and build on skills