

Week 1-Kitchen Safety-Explain the Preventive Kitchen Safety Measures when working in the kitchen lab. 2 sentences each)

AMI 3/30( D1)-1. hold the tip of the knife down when carrying it. 2. if you drop a knife, step back and let it fall

AMI 3/31 (D2)-1. wash sharp knives separately 2. do not leave drawers and cupboard doors open

AMI 4/1 ( D3)-1. dip a burned match in water before putting it in the trash can 2. never leave food cooking on the stove unattended

AMI 4/2 (D4)-1. tie back long hair, 2. wipe up spills immediately

AMI 4/3 (D5)-1. use a dry pot holder, not a wet dish cloth to handle hot utensils, 2. keep pan handles turned away from the front of the stove

Week 2-Solving Meal Management Problems: Pretend you are responsible for preparing dinner for your family. Here is your menu: fried chicken, biscuits, applesauce, pineapple cake, and iced tea.

Answer the following questions about this menu. Write 2-3 sentences per question

AMI 4/6 (D6)-Explain how you would change this menu to make it more nutritious and colorful.Y

AMI 4/7 (D7)-You have never cooked these things so what are you going to do?

AMI 4/8 (D8))-Write a shopping list to purchase the items needed to make the meal.

AMI 4/9 (D9))-You only have \$50,so where are you going to buy your groceries, and why did you choose the store(s) you chose?

AMI 4/10 (D10)-Describe how your table would be set for the family dinner.

Week 3-Foodservice Profile-Here are a number of characteristics that are part of many jobs in the foodservice area. Think about yourself as a foodservice manager and how important the skill would be for your employee to have . Give the skill a rating of points from 1 to 5. Explain your reason for the rating.(write 2-3 sentences per rating)

AMI 4/13 (D11)-1follow recipes carefully,2. assist other workers

AMI 4/14 (D12-)operate foodservice equipment correctly, 2. prepare employee work schedules

AMI 4/15 (D13-properly clean work areas,2. wait on customers

AMI 4/16 (D14)-work with speed and accuracy, 2 comply with government health and safety regulations

AMI 4/17 (D15)-receive on the job training, 2. wear a uniform

300 points



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follow directions

nice and neat

keep your work in a folder

label your work

100pts per week