

Mrs. Hall's Classes - Culinary Fundamentals and Global Foods

Please complete the following activities while you are out:

1. During our safety and sanitation unit you learned how to properly wash your hands. Please teach two other people how to do this. Once you have done this, please have a parent/guardian sign below.

X _____

2. During our safety and sanitation unit you learned how to properly wash dishes. Please wash the dishes at your house using a sink full of hot soapy water. After doing the dishes, please clean the sink and kitchen counters. Once you have done this, please have a parent/guardian sign below.

X _____

3. Please track what you eat for one day. I would suggest making categories on a piece of paper and then filling them in. Breakfast - Lunch - Dinner - Snacks.

4. Cook at least three times. *This does not have to be fancy!* Please log the following information for three different things you cooked/prepared:

- a. What did you make?
- b. Who did you make this for? (Yourself, friends, family, etc)
- c. What were the needed ingredients?
- d. What steps did you follow? (You can summarize steps if they are long)
- e. What went well?
- f. What would you change about this recipe if you make it again?
- g. Do you think this recipe would be fun to make in class?