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Lesson Exemplar for TLE

Quarter 3
Lesson
5

Lesson Exemplar in TLE Grade 7
Quarter 3: Lesson 5 (Week 5)
SY 2024-2025

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TLE/QUARTER 3/ GRADE 7

I. CURRICULUM CONTENT, STANDARDS, AND LESSON COMPETENCIES	
A. Content Standards	The learners demonstrate an understanding of the fundamentals of the hospitality and tourism industry.
B. Performance Standards	The learners are expected to apply skills in food preparation and services following safety precautions.
C. Learning Competencies and Objectives	<p>Learning Competency: Identify the common tools and equipment used in the food preparation and service industry.</p> <p>Learning Objectives: After the day's lessons, the learners are expected to:</p> <ol style="list-style-type: none"> 1. Discuss common tools and equipment used in food preparation, service, and industry. 2. Explain how common food preparation and service tools and equipment are used following the industry standards. 3. Demonstrate how food preparation and service tools and equipment are properly maintained. 4. Show the importance of acquiring knowledge and skills on the correct usage and maintenance of different food preparation and service tools and equipment.
D. Content	Food preparation and service tools and equipment, their uses, and maintenance.
E. Integration	<p>Proper knowledge of different food preparation and service tools and equipment and their uses will ensure long-term use of the kitchen and food service tools and equipment.</p> <p>This lesson can be integrated and related to:</p> <p>SDG 3: Good health and well-being, specifically on the proper and safe use of different kitchen tools, especially knives.</p> <p>SDG 12: Responsible Consumption and Production: Emphasizing the importance of using the right, good-quality kitchen tools that help prepare and utilize food ingredients efficiently and economically helps prevent food waste and spoilage.</p>

II. LEARNING RESOURCES

Castro, L.A. (2016). Teacher-made module in Food and Beverage Service pp.23-28
Harris, J. (2019, May 31). 40 common cooking terms to make you sound like a pro in the kitchen. Kidspot. http://www.kidspot.com.au/meal-planning/Tools-40-common-cooking-terms+7108+753+article.htm
Meathead. (2017, October 9). Important weights, measures, calculators, conversions, and rules of thumb. http://amazingribs.com/cooking_weights_measurements_conversions

III. TEACHING AND LEARNING PROCEDURE		NOTES TO TEACHERS
A. Activating Prior Knowledge	<p>DAY 1</p> <p>1. Short Review: From the photos shown, kindly analyze and relate them to the seven principles of HACCP that we discussed in our previous lesson.</p> <p>2. Feedback Is there any clarification you would like to ask before we proceed to today's lesson?</p> <ul style="list-style-type: none"> • Why do you think we need to be aware of the HACCP principles? • Are there any other questions you would like to clarify about HACCP? 	<p>Expected Responses:</p> <p>7 Principles of HACCP</p> <ol style="list-style-type: none"> 1. Conduct a hazard analysis 2. Determine Critical Control Points (CCPs) 3. Set Critical Limits 4. Define Monitoring Procedures 5. Implement Corrective actions. 6. Establish verification procedures 7. Create record-keeping procedures. <p>After the short review, the teacher needs to ask the students if they still have any questions from the previous lesson to raise.</p>
B. Establishing Lesson Purpose	<p>1. Lesson Purpose: At the end of the lesson, the students will be able to:</p> <ul style="list-style-type: none"> • Identify and describe kitchen or food preparation and food service tools and equipment. • Explain the function of different food preparation and service tools and equipment. • Note the importance of proper use and maintenance of food preparation, service tools, and equipment as sustainable practices in the food industry. <p>2. Unlocking Content Area Vocabulary</p> <p>Definition of Terms: Essential words to ponder:</p> <ul style="list-style-type: none"> • Food Safety - refers to proper handling, preparing and storing foods in a way that will best reduce the risk of individuals becoming sick from foodborne illnesses. • Food Sanitation – refers to hygienic practice applied in the kitchen to ensure safe and clean food preparation, processing, production, packaging and storage. 	

	<ul style="list-style-type: none"> • Kitchen -a room especially set apart and containing the necessary utensils for cooking food. • Kitchen Equipment- refer to the larger items in the kitchen that handle the bulk of the preparation and cooking processes. Ex. Stoves, chillers, freezers, microwaves, blenders, etc. • Kitchen Tools – is a kitchen device or implements, hand held and used to perform a particular function. Ex. Tongs, flat wooden spatula, measuring cups and spoons, vegetable peeler, chef's knives, kitchen shears, strainer, whisk, cutting boards, etc. • Proper Maintenance – correct use, washing, cleaning, drying, and storage of food preparation and food service tools, utensils, and equipment for prolonged use and durability. 	
C. Developing and Deepening Understanding	<p>SUB-TOPIC 1: Food Preparation Tools and Equipment</p> <p>1. Explication: Picture Analysis Can you describe what the photos try to show us?</p> <p>Source: https://www.culinarymd.org/culinary-skills-1---unit-3.html</p>  <p>2. Worked Example: Aside from the photos that were shown a while ago, can you mention some food preparation or kitchen tools and equipment you have at home?</p> <p>3. Lesson Activity: Word Puzzle Direction: Can you find all the cooking tools and cooking terms in this wordsearch? Words can go in the following direction: ➡️ ↴ ↵ ↖</p>	<p>Picture Analysis: The teacher may ask his/her students to describe the photo posted.</p> <p>After the picture analysis, the teacher can simply ask the students what other cooking tools they have at home.</p> <p>To make the lesson more interesting to the class, the teacher can give this word puzzle activity first.</p> <p>The teacher will call some students to go in front and draw direction lines to mark their found word/s from the puzzle.</p> <p>Words to search are found in the box below.</p>

H	E	C	L	L	G	L	A	S	S	P	L	D	L	W
H	M	E	A	S	U	R	I	N	G	C	U	P	D	D
F	I	R	P	J	I	G	S	R	P	E	E	L	S	C
Q	Q	A	S	B	L	E	N	D	E	R	W	T	K	H
D	A	M	R	C	R	O	V	R	G	W	O	S	N	O
T	Y	I	E	N	O	K	V	K	G	V	B	Z	I	P
B	W	C	M	P	Z	F	E	L	E	C	F	S	F	W
U	I	S	S	G	P	J	Z	N	W	H	O	Q	E	N
Q	F	R	Y	I	N	G	P	A	N	S	H	I	E	R
Y	T	E	Q	U	I	P	M	E	N	T	R	C	G	A

Key to correction:

H	E	C	L	L	G	L	A	S	S	P	L	D	L	W
H	M	E	A	S	U	R	I	N	G	C	U	P	D	D
F	I	R	P	J	I	G	S	R	P	E	E	L	S	C
Q	Q	A	S	B	L	E	N	D	E	R	W	T	K	H
D	A	M	R	C	R	O	V	R	G	W	O	S	N	O
T	Y	I	E	N	O	K	V	K	G	V	B	Z	I	P
B	W	C	M	P	Z	F	E	L	E	C	F	S	F	W
U	I	S	S	G	P	J	Z	N	W	H	O	Q	E	N
Q	F	R	Y	I	N	G	P	A	N	S	H	I	E	R
Y	T	E	Q	U	I	P	M	E	N	T	R	C	G	A

Knife
Equipment

Chop
Ceramics

Oven
Spoon

Blender
Measuring cup

Frying pan
Glass

Lecture/Discussion:

Food Preparation or Kitchen Tools and its Uses

A. Cooking Materials and Utensils:



<https://www.slideshare.net/slideshow/tletoolspptx/256705472>



<https://www.amazon.in/Cook-Home-Piece-Stainless-Cookware/dp/B002CSN882>



<https://www.ebay.ph/item/134247851769>



<https://cnlangiu.en.made-in-china.com/product/bKpmirBvCHRg/China-Cast-Iron-Cookware-Camping-Set.html>

1. **Aluminum material cooking utensils** is the best for all-around use. It is the most popular, lightweight, attractive, and less expensive. It is available in sheet or cast aluminum.

2. **Stainless Steel** is the most popular material used for tools and equipment but is more expensive. It is easier to clean and shine and may be bought in many gauges, from light to heavy.

3. **Glass** is good for baking but impractical for top or cooking. Great care is needed to ensure a long shelf life.

4. **Cast Iron** is sturdy but must be kept oiled to avoid rusting. Salad oil without salt or shortening can be rubbed inside and out and dried.

The teacher will do the lecture on Food preparation tools and their uses while students are listening and can give some reactions or share some of their real-life cooking experiences at home.



https://www.amazon.com/Bakers-Casseroles-Ceramic-Bakeware/s?keywords=Bakers%26+Casseroles&rh=n%3A289671%2Cp_n_material_browse%3A316631011&cpt_s&ts_id=289671



[https://www.quora.com/What's-the-best-pot-for-a-cheese-fondue-Tempted-by-a-copper-one-but-I've-heard-they-don't-work-so-well](https://www.quora.com/What-s-the-best-pot-for-a-cheese-fondue-Tempted-by-a-copper-one-but-Ive-heard-they-don-t-work-so-well)



<https://www.slideshare.net/RAMONVENEZUELA1/kitchen-tools-and-equipmentptpx>

B. Kitchen Tools



<https://gltnhs-tle.weebly.com/lesson-11.html>
<https://mac-chairs.en.made-in-china.com/product/lKcxGDOKEmH/China-Heavy-Duty-Office-Chair-Nylon-Adjustable-Armrest-with-Metal-Frame.html>



<https://mac-chairs.en.made-in-china.com/product/lKcxGDOKEmH/China-Heavy-Duty-Office-Chair-Nylon-Adjustable-Armrest-with-Metal-Frame.html>



https://pt.slideshare.net/nancymorandante/lesson-4-tools-utensils-and-equipment-needed-in-egg-preparation?next_slideshow=true

5. Ceramic and heat-proof glass are used especially for baking dishes, casseroles, and measuring cups. Glass and ceramic conduct the heat slowly and evenly.

6. A double boiler is used when the temperature must be kept below boiling point, such as for egg sauces and puddings, and to keep food warm without overcooking.

7. Teflon is a special coating applied inside aluminum or steel pots and pans. It prevents food from sticking to the pan. It is easier to wash and clean; don't scratch the Teflon coating with a sharp instrument such as a knife or fork. Use a wooden or plastic spatula to turn or mix food inside.

1. A baster is handy for returning some of the meat or poultry juices from the pan to the food. Basting brushes can be used for the same purpose, but they are also convenient for buttering the tops of breads and baked goods after they come out of the oven.

2. Can, bottle, or cartoon opener used to open a food tin, preferably with a smooth operation and comfortable grip and turning knob.

3. Colanders, also called vegetable filters, are essential for various tasks, from cleaning vegetables to straining pasta or tin contents.



<https://ivrestaurant.com/product/small-hole-dredge-w-handle-jv/>



<https://favors.com/helium-balloon-tank/?f=fav5-32-3352832-5-17-38-smith%27s+diamond+sharpening+rod>



<https://www.wikihow-fun.com/Keep-Hobby-Costs-Down>



<http://thecuratedcrave.com/shop/quirky-bamboo-cutting-board-with-storage-containers/>



<https://www.alibaba.com/showroom/4-sides-vegetable-slicer-grater.html>



<https://gltnhs-tle.weebly.com/lesson-11.html>



<https://chefproknives.3dcartstores.com/zwilling-ia-henckels-international-5-pc-scissors-set.html>

4. Dredgers – are used to shake and sprinkle flour, salt, and pepper on meat, poultry, and fish.

5. Emery boards/sharpening steel – is used to sharpen long knives.

6. Funnels - made of various sizes of stainless steel, aluminum, or plastic, used to fill jars.

7. Cutting Board is a wooden or plastic board where meats and vegetables can be cut.

8. Graters are used to grate, shred, slice, and separate foods such as carrots, cabbage, and cheese.

9. Handy Poultry and roasting tools make it easier to lift a hot roasted turkey from the roaster to the serving platter without falling apart

10. Kitchen shears are practical for opening food packages, cutting tape or string, or removing labels or tags from items. Other cutting tools, such as box cutters, are just as handy, especially for opening packages.



https://gltnhs-tle.weebly.com/uploads/9/6/1/1/96118694/k_to_12_commercial_cooking_learning_module.pdf



https://www.reddit.com/r/food/comments/awobd/is_the_garlic_press_a_devilish_invention/



<https://www.ebay.com/itm/285871004880?chn=ps&mkevt=1&mkcid=28>



<https://quizizz.com/admin/quiz/5e8088f8dd370f001b03a359/tools-and-equipment-for-processing-food>



<https://www.walmart.com/ip/Amco-8-piece-Stainless-Steel-Constructed-Seafood-Serving-Set/49424681>



<https://bakesupplyplus.com/products/fd-offset-spatulas>

11. A pasta spoon or server transfers a little or a lot of pasta to a waiting plate without mess. Pasta spoons are best used with spaghetti or other long pasta noodles. You can use a large slotted serving spoon for short portions of pasta.

12. A potato masher is used for mashing cooked potatoes, turnips, carrots, or other soft-cooked vegetables.

13. Rotary eggbeater – used for beating small quantities of eggs or batter. The beaters should be made of stainless steel.

14. Scraper - a rubber or silicone tool to blend or scrape the food from the bowl, metal, silicone, or plastic egg turners or flippers

15. Seafood serving tools make cleaning seafood and removing the shell much more accessible. For cooking seafood, utensils will vary depending on what you are cooking.

16. Spatula – is used to level off ingredients when measuring and to spread frostings and sandwich fillings.



<https://quizlet.com/216031750/cooking-utensils-list-that-every-kitchen-needs-flash-cards/>



<http://paddustiphouse.blogspot.com/2014/05/list-of-spoons.html>

C. Measuring Tools



https://en.wikipedia.org/wiki/List_of_food_preparation_utensils



<https://www.ifyougiveablondelakekitchen.com/baking-tools-for-measuring/>



https://www.slideshare.net/slideshow/tletools_pptx/256706472



<http://www.americanprestocorp.com/Products.asp?ClassID=MEASURING+TOOL>

17. Two-tine fork – used to hold meats while slicing and to turn solid pieces of meat while browning or cooking. Made of stainless steel and with a heat-proof handle.

18. Wooden spoons are used for creaming, stirring, and mixing. They should be made of hardwood.

1. Measuring spoons are used to measure small quantities of dry and liquid ingredients.

2. Measuring cups and spoons for dry ingredients - used to measure solids and dry ingredients, such as flour, fat, and sugar. It is commonly made of aluminum or stainless material. Sizes range from 1, 1/2, 3/4, and 1/4 (nested cups) to one gallon. warp, causing inaccurate measurements.

3. Measuring cups for liquid ingredients are commonly made of transparent, heat-proof glass so that liquid can be seen. The quantity of liquid ingredients measured is different in a dry measuring cup.

4. Portion scales – are used to weigh serving portions from one ounce to one pound.



<https://www.carousell.com.my/p/antique-mechanical-clock-silverplated-on-heavy-solid-brass-made-in-france-1169061726/>



<https://www.thekitchn.com/kitchen-tools-oven-thermometer-137544>



<https://www.facebook.com/p/B-B-Auction-100057666720334/>

D. Cutting Tools:

There are many knives, each with a specialized use.



<https://quizlet.com/432516618/types-of-knives-flash-cards/>



<https://www.barettaprovision.com/for-the-public.html>

5. Household Scales – are used to weigh large quantities of ingredients in kilos, commonly in rice, flour, sugar, legumes or vegetables, and meat up to 25 pounds.

6. Temperature scales – are used to measure heat intensity. Different thermometers are used for various purposes in food preparation – for meat, candy, or deep-fat frying.

7. Scoops or dippers are used to measure servings of soft foods, such as fillings, ice cream, and mashed potatoes.

1. Butcher knife – is used to section raw meat, poultry, and fish. It can be used as a cleaver to separate small joints or to cut bones. Butcher knives are made with heavy blades with a saber or flat grind.

2. French knife – is used to chop, dice, or mince food. Heavy knives have a saber or flat grind.



<https://www.knivesandtools.com/en/pt/-wusthof-gourmet-steak-knife-12-cm.htm>



<https://dir.indiamart.com/mumbai/cutlery-knives.html?bize=10>



https://www.modbed.com/store/p236/Knibbler_Lite.html



<https://www.walmart.com/ip/Six-Piece-Paring-Knife-Set/41766671>



<https://www.slideshare.net/slideshow/tletoolspptx/256706472>

3. Roast beef slicer – is used to slice roasts, ham, and thick, solid cuts of meats.

4. Kitchen knives, often referred to as cook's or chef's tools, are a must for all kitchen tasks, from peeling an onion and slicing carrots to carving a roast or turkey.

5. Citrus Knife - is used to section citrus fruits. The blade has two-sided, serrated edge.

7. Paring knife – is used to core, peel, and section fruits and vegetables. Blades are short and concave with hollow ground.

8. A vegetable peeler is used to scrape vegetables, such as carrots and potatoes, and to peel fruits. The best ones are stainless steel with a sharp double blade that swivels

E. Equipment

More complicated tools are called equipment. They may refer to a small electrical appliance, such as a mixer, or a large, expensive, power-operated appliance, such as a range or a refrigerator. Equipment like ranges, ovens, and refrigerators (conventional, convection, and microwave) are mandatory in the kitchen or any food establishment.



[https://www.facebook.com/Best.Brain.Teasers/posts/why-did-navjot-singh-sidhu-put-the-new-january-calendar-in-the-freezer/source-htt1608938629129067/](https://www.facebook.com/Best.Brain.Teasers/posts/why-did-navjot-singh-sidhu-put-the-new-january-calendar-in-the-freezer-source-htt1608938629129067/)



<https://urbanez.com.my/bertazzoni-la-germania-tud-5c-61-a-x-futura-series-90cm-range-cooker>



<https://slideplayer.com/slide/5969808/>



https://www.freepik.com/premium-vector/metallic-kitchen-appliances-blender-toaster-coffee-machine-meat-ginder-kettle-isolated_136577152.htm



<https://theblendtrend.wordpress.com/>



<https://techinfus.com/expert/en/article/reviews/opisanie-kuhonnogo-kombajna-kenwood-fp925.html>

1. Refrigerators/freezers -A refrigerator or freezer is an insulated box equipped with a refrigeration unit and controls to maintain the proper inside temperature for food storage.

2. Oven - a chamber or compartment used for cooking, baking, heating, or drying.

3. Microwave ovens have significantly increased their use in the food industry. Foods can be prepared ahead of time, frozen or refrigerated during the slack periods, and cooked or heated quickly in microwave ovens.

4. Auxiliary equipment like griddles, tilting skillets, broilers/grills, steamers, coffee makers, deep-fat fryers, wok, crockery, cutting equipment (meat slicer, food choppers, grinders), mixers and bowls, pots, and pans are utilized most commonly in big food establishments, some with specialized uses and some are optional.

5. Blenders are used to chop, blend, mix, whip, puree, grate, and liquefy all kinds of food. A blender is a handy appliance. They vary in the amount of power (voltage/wattage).

6. Food Processor - To puree' cooked food, chopped nuts, and emulsify sauces. Special disks that slice, shred like julienne foods can be added.

The teacher will ask the learner to describe what is in the picture.

- Each picture presented will be described by the learners based on the posted guide questions.

Possible answer of the learners:
Picture #1

Day 2

SUB-TOPIC 2: Food Service Tools and Equipment

1. Explication: Picture Analysis



<https://www.theknot.com/marketplace/elmina-catering-and-event-management-fort-washington-ma-245985>

Picture 1

Question/s:

- Can anyone describe what you can see in this picture?
- Follow-up question: Do you know what we call those big tablewares where served foods are placed?

2. Worked Example:

Do you have any idea/s where we usually see these table set-ups? What do you think those shown photos are trying to imply to us?

3. Lesson Activity:

Yesterday, we tackled different food preparation and kitchen tools. To continue today, we will discuss the various tools, utensils, and equipment that are usually used in any food service establishments or at home when food is served on the table for us to eat. From the photos shown a while ago, can you mention some tableware you can find in any food service establishments you could have already dined in?

Lecture/Discussion:

Holloware – is used to hold foods and with hollow space. It is a hollow container made from silver metal material tableware such as sugar bowls, coffee creamers, coffee pots, teapots, soup tureens, hot food covers, water jugs, platters, butter pat plates, and other metal items that went with the dishware on a table, where dishes or foods during special occasions are placed.



<https://luxelistreviews.com/blog/page/53/>

Picture 2

Question/s:

- Where do we usually find this table set up?



<https://www.youtube.com/watch?v=f29Hnt9JaUI>

Picture 3

Question/s:

- Can somebody mention all the table wares in the picture?
- Follow-up Question: Do you know what we call tableware by its use and features?

I can see ample tableware used when there is a buffet service style on some occasions I attended, like debuts, weddings, and baptisms.

Picture #2

We usually see that kind of table set-up in the hotels.

Picture #3

I can see spoons, forks, knives, etc.

The teacher will ask the given follow-up questions to lead the class and give them idea/s regarding the actual day's lesson topic.

Learners may respond that we usually see those tables set up when attending special occasions in the hotel.

Learners can mention some table wares they have or used at home, like:
Plates, placemats, cups, glasses.
Etc.

The teacher will show the different food service tools, materials, and equipment using downloaded photos from Google or Realia once available in the school foods laboratory room and explain each use in as much detail as possible.

Before the Lecture Discussion of the day's topic, the teacher will ask about some dyad activity where two



Chafing dish, silver food vessel/container

Flatware refers to table utensils made from silver, acrylic, plastic, and stainless steel used to hold, serve, and eat foods, such as spoons, forks, knives, and plates designed flat to be placed on the table.



Source:<https://www.allrecipes.com/article/flatware-vs-silverware/>

Glassware is an object made of glass used for drinking liquids or beverages.



Source https://en.wikipedia.org/wiki/List_of_glassware Facebook, Shenker Genova



Source

<https://dictionary.cambridge.org/us/dictionary/english/rockery>

Crockery or Chinaware – often refers to tableware made from a ceramic material usually made in China. These are the plates (dinner plate, breakfast plate, salad plate, bread plate), cups, saucers, and dishes used during meals.

Source <https://dictionary.cambridge.org/us/dictionary/english/crockery>



Source https://www.freepik.com/free-photo/top-view-cutlery-arrangement_29800944.htm

Cutlery refers to hand-held table implements used by guests for cutting and eating food. It includes spoons, forks, knives, and tongs.

learners can act out some scenario/s at home that deal with washing the dishes through a pantomime (acting without talking). Learners may volunteer to present at least two scenarios showing proper maintenance of kitchen tools, utensils, and equipment they are applying in their homes.

- Then, the teacher will process the pantomime activity by calling some students to interpret what the two performers have shown regarding the proper maintenance of food preparation tools, utensils, and equipment.

For the learners to clearly understand the lesson topic for the day, a detailed explanation of proper cleaning, sanitizing, and storing kitchen tools, utensils, and equipment will be given

As the teacher discusses the topic, she can relate some real-life situations related to the day's topic.

The teacher can also ask some learner/s to share their real-life experiences on how they performed their roles in washing

(To apply what the students learned during the lesson, an additional activity will be given. See worksheet #1 for the activity which students will accomplish.)

DAY 3

SUB-TOPIC 3: Proper Maintenance of Kitchen or Food Preparation Tools, Utensils and Equipment

1. Explication: Picture Analysis

Question: Can anyone from the class describe what the photo would like to tell us?



<https://www.watertypumpsdirect.com/stories/731-Top-Rated-and-Best-Selling-Well-Pumps.html>

2. Worked Example:

The teacher then relates the response/s of the learners on how they maintain their kitchen or food preparation tools, utensils, and equipment at home.

Follow-up Questions:

1. Are you helping your mom clean or wash the dishes after eating your meals at home?
2. Why must you clean and sanitize all your kitchen tools, utensils, and equipment at home?

3. Lesson Activity:

The teacher will ask the learners to describe the posted photo.



<https://home.howstuffworks.com/home-improvement/household-hints-tips/cleaning-organizing/how-to-maintain-a-fresh-bathroom.htm>

Definition of Cleaning - Cleaning and sanitizing procedures must be a part of the standard operating procedures that comprise your food safety program. Improperly cleaned and sanitized surfaces allow harmful microorganisms to be transferred from one food to another.

1. **Cleaning** removes food and other soil types from a surface, such as a dish, glass, or cutting board. Cleaning is done with a cleaning agent that eliminates food, soil, or other substances. The right cleaning agent must be selected because not all cleaning agents can be used on food-contact surfaces. (A food-contact surface is the surface of equipment or utensils that food normally comes

the dishes and maintaining their kitchen tools, utensils, and equipment at home.

into contact with.) For example, glass cleaners, some metal cleaners, and most bathroom cleaners cannot be used because they might leave an unsafe residue on the food contact surface. The label should indicate if the product can be used on a food-contact surface. The right cleaning agent must also be selected to make cleaning easier.

Categories of Cleaning Agents:

- a. **Detergents** – Routinely wash tableware, surfaces, and equipment. Detergents can penetrate soil quickly and soften it. Examples include dishwashing detergent and automatic dishwasher detergent.
- b. **Solvent cleaners** – Use periodically on surfaces where grease has burned. Solvent cleaners are often called degreasers.
- c. **Acid cleaners** – Use periodically on mineral deposits and other soils that detergents cannot remove. These cleaners often remove scale in washing machines and steam tables.
- d. **Abrasive cleaners** – Use these cleaners to remove heavy accumulations of soil that are difficult to remove with detergents. Some abrasive cleaners also disinfect. If not properly cleaned food that comes into contact with these surfaces could become contaminated.



<https://www.pinterest.com/pin/55309839797977312/>

Detergents & Solvent Cleaners



https://commons.wikimedia.org/wiki/Category:Sodium_hydroxide

Acid Cleaners



<https://www.powerhousehydroponics.com/how-to-clean-your-hydroponic-system/>

Abrasive Cleaners

2. Sanitizing Methods

Sanitizing is done using heat, radiation, or chemicals. Heat and chemicals are commonly used to sanitize a restaurant; radiation is rarely used. The item to be sanitized must first be washed before it can be properly sanitized. Some chemical sanitizers, such as chlorine and iodine, react with food and soil and so will be less effective on a surface that has not been adequately cleaned.

Heat. There are three methods of using heat to sanitize surfaces – steam, hot water, and hot air. Hot water is the most common method used in restaurants. If hot water is used in the third compartment of a three-compartment sink, it must be at least 171°F (77°C). If a high-temperature ware washing machine is used to sanitize cleaned dishes, the final sanitizing rinse must be at least

180°F (82°C). For stationary racks, single-temperature machines must be at least 165°F (74°C). Cleaned items must be exposed to these temperatures for at least 30 seconds.

Chemicals. Approved chemical sanitizers are chlorine, iodine, and quaternary ammonium. Different factors influence the effectiveness of chemical sanitizers. The three factors that must be considered are:

1. **Concentration** -- Too little sanitizer will result in an inadequate reduction of harmful microorganisms. Too much can be toxic.
2. **Temperature** – Generally, chemical sanitizers work best in water that is between 55°F (13°C) and 120°F (49°C).
3. **Contact time** -- For the sanitizer to kill harmful microorganisms, the cleaned item must be in contact with the sanitizer (either heat or approved chemical) for the recommended length.

A. Cleaning and sanitizing utensils:

There are three steps needed to clean and sanitize utensils effectively.

1. **Cutting boards, bowls, and knives must be thoroughly washed in warm**, soapy water. After washing, the utensils should look clean, with no food or anything else visible. Effective cleaning will remove most of the dangerous bacteria present. Sanitizing will then kill any that might remain.
2. A dishwasher sanitizes effectively if it has a hot wash and drying cycle. If you do not have a dishwasher, you must sanitize in a sink using a chemical sanitizer or boiling water. If using a chemical sanitizer such as a sodium hypochlorite- or quaternary ammonium-based solution, ensure that it can be safely used for sanitizing, eating, drinking, and cooking utensils. Follow the instructions on the container carefully, as different sanitizers work differently. If you are using boiling water, take extra care to avoid being scalded. All utensils must then be thoroughly dried before they are re-used. Air-drying is best, but tea towels can also be used. Be sure that the tea towels are clean, though.
3. If you are washing up at an event being held outdoors, ensure you have access to plenty of hot water. If hot water is not available, disposable eating and drinking utensils should be used, and enough cooking utensils should be provided to last the duration of the event so that washing up is unnecessary.

B. Cleaning kitchen premises: Cleaning your kitchen regularly is vital to keep it looking its best and remove all the germs and bacteria that accumulate periodically in the kitchen area. There are several surfaces around the kitchen,

and by making a homemade cleaning solution, you can easily clean most of the surfaces with one basic mixture of household ingredients that are probably already in your kitchen cupboards.

C. Storing of Washed Utensils

1. They should be stored in a clean, dry place that is adequately protected against vermin and other sources of contamination.
2. Cups, bowls, and glasses must be inverted for storage.
3. When not stored in closed cupboards or lockers, utensils and containers must be covered or inverted whenever possible. Utensils must be held on the bottom shelves of open cabinets below the working top level.
4. Racks, trays, and shelves must be made of imperious, corrosive-resistant materials, non-toxic, smooth, durable, and resistant to chipping.
5. Drawers must be made of the same materials and kept clean. Full-lined drawers are not acceptable, but using clean and removable towels for lining drawers is acceptable.



<https://www.flickr.com/photos/108441623@N02/>



<https://www.pinterest.com/branicka0581/>

D. 10 Steps for Organizing Kitchen Cabinets

One easy and satisfying place to start is kitchen cabinets.

1. Pretend it has a glass door, and everyone will see what's inside from now on.
2. Take a look at the photos above for inspiration.
3. Remove EVERYTHING and scrub the shelves with some soapy water.
4. If you are a contact paper type, rip out the old one and replace it with a new one.
5. Take anything you don't use anymore.
6. Think about what you reach most often and ensure it is placed in a position that's easy to get.
7. Arrange everything in places that make you happy.
8. Perhaps take a cabinet full of glasses and line them up by color. Make sure all fronts are facing out and straight, Jeff Lewis-style.
9. Take a step back after one shelf is done.
10. Make someone else look at what you've done.

D. Making Generalizations	<p>DAY 4</p> <p>1. Learners' Takeaways:</p> <p>Keywords to construct generalizations:</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 25%;">Equipment</td><td style="width: 25%;">Valuable</td><td style="width: 25%;">Maintenance</td><td style="width: 25%;">Will prolong</td></tr> <tr> <td>Tools</td><td>Proper</td><td>Cleaning</td><td>Drying</td></tr> <tr> <td>Utensils</td><td>Use</td><td>Sanitizing</td><td>Storing</td></tr> <tr> <td>Food preparation</td><td>Kitchen</td><td>Foodservice</td><td>Correct</td></tr> </table> <p>Generalization: Proper use and maintenance of food preparation or kitchen and food service tools, utensils, and equipment by correct cleaning, sanitizing, drying, and storing procedures will help prolong their use.</p> <p>2. Reflection on Learning</p> <p>Learners will be given cut-shaped colored paper of some kitchen tools, utensils, and equipment. From there, they will write the acquired values they learned from the day's lessons. Then, the learner/s will share what was written on their shaped paper with the class. And post it on the board.</p>	Equipment	Valuable	Maintenance	Will prolong	Tools	Proper	Cleaning	Drying	Utensils	Use	Sanitizing	Storing	Food preparation	Kitchen	Foodservice	Correct	<p>The teacher can post some critical words on the board and ask some learners to express ideas on what they have learned from the day's lessons.</p> <p>The teacher will explain what the learners should write on the cut-shaped colored paper to reflect on what realization they have or what positive values they have acquired from the day's lesson.</p>
Equipment	Valuable	Maintenance	Will prolong															
Tools	Proper	Cleaning	Drying															
Utensils	Use	Sanitizing	Storing															
Food preparation	Kitchen	Foodservice	Correct															

IV. EVALUATING LEARNING: FORMATIVE ASSESSMENT AND TEACHER'S REFLECTION					NOTES TO TEACHERS												
A. Evaluating Learning	<p>1. Formative Assessment: Classification</p> <p>Direction: Classify the following items for food preparation and food service tools, utensils, and equipment by supplying the items in the table below. (10pts)</p> <table style="margin-left: auto; margin-right: auto; border-collapse: collapse; text-align: center;"> <tr> <th>Crockery or Chinaware</th> <th>Holloware</th> <th>Glassware</th> <th>Cutlery</th> </tr> <tr> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> </tr> </table> <p style="text-align: center;">Knives Food tongs Plates Spoons Chafing Dish Knives Forks Teapot Cups Collins Glass</p> <p>2. Homework (Optional)</p>					Crockery or Chinaware	Holloware	Glassware	Cutlery								
Crockery or Chinaware	Holloware	Glassware	Cutlery														
B. Teacher's Remarks	<i>Note observations on any of the following areas:</i>	Effective Practices	Problems Encountered	The teacher may take note of some observations related to the effective practices and problems encountered after utilizing the different													

	materials used			strategies, materials used, learner engagement and other related stuff.
	learner engagement/ interaction			Teachers may also suggest ways to improve the different activities explored/ lesson exemplar.
	others			
C. Teacher's Reflection	<p>Reflection guide or prompt can be on:</p> <ul style="list-style-type: none"> ▪ <u>principles behind the teaching</u> <i>What principles and beliefs informed my lesson? Why did I teach the lesson the way I did?</i> ▪ <u>students</u> <i>What roles did my students play in my lesson? What did my students learn? How did they learn?</i> ▪ <u>ways forward</u> <i>What could I have done differently? What can I explore in the next lesson?</i> 			Teacher's reflection in every lesson conducted/ facilitated is essential and necessary to improve practice. You may also consider this as an input for the LAC/Collab sessions.