



ABE 201 KITCHEN SAFETY



PERSONAL HYGIENE

- Wash your hands
 - People will be eating your food...
- Roll up your sleeves/wear short sleeves
- Long Hair must be pulled back.
- Wear closed toes shoes
- No fake nails/jewelry that can fall in product.



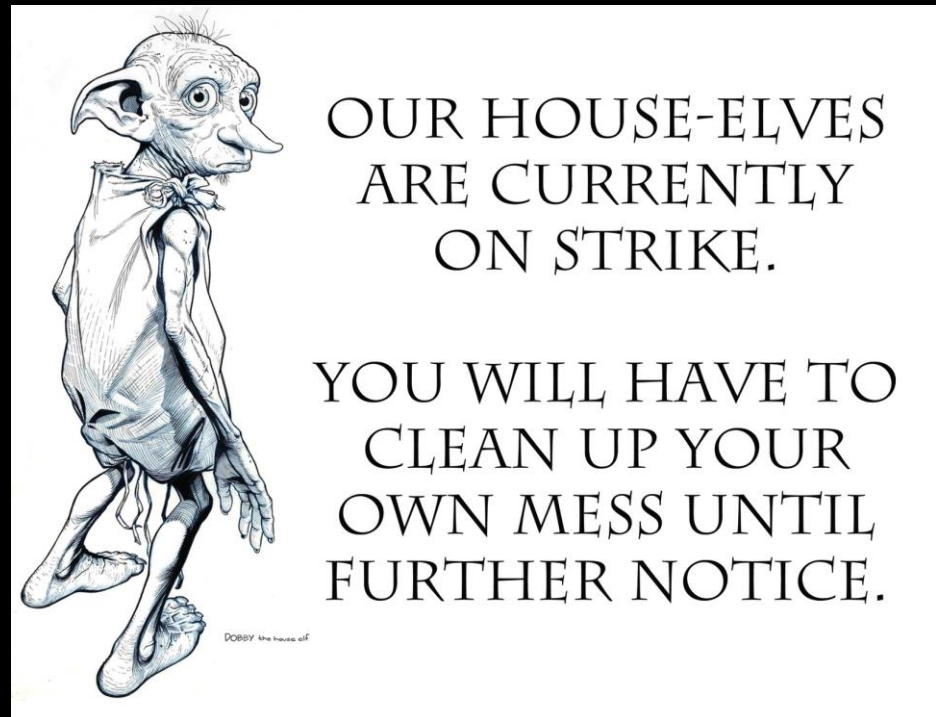
SAFETY

- Don't Run with Knives
- Assume everything is sharp!
- Cut Everything *AWAY* from you.
- Cut Slowly.
- Assume everything is **HOT!**
 - Oven
 - Countertops
 - Metal Spoons
- Pan handle away from you.
- Burning food/gas—Tell TAs



TIME MANAGEMENT

- Have a plan
- **COMMUNICATE**
- Includes set up and clean up
- Allot time appropriately
- Make sure you clean
 - Spills, dishes, counters, wipe stove



TIPS

- Prepare your plan before lab and get everyone on board.
- Prepare TABLES to fill in masses, temperatures, times, voltages, etc.
- Write down any changes you make WHILE YOU ARE IN LAB.

DATA COLLECTION PLAN

- Mass of each ingredient (If your recipe says 1 cup, what is the mass of that? You will need this for a mass balance!)
- Temperature you are cooking at.
- Time you are cooking it for.
- How long did it take to mix the ingredients? What happens if you mix it longer or shorter? This has profound effects on baked goods.
- Mass of material before cooking. Mass of material after cooking. (These could be very different).
- Mass of serving size for final product. What is the mass of the final product in the form you would eat it (e.g. a single cupcake)?
- Your team's observations during making product.
- Your team's observations after sampling product.

REMINDER

- Check your lab time online. If you must change for any reason, come talk to the TAs to approve the switch. Make sure BOTH groups know when their new time is.
- NOT EVERYONE MUST BE AT THE PRODUCTION LAB (THOUGH IT IS HELPFUL)
- Submit your ingredients request by midnight!