

Kitchen rules for Students (there are more ...)

1. Before and throughout each class each student is to be **calm and focussed**. If you (or someone else) can't be calm, go to an adult and say "I (or other person) need help to calm down."
2. Long floppy sleeves come off, long hair is tied back before class.
3. Hands washed with soap and water before class.

Precepts

4. For every rule there's a reason.
5. For every problem there is a solution.
6. For every accident there's a safety rule that stops it.
7. Inside voices, inside feet.
8. If you don't like it yet, relax and give it a go.

Teamwork

9. Head Chef is Leader
10. Each student works with their own team.
11. Only Station 1 does Dining Room setup, laundry washing and outside compost duty.

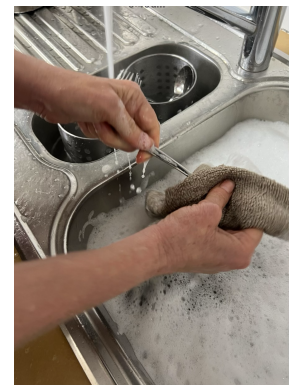


Workspace

12. Clean up your work station as you go.

Knives

13. **It is never safe to leave a sharp blade in the sink**
14. Each person is responsible for their own knife.
15. Knives must all be cleaned and put away when the cutting part of the recipe is finished - normally before cooking begins.
16. From when you start to clean your knife it does not leave your hand until it is back in the cupboard.



Stove top

17. Always have the correct lid either on or beside the pan.
18. Never leave anything on a hot stove top unattended.
19. Stand on a safety step while cooking, and remember the "chicken-wings" rule.

Oven

20. **Prepare a space** on the bench with a folded cloth to put hot tray. **Person 1** wears mitts. **Person 2** opens door, **Person 1** places/retrieves food, **Person 2** closes door, **all others** stand well back. **Person 1** returns mitts to oven door handle.

Dining room

21. Tables are to be set up with 6 settings on each, with each of the 6 coloured cups.
22. Students will sit at the cup of their team's colour. White cups are for adults. If there are more white cups than adults, then unoccupied white cups are Wild Card.

Etiquette and Manners:

23. Quiet voices, beautiful 5-star-restaurant manners.
24. Take a little of the dish that is closest to you, then quickly pass it to your left (clock-wise).
25. Say "thank you" when food is passed to you, regardless of how nice it looks.
26. No Seagulls, Hyenas or Piggy-wigs.
27. After everyone has had a little of each, then you can go back for seconds.
28. When trying new foods, relax your face and sample a small amount.
29. Words like "Yuck", "disgusting" etc are for people younger than you. You are ready to learn new flavours. You don't have to like it straight away.

Cleanathon

30. Tables will pack up their dirty dishes and wait until the whole class is ready to start.
31. Uneaten food from dining plates is scraped onto one plate. Compost is scraped into compost buckets before taking dishes to sink, usually by the person from Station 2.
32. **No-one is finished until everyone is finished.**
33. Some stations will have more dishes than others, but your teacher will even this out.
34. Use your Cleanathon scoresheet as a guide for cleaning.
35. Class finishes when the Kitchen is clean and set up for the next class and we have reviewed, or when the bell goes, which ever comes second.

