

# 6<sup>th</sup> Grade Foods Unit

## Part 2: Labs in FCS

Name \_\_\_\_\_ Period \_\_\_\_\_ Date \_\_\_\_\_



### Cooking in FCS

- Lab Rules
- Search for the Tools and Supplies
- Lab 1 – Orange Julius  
Lab Quiz #1 (Food Pyramid /Rules)
- Lab 2 – Simple Rolls  
Lab Quiz #2 (Safety)
- Lab 3 – Cookies  
Lab Quiz #3 (Measuring)
- Home Lab

### Websites:

Kids in the Kitchen:

<http://kidsinthekitchen.ajli.org/?nd=home>

Check the FCS web site for more ideas!

### Vocabulary:

Lab

### Kitchen Rules

1. No gum.
2. Roll up long sleeves.
3. Work Quietly!
4. Stay in your own kitchen area.
5. Do not sit on counter tops.
6. Wash hands. Please use the paper towels to dry hands. Extra towels are found in kitchen 4.
7. Begin with a clean dishtowel and dishcloth.
8. Fill the sink with hot, soapy water. Cleaning supplies are kept under the sink. (To the right in Kitchen #1)  
\*Note: Remember to rinse out plastic containers so that they can be recycled.
9. Follow directions and amounts carefully.
10. Eat politely and use good table manners.
11. Wash and dry all kitchen tools and equipment used.
12. All items are to be left on your counter top until they have been checked and approved. Do not drain dishwasher until this has been done.
13. Remember cleaning also includes:  
Counter Tops  
Stove Tops  
Canisters  
All Appliances  
Floors
14. Dirty towels and dishcloths are to be placed inside the laundry basket.
15. Check with teacher before leaving the kitchen area.

**REMEMBER CHARACTER COUNT PILLARS WHEN WORKING WITH LAB PARTNERS.**

Share examples for each:

Responsibility, Respect, Trustworthiness, Fairness, Caring, and  
Citizenship



## A Scavenger Hunt in the Kitchen . . .

Directions: To complete all labs, you will need to use various tools and supplies. Find the following items located in your kitchen. Please record specific locations for each item.

<i>Baking Pans (Ex. cookie sheet, muffin pan, ring mold, etc.)</i>	
<i>Blender</i>	
<i>Clean Towels/Dishcloths</i>	
<i>Cutting Board</i>	
<i>Dish Soap</i>	
<i>Dry measuring Cups</i>	
<i>Electric Mixer</i>	
<i>Food ingredients (List two locations)</i>	
<i>Glasses or small plates</i>	
<i>Hand Soap</i>	
<i>Hot Pads</i>	
<i>Laundry Basket (Dirty towels only)</i>	
<i>Liquid Measuring Cup</i>	
<i>Measuring Spoons</i>	
<i>Mixing Bowls</i>	
<i>Paper Towels</i>	
<i>Paring Knife</i>	
<i>Rubber scraper</i>	
<i>Spoon or table knife</i>	
<i>Straight edge metal spatula</i>	
<i>Wire Whisk</i>	
<i>Wooden Spoon</i>	
<i>Stove Timer</i>	
<i>Oven temperature dial</i>	