

WELCOME TO HOME ECONOMICS

You will be spending approximately 9 weeks in this Explorations class. You will have classes 3 times a week, Tuesday, Wednesday and Thursday. You will have theory lessons and practical lessons or cooking labs. You will work closely with a group of 4-6 students in the same kitchen unit/group on Wednesdays and in pairs when sewing on Thursdays.

Because each class is only 45 minutes long, efficient use of time is very important. During the lab classes each group will have a Team Leader. Duties for the Team leader are as follows:

- Assign each person duties in the group
- Keep things running smoothly in your kitchen unit

We will rotate Team Leaders throughout your classes. Team Leaders will be posted on the white board.

ROUTINES FOR EACH CLASS

1. Bring your Home Economics binder or duotang and a pen or pencil to every class.
2. On Lab (cooking) days put books on the tables, tie back hair, wash hands with soap, put apron on, and begin right away.
3. When finished, clean up after yourself. Do not leave your kitchen area until the teacher has done an inspection and dismissed you.
4. Follow directions given by the teacher and the Team Leader. Do not use any equipment until instructed to do so by the teacher.
5. Work without disrupting others. Be pleasant and polite.
6. Be on time for class.
7. If you miss class, catch up on the missed assignments and collect the handouts. If you miss a cooking lab you will be required to make the recipe at home under the supervision of your parent.

DOING DISHES

Equipment Required:

Dish draining rack
Dish cloth
Dish detergent and bleach
HOT WATER
Rinsing sink with hot water
Dish towel

Order Of Dishes To Be Washed:

- Glasses and cups
- Cutlery (silverware)
- Plates and bowls
- Heavily soiled items, pots and pans

How To Wash Dishes:

1. Fill washing sink with hot water, adding a small amount of detergent as the water fills. Ask the teacher for the detergent.
2. The rinsing sink should be filled with hot clean water.
3. Place dishes in washing sink and use a dish cloth to wipe the dishes well while washing them in the hot water.
4. Remember to wash dishes in the order above.
5. As you wash individual items, rinse them in the hot, clean rinse water and place them on the dish draining rack in such a way that the water will drain off them as they sit.
6. Items should be carefully dried with a clean dish towel and put back in the cupboards where they belong.

HOME ECONOMICS HYGIENE

While working in the Home Economics Lab it is important to keep ourselves, and the foods and equipment we work with clean. Using good hygiene and keeping the lab sanitary can prevent food poisoning.

PERSONAL CLEANLINESS:

- Wash hands before food preparation and after sneezing, coughing, or using the restroom
- Keep hair away from face and tie back long hair
- Wear a clean apron (dirty clothing has bacteria)
- Don't handle food if you have an open cut or sore
- Do not cook and taste with the same spoon
- Wash hands after handling raw meat or eggs

KITCHEN CLEANLINESS:

- Wipe spills immediately
- Wash cutting board that has been used for cutting raw meat before cutting anything else on it
- Don't wipe hands on dish towel or use a dish towel that has been dropped on the floor. Use separate towels so dishes don't get bacteria
- Use hot soapy water when cleaning dishes

FOOD PREPARATION:

- Keep food hot or cold. Do not leave at room temperature
- Thaw frozen foods in the refrigerator, not on the counter
- Put foods away promptly
- Never taste questionable food

LAB GROUP DUTIES

#1 DISH WASHER (1 PERSON ONLY)

- Sets up dishwashing area by getting out drain rack and tray and filling the sink with hot water, soap and bleach.
- Washes dishes in the correct order
- Dries and shines sinks and taps when finished washing
- Puts away drain tray and rack
- Wipes counter tops around the sinks
- Makes sure cupboard under sink is tidy and clean
- Puts dish cloth in the “dirty” hamper

#2 DISH DRYER (1 OR 2 PEOPLE)

- Gets dish cloths and towels ready
- Helps to collect and organize dirty dishes by the sink
- Dries dishes and puts them away in the correct place
- Organizes drawers and cupboards
- Dries counter top around sinks
- Collects dish towels and puts them in the “dirty” hamper

#3 HOUSEKEEPER (1 OR 2 PEOPLE)

- Helps to stack dishes by the sink
- Clears/cleans the table/eating area
- Puts the paper placements in the garbage
- Clears the counters and makes sure they are spotless
- Cleans and shines the stove top and knobs
- Wipes up any splashes on cupboards
- Wipes off canisters and refills them if empty
- Sweeps floor in cooking and eating area

#4 SPECIAL DUTIES (1 OR 2 PEOPLE)

- Replaces someone in the group if they are absent
- Reports to the teacher for “extra” jobs such as folding laundry
- Helps anyone who needs it in your group

GENERAL SAFETY

- Always use dish holders or oven mitts when handling hot pans or dishes
- Be extremely careful when using boiling water
- Keep handles of pans from extending over the sides of the stove so they cannot be bumped
- Do not allow a handle to hang over another hot burner
- Leave stove clean when you have finished cooking. Make sure all burners are turned off
- To avoid a steam burn, lift up the edge of the pot cover that is farthest from you
- Always cut away from yourself when using knives
- Never plug in an electric appliance when your hands are wet
- Immediately clean up spills on the floor to prevent slips
- Keep cupboard doors and drawers closed so they are not bumped into
- Work quickly, quietly and carefully. Keep the kitchen in order at all times

PREVENTING CUTS:

- Keep knives sharp so you don't have to push as hard
- Wash knives separately so you don't accidentally grab one in the sink
- Do not pick up broken glass. Use a broom to sweep it up

PREVENTING BURNS:

- No flammable materials near hot appliances
- Avoid loose clothing with long sleeves
- Wipe off stove after each use to avoid grease build-up
- Use both hands to remove a pan from the oven
- Turn off appliances when cooking is finished

PREVENTING ELECTRIC SHOCK:

- Keep water away from electrical appliances
- No electric cords near hot objects
- Disconnect appliances before cleaning
- Don't use damaged appliances (report damages to teacher)