q22ml0nk[1]q22ml0nk[1]**FACS LAB PLAN**

NAME\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ KITCHEN\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ RECIPE **Stovetop Mac n Cheese**

GROUP MEMBERS \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Worker’s Name

\_Everyone\_\_\_\_\_\_ 1. Wash Hands

\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2. Wipe off Counters

\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 3. Get the following ingredients (software) out of your kitchen. List the amounts needed.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**1 tsp. salt**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 4. One person take a tray and get the following ingredients from the supply table.

List each ingredient and amount (software) List the equipment needed (hardware)

**¼ lb. macaroni noodles**  **bowl**

**2 Tbsp. butter**  **custard cup**

**1 egg**  **custard cup**

**3 oz. evaporated milk**  **1 c. LMC**

**¼ tsp. hot sauce**  **¼ tsp, custard cup**

**¼ tsp. dried mustard**  **¼ tsp, custard cup**

**¼ tsp. pepper**  **¼ tsp.**

**1 c. shredded cheddar cheese**  **1 c. DMC**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 5. List the equipment necessary to complete the recipe (additional hardware)

**Large Sauce Pan, Mixing Spoon, Medium Bowl, Whisk, Colander**

**Cereal Bowls,**

List each step your group needs to do in order to complete your recipe **BE SPECIFIC – NAMES**

**ON EACH LINE**

Ms. Leitheiser 6. **Bring 4 cups salted water to a full boil**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 7. **Add pasta to water, return to full boil, then reduce the heat**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 8. **Boil UNCOVERED 10 minutes until tender – stir frequently**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 9. **WATCH POT TO AVOID BOILOVER!**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 10. **In medium bowl, whisk together, eggs, milk, hot sauce and spices**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 11. **When pasta is done, drain water and return pasta to sauce pan**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 12. **Add butter to noodles and stir over LOW HEAT to melt butter**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 13. **Add egg mixture to pasta and stir to coat noodles**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 14. **Stir in cheese, continue to stir over LOW HEAT for 3 minutes**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 15. **Divide into cereal bowls**

Ms. Leitheiser 16. **Extra pepper is available at the supply table**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 17. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 18. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 19. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 20. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**EVERYONE WORKS TOGETHER TO CLEAN THE KITCHEN!**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 1. Wash dishes with hot, soapy water – put clean towels in the drawer

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2. Dry dishes – put dirty towels in the washing machine

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 3. Put away dishes – sweep the floor

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 4. Wipe off counter tops, stove, table etc. – empty and wipe out the garbage can

\_\_\_\_\_\_**ALL**\_\_\_\_\_\_ 5. Check to see that all dishes are put away in their proper places

\_\_\_\_\_\_**ALL**\_\_\_\_\_\_ 6. Check to see there is no food left in the sink trap.

im34sgvf[1]