



4-H Foods Lab Rules

- When you get to the lab:
 - Place coats and bags on back table and put cell phones/ipods/mp3 players/etc. away upon entering the lab.
 - Pull hair back if appropriate, roll-up long sleeves, make sure you in close-toed shoes and wash your hands.
- Before starting any food preparation:
 - Check that the countertop is clean and spray all surfaces with bleach solution and wipe dry.
 - Start set up for dishwashing; put out dish drainer and start sink water with dishwashing liquid.
- Listen to instructions, read recipes thoroughly.
- Absolutely no “horseplay” .
- Use extreme caution near range top, ovens and knives.
- You are responsible for cleaning all equipment and ensuring that items are returned to correct place.
- Heat water on the range for final dish cleaning rinse.
- Before leaving:
 - Empty trash can from each kitchen unit
 - Wipe down counters, range top, sink and faucets with bleach solution.
 - Clean sink drain
 - Ask your leader if you are able to leave
 - Make sure the leader knows that you are leaving with an approved adult



I have read and agree to follow these rules:

_____ 4-H Participant Signature _____ Parent Signature