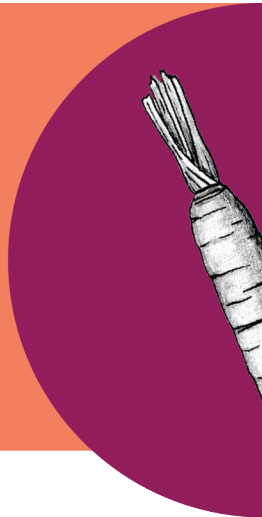


THE EDIBLE
SCHOOLYARD
PROJECT



A CLEAN KITCHEN

Student Name:

Summary: In this lesson you'll learn (or review) the basics of keeping a kitchen clean. This will help you understand what needs to be cleaned in a kitchen and how to clean those things. You will also learn fun strategies to make cleaning feel less of a hassle by practicing cleaning habits of mind

Time: 30 minutes

Vocabulary:

- **Food borne illness:** illness spread by food - either caused by spoiled or contaminated food or a disease spread from person to person through food.

ANSWER: Take some time to answer the questions, *what are your thoughts, feelings, opinions about cleaning? Do you like to clean? Do you find it challenging? Do you find it rewarding?*



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READ: Why is cleaning so important to all great cooks and chefs? A clean kitchen is a blank canvas for a chef and sets you up to do your best cooking. Cleanliness also helps you work more efficiently and reduces your chances of spreading food borne illnesses. There are a number of reasons to keep a clean kitchen! Below you'll find a few of them:

- **A clean space easier to work because:**
 - It is easier to be organized and find what you are looking for
 - You'll have more room to work
 - You'll be more focused and calmer when the kitchen is clean
- **If you are working in a kitchen that you share with other people, you have a responsibility to leave it clean for them to use.**
 - Try to leave the space cleaner than you found it.
 - If you frequently leave a dirty kitchen you may have your kitchen privileges revoked by your family!
- **Keeping a clean kitchen reduces the chance of spreading food borne illness.**
 - As a cook you don't want to make yourself or other people sick with the food you cook. Staying organized and cleaning up thoroughly is especially important when handling raw meat, poultry, or seafood.
- **A clean, organized kitchen reduces the chance of food spoilage and waste.**
 - Putting ingredients and prepared foods away in the refrigerator promptly will help avoid spoilage.

THINK: Now that you have read about why cleaning is important, think about how you would answer the following questions. *Was there anything surprising? Anything you didn't know?*

READ: Read these **habits and approaches to cleaning:**

- **Start clean** - clean up any mess before beginning to cook.
- **Clean as you go** - work cleaning into the down time while cooking.
 - For example - while sautéing onions, wash, dry and put away your knife. If you have cookies in the oven, take a few minutes to wash the mixing bowls and measuring cups. Try to finish cleaning before sitting down to eat!
- **Finish clean** - leave the kitchen better than you found it.
- **Don't let it build up** - it is harder to get started on cleaning when there is a pile of dishes to dry and put away, or a full sink of dirty dishes. If you clean as you go you won't end up with a huge task at the end.



A CLEAN KITCHEN

ANSWER: Take some time to answer the questions, *are there any of the habits and approaches you already do? Is there any habit or approach you would add?*

PRACTICE: Review the [Cleaning Checklist and Activities](#) resource. Throughout your time in the kitchen you will be cooking and sharpening your cleaning skills, habits and approaches. Next time you are in the kitchen (or the next time your parent or guardian is cooking), practice your cleaning skills by completing the cleaning checklist.

Teachers and Parents Notes:

- For sections that instruct students to READ, you can record yourself reading aloud and send it to students. Direct them to read along with the recording. This is a helpful strategy for differentiating learning that supports all students, especially English Language Learners. If students are completing this lesson as part of the kitchen curriculum [Cooking with Curiosity: Challenging Perfection with Reflection](#) this lesson is 1.7: The seventh lesson of Unit 1.