

Practical Cookery Classes Contract

Set up

I must:

- Stack my stools at the back of the room neatly
- Set up my unit QUICKLY with equipment and ingredients
- Collect a tea-towel, dishcloth & basin
- Tie back my hair & put on hairband
- Put on my apron
- Remove jewellery – no nail varnish

Baking/Cooking

I must:

- Listen to instructions carefully
- Put up my hand if I need help
- Keep my work area clean and tidy
- Start my wash up if I am finished everything else

I must not:

- Go to other people's units

Wash up

I must:

- Stack up my dirty dishes
- Wipe down my unit
- Empty my basin and half-fill with hot water
- Put a pea-size amount of washing up liquid into my basin
- Wash the cleanest items first & the dirtiest items last
- Turn washed items upside down on the ingredients tray
- Clean my unit top & lay out the dried equipment for inspection
- Put away my equipment CORRECTLY after the teacher has seen it
- Place my tea-towel and cloth into the basin for washing
- Carry out my task – e.g. washing sink, sweeping floor, checking presses...

General points to note:

- My ingredients MUST be WEIGHED before class
- My ingredients are MY responsibility not my parent/guardians
- If I am unsure of ingredients, etc I should ask my teacher / e-mail _____@sacredheart.ie
- If I am unable to bring in ingredients for any reason I should have a note from my parent/guardian

I understand that these guidelines are for my safety and the safety of others. They must be followed carefully. Regular failure to follow them may mean that I am not allowed to cook.

Student signature: _____

Parent/guardian signature: _____

Teacher signature: _____