



Cook To Work Checklist Module 1

Kitchen Safety

Name _____ Date Started _____ Date Completed _____

Skill	Date Completed	Skill	Date Completed
Proper hand washing		Produce sink Info- what it's for	
Glove use		Hand washing sink info-what it's for	
Kitchen lingo for safety (behind you!)		Sanitizer Bucket(what it's for-set up, testing)	
Knife safety		Detergent bucket (what it's for/ set up)	
Cutting board safety		Knives (use the right one for the task) review types of knives	
Avoiding cross contamination		Mopping	
Cutting boards, color code system		Sweeping	
Proper cleaning and sanitizing		The difference between cleaning and sanitizing	
Proper chemical storage		What to do if you are cut/ injured	

_____ Received 3 free meal cards for completing this module on _____
from _____