1.02 I Preparation Tasks List

Preparation Tasks

- All recipes are different. Tasks may be more or less complex.
- ***Dovetailing*** is accomplished during lab by multi-tasking. This means tasks can be done at the same time to save time and energy.

1. Wash hands
2. Set the table
3. Open all packages
4. Wash /rinse produce and other ingredients if necessary

Preparation Tasks

5. Prep ingredients
6. Measuring ingredients.

   Ingredients should be assembled before beginning measuring and preparation.
7. Prepare equipment
8. Clean as you go
9. Put the ingredients in blender

10. Blend
11. Serve in paper cups
12. Final cleanup

Note: All of these tasks may be completed at the same time by lab members.

Let's Practice…

- Using the recipe on the following slide dovetail the Preparation Tasks.

- Be sure to read the recipe **BEFORE** you start make the list of steps to dovetail.

The Recipe

Ingredients:

2 cups vanilla low-fat yogurt

1 pkg. (10 oz.) frozen strawberries in lite syrup, thawed

1-1/4 qt. (5 cups) cold water, divided

1 pkt. (makes 2 qt. drink) or 2 pkt. (makes 1 qt. drink each) CRYSTAL LIGHT Lemonade Flavor Drink Mix*

Directions:

PLACE yogurt, strawberries, 1 cup of the water and the drink mix in blender; cover. Blend on medium speed 1 min. or until smooth.

POUR into large plastic or glass pitcher. Stir in remaining 1 qt. (4 cups) water.

SERVE over ice cubes, if desired. Store in refrigerator.

*NOTE: CRYSTAL LIGHT Packets come in two sizes. Please note packet size before preparing recipe.

Let's Practice…

- What are the preparation tasks that can be done **before and during** the preparation of the smoothie? Let's list them.

1. Remember proper attire and
   and prepare yourself for lab
2. Get out cups for sampling and setting table is not necessary.
3. Gather all ingredients

4. Take out blender
5. Open packages
5. Put ingredients in blender
6. Clean up as needed during entire lab

Now it's your turn!

- Select a "SIMPLE" recipe from a cook book or the internet and apply a work plan with your group.