**Foods 1010: Food Basics Check list**

**Checklist for Module Completion**

*In this Module you need to learn to handle food in a safe and sanitary manner and learn to use a recipe.*

Check off each of the following when you have done them.

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|  | I washed my hands before working with food and have included a photo. |
|  | I made sure my workspace was clean before I started and have included a photo. |
|  | I have gathered the kitchen utensils, tools and ingredients needed for the recipe, before beginning and have included a photo. |
|  | I have taken the WHMIS course |
|  | I have looked at Eating Well with Canada’s Food Guide and completed the quiz. |
|  | I have read the recipe and made measurements carefully |
|  | I have prepared the food according to the recipe and have included a photo. |
|  |  I have ensured my workspace was clean after my cooking was complete and have included a photo. |
|  | I have had two people,(friends or family) test the food I have prepared. I have included their comments regarding the following questions:1. Is the appearance of the food appetizing?2. Does the food taste good?3. Is there a suggestion for improvement? |
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