

**Food, Nutrition & Health Labs
Project Achievement Tips
for 4th – 6th Grade****Packing Checklist:**

- Copy of recipe
- Apron, hairnet or hair restraints, closed toe shoes
- Paper towels
- Cleaning wipes or sanitizing solution
- Ingredients (Remove all company labels. Use low fat and low sodium ingredients where possible.)
- Measuring cups
- Measuring spoons
- Mixing equipment – such as spoons , mixing bowls (clear glass or plastic)
- Spatula or spreader
- Colander
- Transfer equipment – such as spoons, tongs, or plastic gloves
- Trays and wax paper for organization
- Display items – such as a table cloth, placemat, or table arrangement
- Serving dish (bowl or plate)
- Serving ware – such as paper plates and plastic utensils
- Ice and Cooler for cold items
- Box for equipment
- Can opener

Leave Behind:

- × Knives
- × Peelers
- × All electrical equipment (blenders, electric skillets, griddles, food processors, anything with a cord.)
- × Jewelry