



## Handout 01.20: Team Station Card Template

Team: \_\_\_\_\_ Station: \_\_\_\_\_ Date: \_\_\_\_\_ Family card: \_\_\_\_\_

Dish: \_\_\_\_\_ (from our \$40 plan)

Makes: 7 tasting portions

### 1. Ingredients and cost (station budget: \$20.00)

Every line has a size, a price, and a unit. FACS room pantry items (foil, cooking spray, salt, garlic powder, plates, forks, spoons, napkins, cups) are \$0 and marked “room.”

| Item | Size | Price | Unit | How many | Cost |
|------|------|-------|------|----------|------|
|      |      |       |      |          |      |
|      |      |       |      |          |      |
|      |      |       |      |          |      |
|      |      |       |      |          |      |
|      |      |       |      |          |      |
|      |      |       |      |          |      |
|      |      |       |      |          |      |

**Total: \$\_\_\_\_\_** (must be \$20.00 or under) Under by: \$\_\_\_\_\_

Allergens in this dish (circle): wheat, dairy, egg, soy, peanuts, tree nuts, fish, shellfish, sesame, none

### 2. The room's rules (check every box or the card is not approved)

☐ No knives; anything cut comes pre-cut, pre-shredded, or is torn or forked apart ☐ Pre-cooked meat only, reheated to 165 F, or no meat ☐ Stovetop and oven only; no frying ☐ The teacher opens the oven and drains the pasta; we call the teacher ☐ Cooking fits in 20 minutes (minute 5 to minute 25)

### 3. Steps (8 to 10, numbered, one action each)

1. Wash hands. \_\_\_\_\_

















#### 4. Lab roles (write a name in every role)

| Role                                                             | Name | Prep (0 to 5) | Cook (5 to 25) | Plate and eat (25 to 32) | Clean (32 to 40) |
|------------------------------------------------------------------|------|---------------|----------------|--------------------------|------------------|
| Station Manager<br>(reads the card, calls time)                  |      |               |                |                          |                  |
| Prep Lead<br>(sets out every ingredient and tool)                |      |               |                |                          |                  |
| Cook Lead<br>(stovetop or oven assembly)                         |      |               |                |                          |                  |
| Plate Captain<br>(place settings, plating)                       |      |               |                |                          |                  |
| Clean Crew 1<br>(wash as you go)                                 |      |               |                |                          |                  |
| Clean Crew 2<br>(surfaces, floor, trash)                         |      |               |                |                          |                  |
| Safety and Sanitation Checker<br>(hands, thermometer, leftovers) |      |               |                |                          |                  |

#### 5. The flowchart (a name in every block)

| Minute       | 0 to 5                              | 5 to 10 | 10 to 15 | 15 to 20 | 20 to 25 | 25 to 32        | 32 to 40                        |
|--------------|-------------------------------------|---------|----------|----------|----------|-----------------|---------------------------------|
| What happens | Wash hands, set out everything, set |         |          |          |          | Plate, sit, eat | Clean, station check, leftovers |



|                    |           |  |  |  |  |  |  |
|--------------------|-----------|--|--|--|--|--|--|
|                    | the table |  |  |  |  |  |  |
| Who                |           |  |  |  |  |  |  |
| Teacher<br>needed? |           |  |  |  |  |  |  |

6. Safety reminders (write three for this dish)







## 7. What does done look like?

The dish is done when: \_\_\_\_\_

The plate looks like: \_\_\_\_\_ (this is what the menu card will say)

The station is done when: surfaces sanitized, tools washed and put away, burners off and cool, sink empty, floor dry, leftovers in a labeled container in the refrigerator or in the trash by the two-hour rule.

## 8. Approval

Teacher: [ ] rules [ ] cost [ ] allergens [ ] steps fit 20 minutes Signed: \_\_\_\_\_ Date: \_\_\_\_\_

If not approved: the one fix needed: \_\_\_\_\_ Fallback card taken instead: \_\_\_\_\_

### Back of the card: Lab self-assessment (fill after the station check on cook day)

| Objective                                                              | Our score (1 to 4) | Evidence |
|------------------------------------------------------------------------|--------------------|----------|
| Safety and sanitation (hands, surfaces, handles, 165 F, two-hour rule) |                    |          |
| The dish (followed the card, plated as planned, on time)               |                    |          |
| Teamwork (every role did its job, Station Manager called time)         |                    |          |

If we cooked this again, we would \_\_\_\_\_ because \_\_\_\_\_.



## Teacher key

Approve when: all five rule boxes are checked and true for the steps written; the total is \$20.00 or under with a unit on every line; allergens are circled and match the class list; the steps are 8 to 10 single actions and the cook phase fits in 20 minutes; every role has a name and every flowchart block has a name. The filled examples are in Handout 01.20 - Fallback Station Cards.md.