

# Unit 2

## Chapter 4 – Kitchen Basics

4.1	Using Recipes
4.2	Getting Ready to Cook
4.3	Cooking Methods

## Chapter 5 – Foodservice Equipment

5.1	Receiving, Storage, and Preparation Equipment
5.2	Cooking, Holding and Service Equipment
5.3	Cleaning and Caring for Equipment

## Chapter 6 – Preventing Accidents and Injuries

6.1	ABC's of Nutrition
6.2	Role of Proteins, Vitamins and Minerals
6.3	Nutritional Guidelines
6.4	Making Menus More Nutritious