SORBET INGREDIENTS

4 cups frozen berries
1/4 cup honey
1 cup water
1/4 tsp Mint leaves
Slice of fresh ginger
Squeeze lime juice (optional)

KITCHEN MEMBERS

INITIALS

1. _______________________/__________
2. _______________________/__________
3. _______________________/__________
4. _______________________/__________
5. _______________________/__________

**Directions**

1. ________________wash hands and surface (tie hair back)
2. ________________Add water and honey together
3. ________________Heat water and honey for 30 seconds in microwave
4. ________________Add to blender
5. ________________Add berries
6. ________________Process until blended high
7. ________________Add mint
8. ________________Process until blended

Serve in cup with a spoon.
Clean Up

13. ______________ set up sink w/ HOT water and soap

14. ______________ get dish towels (used for drying wet dishes) & dish clothes (used to wash dishes)

15. ______________ wash and rinse dishes w/ HOT water

16. ______________ dry dishes

17. ______________ wipe tray clean, and stack cleaned and dried dishes back on tray

18. ______________ wipe stove top and DRY dish towel

19. ______________ wipe counters and table top w/ WET dish cloth

20. ______________ sweep floor (broom and dustpan located by the windows)

21. ______________ rinse food and soap suds out of sinks

22. ______________ dry and sparkle sinks and faucet

23. ______________ Put dirty dish towels and dish clothes into appropriate laundry basket

24. ___Everyone___ Initial that you completed your assigned jobs, turn in recipe sheet to teacher

Directions: Based on your understanding of nutrients please provide a list of ingredients in the space provided and its corresponding nutrient(s). Also list the benefit it provides to the body (hint: flash cards may be helpful).

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<thead>
<tr>
<th>Ingredient</th>
<th>Nutrient(s) provided</th>
<th>Benefits to the body</th>
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