



Freelance Chef for a Day

OBJECTIVE

Develop **autonomy in the kitchen**, applying principles of **food safety**, **organization (mise en place)** and **scientific responsibility** in the preparation of a simple Mediterranean meal.

YOUR MISSION

For one day, you take on the role of **chef** and prepare a meal in a conscious, safe and organized way.

Step 1 – Choose the recipe

Select a **simple recipe from the Mediterranean Diet**:

- **Revenue chosen:** _____
(e.g. vegetable soup, chickpea salad, grilled fish with vegetables, vegetable omelette)

Step 2 – Do the mise en place

Before cooking, prepare:

- Washed and measured ingredients
- separate utensils
- Clean and organized workbench

What have you prepared before starting?



Step 3 – Food safety in action

Identify **five moments** when you applied food safety principles:

1. _____
2. _____
3. _____
4. _____
5. _____

(e.g., hand washing, separating raw and cooked food, cooking well, preserving properly, cleaning surfaces)

Step 4 – Explain the process

Explain to **someone** (family or friend):

- How you organized the preparation
- What care did you take with hygiene and safety
- Why is this important for health

What did you explain?



FINAL REFLECTION

What did you learn from cooking more autonomously and consciously? Feeling more confident in the kitchen?

FOODWISELAB TIP

Cooking is about applying science in everyday life: **organization, hygiene, temperature** and **time** make the difference between cooking "in any way" and cooking responsibly.