The Family Produce Prep Sequence

Set up, wash, prepare, and store clearly.

Careful preparation needs a clear path and suitable supervision.

Example: an adult handles cutting while a child washes suitable produce under running water and transfers it to the clean bowl. The adult checks storage before cleanup.

01 Prepare the station

Name the clean workspace and equipment.

Produce / package instructions

Handwashing and work area setup

Clean bowl / board / utensils

Raw-food equipment kept separate

02 Assign the washing job

Use the method appropriate to the food.

Produce to wash under running water

Ready-to-eat label to read

Adult supervising this step

Where washed produce goes

The Family Produce Prep Sequence / Review & follow-through

03 Handle preparation safely

Match tasks to demonstrated ability.

Adult cutting or inspection job

Child's suitable supporting task

Step to demonstrate first

What to do after a spill or drop

04 Serve and store

Finish the food handoff before leaving.

Serving container / destination

Storage instruction / adult checker

Cleanup task and owner

Unclear step to reteach next time