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Planning

Work sequence

The work sequence describes the order of activities from the unloading of food through storage, preparation, cooking and washing up, which can be described as follows:

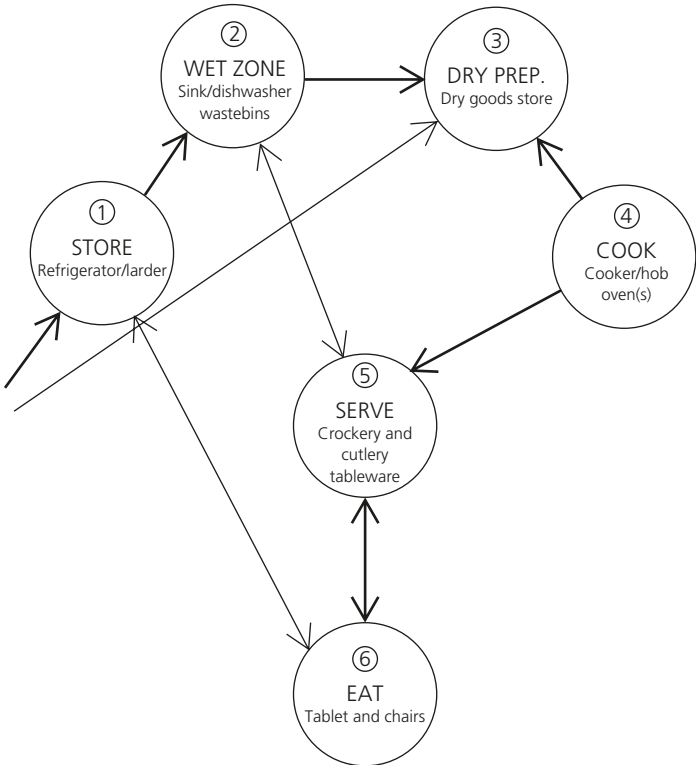
- 1 Store** unloading and unwrapping of food, storing in refrigerator/freezer/larder/cupboards
- 2 Wash** washing, peeling, chopping, sieving food, dishwashing
- 3 Prepare** weighing, mixing, cake and pastry making
- 4 Cook** hob for boiling and frying, grill for grilling and browning, oven for baking and roasting, microwave oven for defrosting, fast cooking and re-heating
- 5 Serve** dishing up food, keeping food hot, toasting bread, storing cutlery, crockery and condiments
- 6 Eat** table laying and eating

After this sequence is complete, there is the return sequence as follows:

- Clear** removing dirty dishes to sink and dishwasher, returning uneaten food to refrigerator and cupboards
- Wash up** waste disposal, loading dishwasher, hand washing, draining, putting away

One can see from the diagram that some cross-circulation is inevitable, as the sink is needed both for preparation and washing up. Likewise, storage of food will be in the refrigerator and in the dry goods cupboards.

The sequence preferred is normally planned from left to right or in a clockwise direction, but this is not essential and may be the prejudice of right-handed people. The left-hand cook may prefer a reverse order.



Work sequence

The heavier arrows indicate the main direction of activity. However quite a lot of cross circulation is inevitable – particularly when initially storing goods either in refrigerator or the dry store. Also the flow of crockery to and from the dishwasher and the table. The Wet Zone and the Dry Preparation area are interchangeable particularly as the worktop between the wet zone and cooking should be unbroken for ease of transferring heavy pans from sink to hob.