☕ Mug Cake 3 Ways Lab · Lab Prep Sheet

Culinary 1 · Unit 1 · Level 2 · Tue 9/22 (Blue) · Wed 9/23 (Gold)



Name: _____ Date: _____ Period: _____

👥 Job roles: circle your job. Initial when it is done.

Job	What you do	Done ✔️
👩‍🍳 **Head Chef**	Reads each step out loud. Checks the card.	
🥄 **Measurer**	Gets and measures each ingredient.	
🥣 **Mixer / Cook**	Mixes, cooks, and watches the timer.	
🧽 **Clean-Up Captain**	Washes, dries, and wipes as we go.	

🧰 Equipment: check when it is on your counter

- ☐ ☕ **Microwave-safe mug or bowl** Mix and cook in it.
- ☐ 🥄 **Measuring spoons** Most amounts are tablespoons.
- ☐ 🥛 **Liquid measuring cup** Measure the milk.
- ☐ 🍴 **Fork** Mix it smooth.
- ☐ 📡 **Microwave** Cooks the cake in 1 minute.
- ☐ 🧤 **Hot pad** The mug gets hot.

🧺 Ingredients (amounts are on the recipe card)

- ☐ 🌾 flour
- ☐ 🍚 sugar
- ☐ 🥄 baking powder
- ☐ 🥛 milk
- ☐ 🫗 vegetable oil
- ☐ 🍦 vanilla
- ☐ 🍫 cocoa powder (chocolate)
- ☐ 🟤 cinnamon + cinnamon sugar on top (snickerdoodle)
- ☐ 🍪 chocolate chips (cookie cake)

⚠️ Safety focus for this lab

📡 Microwave: no metal. Use a hot pad to take it out.

🧼 Before you start

☐ 🧼 Wash hands for 20 seconds ☐ 🥼 Apron on ☐ 👱 Hair back ☐ 📵 Phone put away