🕵️ Reading a Recipe & Mystery Lab · Lab Prep Sheet



Culinary 1 · Unit 1 · Level 2 · Thu 9/23 (Blue) · Fri 9/24 (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

- ☐ 🥣 **Small mixing bowl + fork** Beat the eggs.
- ☐ 🍳 **Frying pan** Cook the French toast.
- ☐ 🥛 **Liquid measuring cup** Measure the milk.
- ☐ 🥧 **Pie pan** Dip the bread in the egg mix.
- ☐ 🥄 **Pancake turner** Flip once.

🧺 Ingredients (amounts are on the recipe card)

- ☐ 🥚 eggs
- ☐ 🥛 milk
- ☐ 🟤 cinnamon
- ☐ 🍦 vanilla
- ☐ 🧂 salt
- ☐ 🌰 nutmeg
- ☐ 🧈 butter
- ☐ 🍞 bread

⚠️ Safety focus for this lab

🔥 Pan handles turned **in**. Stay by the stove.

🥚 Raw egg: wash hands after you crack eggs. Cook eggs all the way.

🧼 Before you start

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