Culinary 1 · Unit 4 Lab · Level 1

Cinnamon Roll Lab



TODAY'S PLAN

- 👥 Jobs
- ⚠️ Safety
- 👩‍🍳 Steps
- ✅ Check
- 🧽 Clean up + reflect

Get ready

Lab Jobs



Head Chef

I read the card.



Measurer

I measure.



Mixer / Cook

I mix and cook.



Clean-Up Captain

I clean up.

Safety

Be Safe



- 💧 Warm water. Not hot.
- 🔄 Mixer off. Then touch.
- 🔪 Cut slow. Claw hand 🐾.
- 🧤 Use oven mitts. Hot!

👩‍🍳 Lab

Steps 1 of 4



1. 🔥 Oven on: \1.
2. 🥣 Yeast + sugar + warm water.
3. ⏱️ Wait \1 minutes. Foamy!
4. 🌾 Add oil, salt, egg, flour.

👩‍🍳 Lab

Steps 2 of 4



1. 🔄 Mix with the hook.
2. 🪵 Roll it flat.
3. 🧈 Spread butter.
4. 🟫 Sprinkle cinnamon sugar.

👩‍🍳 Lab

Steps 3 of 4



1. 🌀 Roll it up. Cut \1.
2. 🍳 Put in the pan.
3. ⏲️ Bake \1 minutes.
4. 🧀 Mix the frosting.

👩‍🍳 Lab

Steps 4 of 4



1. 🍽️ Frost. Photo!

🎬 Video

Intro to Yeast Bread

Scan to watch

👀 Look for: foamy yeast

💬 Captions on

▶️ YouTube

https://www.youtube.com/watch?v=XxL9RLVgK-0

🃏 Check 1 of 2



Yeast needs what water?

Point to the picture!

1️⃣ 💧 Warm

2️⃣ 🧊 Ice cold

3️⃣ 🔥 Very hot

✅ Answer · Card 1 of 2



Warm

Warm water wakes up the yeast.

🃏 Check 2 of 2



How many rolls do we cut?

Point to the picture!

1️⃣ 6️⃣ 6

2️⃣ 2️⃣ 2

✅ Answer · Card 2 of 2



6️⃣ 6

We cut 6 rolls.

Wrap-Up

Clean Up + Reflect



- 🧽 Wash, dry, put away
- 🧻 Wipe the counter
- 📸 Take a photo
- 😀 Fill in my check sheet