🥤 Fruit Smoothie Lab · Get Ready

Culinary 1 · Unit 5 · Level 1 · with Fruit & Vegetable ID notes



Name: _____

👥 My job. Circle it.

👩‍🍳 **Head Chef** I read the card.	🥄 **Measurer** I measure.	🥣 **Mixer / Cook** I mix and cook.	🧽 **Clean-Up Captain** I clean up.

🧰 Get the tools. Check ☐.

- ☐ 🌀 Blender
- ☐ 🥛 Liquid measuring cup
- ☐ 🥄 Dry measuring cups
- ☐ 🔪 Butter knife
- ☐ 🥤 Cups
- ☐ 🧽 Spatula

🧺 Get the food. Check ☐.

- ☐ 🥛 yogurt
- ☐ 🍊 orange juice
- ☐ 🥛 milk
- ☐ 🍌 ripe banana
- ☐ 🫐 frozen mixed berries
- ☐ 🍦 vanilla
- ☐ 🍯 honey (optional)
- ☐ 🧊 ice cubes if needed

⚠️ Be safe!

🔒 Lid on. Hand on top.

🔌 Off before I touch.

💧 Wipe spills.

🧼 Before we cook

☐ 🧼 Wash hands ☐ 🥼 Apron on ☐ 👱 Hair back ☐ 📵 No phone