Culinary 1 · Unit 5 Lab · Level 1

Veggie Fajitas 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



- 🐾 Claw hand 🐾.
- 🫒 Put food in slow.
- 🔥 Stay by the stove.
- 🧤 Use oven mitts. Hot!

👩‍🍳 Lab

Steps 1 of 2



1. 🔥 Oven on: \1. Wrap tortillas.
2. 🫑 Cut peppers in strips.
3. 🧅 Cut onion in strips.
4. 🧄 Cut garlic small.

👩‍🍳 Lab

Steps 2 of 2



1. 🍳 Oil in the pan.
2. 🌶️ Add veggies + spices.
3. ⏱️ Stir \1 minutes.
4. 🌮 Fill the tortilla. Photo!

🎬 Video

Dicing an Onion (Gordon Ramsay)

Scan to watch

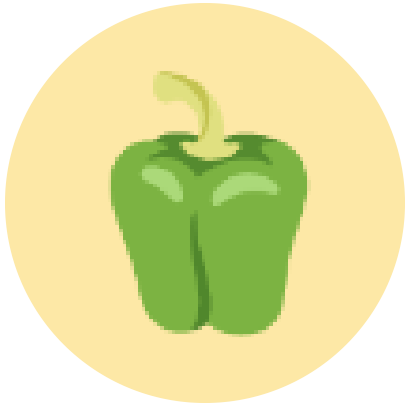
👀 Look for: the claw hand

💬 Captions on

▶️ YouTube

https://www.youtube.com/watch?v=dCGS067s0zo

🃏 Check 1 of 2



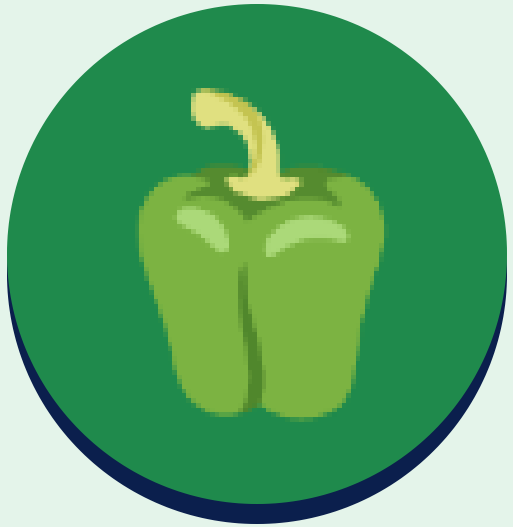
Julienne means...

Point to the picture!

1️⃣ 🎲 Cubes

2️⃣ 🍟 Thin strips

✅ Answer · Card 1 of 2



🍟 Thin strips

Julienne = thin strips.

🃏 Check 2 of 2



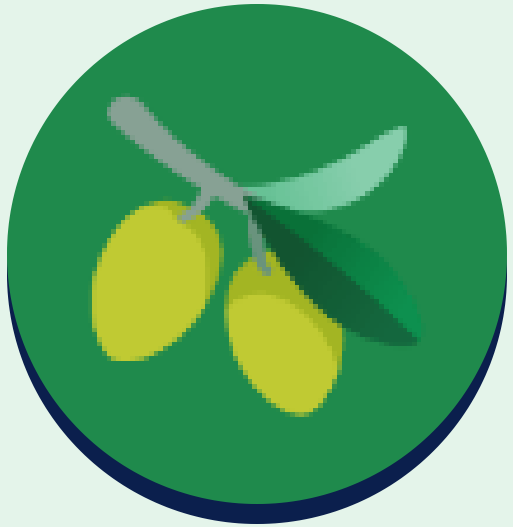
Hot oil. I put food in…

Point to the picture!

1️⃣ 🐢 Slow

2️⃣ 💨 Fast

✅ Answer · Card 2 of 2



🐢 Slow

Slow and low so it does not splash.

Wrap-Up

Clean Up + Reflect



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