🌮 Veggie Fajitas Lab · Get Ready

Culinary 1 · Unit 5 · Level 1 · after the Soup & Biscuits Lab



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 ☐.

- ☐ 🔪 Chef's knife
- ☐ 🟩 Cutting board + wet towel
- ☐ 🍳 Large skillet
- ☐ 🥄 Spatula / wooden spoon
- ☐ 🪙 Foil
- ☐ 🥄 Measuring spoons

🧺 Get the food. Check ☐.

- ☐  sweet peppers (any color)
- ☐  red or white onion
- ☐  garlic
- ☐  olive oil
- ☐  chili powder
- ☐  cumin
- ☐  smoked paprika
- ☐  salt
- ☐  flour tortilla
- ☐  cheese
- ☐  sour cream
- ☐  lime wedges
- ☐  cilantro
- ☐  salsa

⚠️ Be safe!

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

🧼 Before we cook

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