🍎 Apple Crisp for One Lab · Lab Prep Sheet

Culinary 1 · Unit 5 · Level 2 · after the Cooking Pans lesson



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

- ☐ 🍏 **Apple peeler / slicer** Peels and slices the apple.
- ☐ 🔪 **Paring knife + board** Slice the apple.
- ☐ 🍮 **Small greased baking dish** The crisp bakes in it.
- ☐ 🥣 **Small bowl** Mix the crumb topping.
- ☐ 🍴 **Fork or pastry cutter** Cut in the cold butter.
- ☐ 🧤 **Oven mitts** The dish is hot.

🧺 Ingredients (amounts are on the recipe card)

- ☐ 🍎 apple
- ☐ 🌾 all-purpose flour
- ☐ 🟫 brown sugar
- ☐ 🧈 cold butter
- ☐ 🥣 quick-cooking oats
- ☐ 🟤 ground cinnamon
- ☐ 🧂 salt

⚠️ Safety focus for this lab

🍏 Peeler: keep fingers away from the blade and crank.

🔪 Slice flat side down so the apple does not roll.

🧤 Use dry oven mitts. The pan and oven racks are hot.

🧼 Before you start

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