Culinary 1 · Unit 5 Lab · Level 2

Fruit Smoothie Lab



TODAY'S PLAN

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

Get ready

Lab Jobs



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.

Safety

Be Safe



🔒 Lid on and a hand on top before you blend.

🔌 Blender \1 before a spoon or hand goes in.

💧 Wipe up spills right away so no one slips.

👩‍🍳 Lab

Steps 1 of 2



1. 🧼 Wash hands. Wash the banana.
2. 🥛 Add the \1, orange juice, and milk to the blender first.
3. 🍌 Break the banana into pieces. Add it.
4. 🫐 Add the \1 frozen berries, vanilla, and honey.

👩‍🍳 Lab

Steps 2 of 2



1. 🔒 Put the \1 on tight. Hand on the lid.
2. 🌀 Blend until smooth.
3. 🧊 Too thick? Add a little milk or ice. Blend again.
4. 🥤 Pour into cups. Photo!

🃏 Check 1 of 3



Why add liquids first?

Hold up 1, 2, or 3:

1️⃣ It helps the blender blend

2️⃣ It looks nice

3️⃣ It is colder

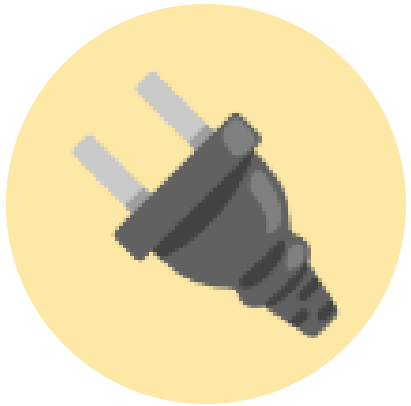
✅ Answer · Card 1 of 3



It helps the blender blend

Liquid first helps the blade move.

🃏 Check 2 of 3



When can you put a spoon in?

Hold up 1, 2, or 3:

1️⃣ While it runs

2️⃣ Any time

3️⃣ When it is off

✅ Answer · Card 2 of 3



When it is off

Off first. The blade is sharp.

🃏 Check 3 of 3



Too thick. What do you add?

Hold up 1, 2, or 3:

1️⃣ More berries

2️⃣ A little milk or ice

3️⃣ Flour

✅ Answer · Card 3 of 3



A little milk or ice

Her recipe: add ice or a touch of milk.

Wrap-Up

Clean Up + Reflect



- 🧽 Wash, dry, and put away every tool
- 🧻 Wipe counters, sink, and stove
- 📸 Take your 5 lab photos
- 📝 Fill in the lab reflection