🥤 Fruit Smoothie Lab · Lab Prep Sheet

Culinary 1 · Unit 5 · Level 2 · with Fruit & Vegetable ID notes



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

- ☐ 🌀 **Blender** Blends everything smooth.
- ☐ 🥛 **Liquid measuring cup** Measure juice and milk.
- ☐ 🥄 **Dry measuring cups** Measure yogurt and berries.
- ☐ 🔪 **Butter knife** Break the banana into pieces.
- ☐ 🥤 **Cups** Serve the smoothie.
- ☐ 🧽 **Spatula** Scrape the blender (blender off!).

🧺 Ingredients (amounts are on the recipe card)

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

⚠️ Safety focus for this lab

- 🔒 Lid on and a hand on top before you blend.
- 🔌 Blender **off and unplugged** before a spoon or hand goes in.
- 💧 Wipe up spills right away so no one slips.

🧼 Before you start

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