Culinary 1 · Unit 6 Lab · Level 1

Pico de Gallo 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 🐾.

🟩 Towel under the board.

🔪 Knife down when I walk.

🧤 Pepper? Gloves on.

👩‍🍳 Lab

Steps 1 of 2



1. 🧼 Wash hands. Wash food.
2. 🟩 Wet towel under the board.
3. 🍅 Cut the tomato. Claw 🐾.
4. 🧅 Cut the onions.

👩‍🍳 Lab

Steps 2 of 2



1. 🧤 Gloves on. Cut the pepper.
2. 🌿 Cut cilantro + garlic.
3. 🥣 Mix in the bowl.
4. ❄️ Cold \1 minutes. Photo!

🎬 Video

How to Mince Garlic (Epicurious)

Scan to watch

👀 Look for: tiny pieces

💬 Captions on

▶️ YouTube

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

🎬 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



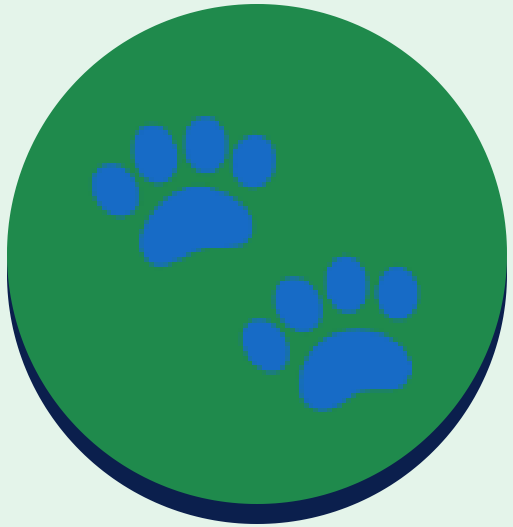
Which hand is safe?

Point to the picture!

1️⃣ 🖐️ Flat fingers

2️⃣ 🐾 Claw hand

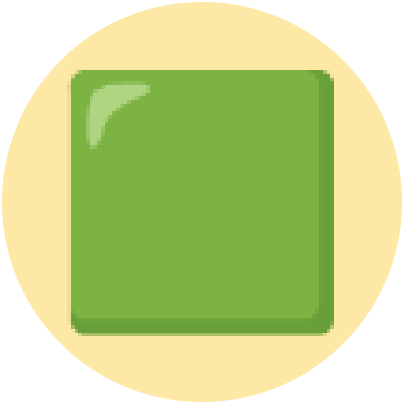
✅ Answer · Card 1 of 2



Claw hand

Tuck your fingertips in.

🃏 Check 2 of 2



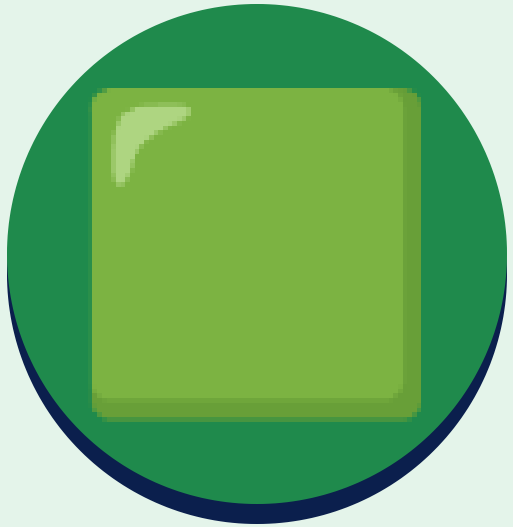
What goes under the board?

Point to the picture!

1️⃣ 🧻 Wet towel

2️⃣ 📱 Phone

✅ Answer · Card 2 of 2





Wet towel

A wet towel stops sliding.

Wrap-Up

Clean Up + Reflect



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