Culinary 1 · Unit 8 Lab · Level 1

Fried Rice 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



🔥 Handle in. Stay by the stove.

🐾 Claw hand 🐾. Knife down.

🥚 Egg hands? Wash them.

👩‍🍳 Lab

Steps 1 of 2



1. 🔪 Cut the veggies.
2. 🥚 Cook the eggs. Set aside.
3. 🥕 Cook the veggies.
4. 🍚 Add cold rice.

👩‍🍳 Lab

Steps 2 of 2



1. 🥄 Add soy sauce.
2. ⏲️ Stir \1 minutes.
3. 🥚 Eggs back in. Photo!

🃏 Check 1 of 2



Rice for fried rice is…

Point to the picture!

1️⃣ 🔥 Fresh hot

2️⃣ ❄️ Cold

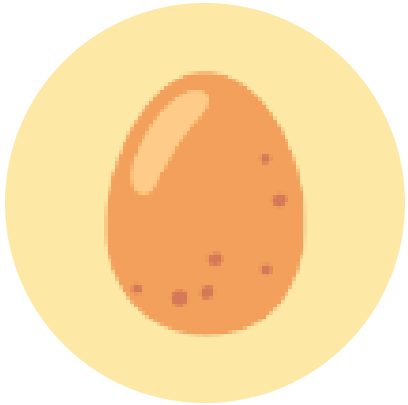
✅ Answer · Card 1 of 2



❄️ **Cold**

Cold rice fries better.

🃏 Check 2 of 2



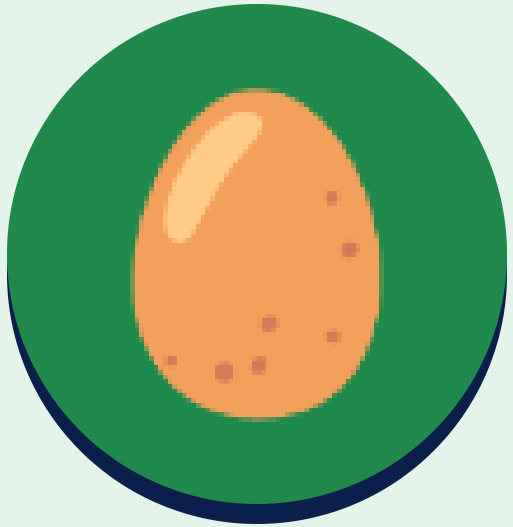
Eggs go back in…

Point to the picture!

1️⃣ ⬅️ END At the end

2️⃣ ➡️ SOON First

✅ Answer · Card 2 of 2



🔚 At the end

Add them at the end.

Wrap-Up

Clean Up + Reflect



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