Culinary 1 · Unit 8 Lab · Level 1

Overnight Oats 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



❄️ Jar in the fridge!

🏷️ Name on my jar.

🧼 Wash hands.

👩‍🍳 Lab

Steps 1 of 2



1. 🧼 Wash hands.
2. 🏷️ Name on my jar.
3. 🥛 Yogurt + honey in.
4. 🥣 Oats in.

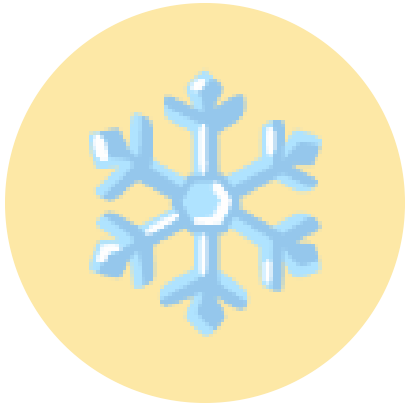
👩‍🍳 Lab

Steps 2 of 2



1. 🥛 Milk in.
2. 🥄 Stir.
3. ❄️ Fridge.
4. 🍓 Next day: eat! Photo!

🃏 Check 1 of 2



Where do my oats go?

Point to the picture!

1️⃣ 🏠 Counter

2️⃣ ❄️ Fridge

✅ Answer · Card 1 of 2



Fridge

Milk stays cold in the fridge.

🃏 Check 2 of 2



Oats + milk are…

Point to the picture!

1️⃣ ⚖️ Same amount

2️⃣ 🗻 Lots of oats

✅ Answer · Card 2 of 2



⚖️ Same amount

½ cup + ½ cup.

Wrap-Up

Clean Up + Reflect



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