Culinary 1 · Unit 8 Lab · Level 1

Quinoa Salad 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 🐾. Knife down.

🔥 Handle in. Stay by the stove.

👩‍🍳 Lab

Steps 1 of 2

1. 🌾 Cook the quinoa.
2. 🫘 Rinse the beans.
3. 🔪 Cut the veggies.
4. 🥗 Veggies in the bowl.



👩‍🍳 Lab

Steps 2 of 2



1. 🌀 Mix the dressing.
2. 🥄 Mix it all.
3. ⏱️ Wait. Photo!

🃏 Check 1 of 2



Quinoa is a...

Point to the picture!

1️⃣ 🍬 Candy

2️⃣ 🌾 Grain

✅ Answer · Card 1 of 2



Grain

Quinoa is a super grain.

🃏 Check 2 of 2



Before cooking, quinoa gets…

Point to the picture!

1️⃣ 💧 Rinsed

2️⃣ 🔥 Burned

✅ Answer · Card 2 of 2



Rinsed

Rinse it first.

Wrap-Up

Clean Up + Reflect



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