🥗 Quinoa Salad Lab · Get Ready

Culinary 1 · Unit 8 · Level 1 · after the Fried Rice Lab



Name: _____

👥 My job. Circle it.

👩‍🍳 **Head Chef** I read the card.	🥄 **Measurer** I measure.	🥣 **Mixer / Cook** I mix and cook.	🧽 **Clean-Up Captain** I clean up.

🧰 Get the tools. Check ☐.

- ☐ 🍲 Saucepan + lid
- ☐ 🔪 Knife + board
- ☐ 🌀 Small bowl + whisk
- ☐ 🥣 Strainer
- ☐ 🥗 Serving bowl

🧺 Get the food. Check ☐.

- ☐ 🌾 cooked quinoa
- ☐ 🫘 canned chickpeas
- ☐ 🥒 cucumber
- ☐ 🫑 red bell pepper
- ☐ 🫑 yellow bell pepper
- ☐ 🌿 flat parsley
- ☐ 🫒 olive oil
- ☐ 🍋 lemon juice
- ☐ 🍷 red vinegar
- ☐ 🧂 salt
- ☐ ⚫ pepper

⚠️ Be safe!

🐾 Claw hand 🐾. Knife down.

🔥 Handle in. Stay by the stove.

🧼 Before we cook

☐ 🧼 Wash hands ☐ 🥼 Apron on ☐ 👱 Hair back ☐ 📵 No phone