Culinary 1 · Unit 8 Lab · Level 2

Overnight Oats Lab



TODAY'S PLAN

- 👥 Jobs
- ⚠️ Safety
- 👩‍🍳 Steps
- ✅ Check
- 🧽 Clean up + reflect

Get ready

Lab Jobs



Head Chef

Reads each step out loud. Checks the card.



Measurer

Gets and measures each ingredient.



Mixer / Cook

Mixes, cooks, and watches the timer.



Clean-Up Captain

Washes, dries, and wipes as we go.

Safety

Be Safe



❄️ Put your jar in the fridge right away. Milk must stay cold.

🏷️ Label your jar with your name.

🧼 Wash hands and wipe the counter first.

👩‍🍳 Lab

Steps 1 of 2



1. 🧼 Wash hands. Label your jar.
2. 🥛 Put the yogurt, chia, honey, and vanilla in the jar.
3. 🥣 Add \1 oats.
4. 🥛 Add \1 milk.

👩‍🍳 Lab

Steps 2 of 2



1. 🥄 Stir until there are \1.
2. 🔒 Put the lid on.
3. ❄️ Fridge \1 (at least 2 hours).
4. 🍓 Next class: add toppings and eat. Photo!

🃏 Check 1 of 2



What kind of oats?

Hold up 1, 2, or 3:

1️⃣ Rolled (old-fashioned) oats

2️⃣ Steel-cut oats

3️⃣ Instant packets with sugar

✅ Answer · Card 1 of 2



Rolled (old-fashioned) oats

Rolled oats get soft without cooking.

🃏 Check 2 of 2



Oats are a grain. Whole or refined?

Hold up 1, 2, or 3:

1️⃣ Refined grain

2️⃣ Not a grain

3️⃣ Whole grain

✅ Answer · Card 2 of 2



Whole grain

Oats keep the whole grain.

Wrap-Up

Clean Up + Reflect



- 🧽 Wash, dry, and put away every tool
- 🧻 Wipe counters, sink, and stove
- 📸 Take your 5 lab photos
- 📝 Fill in the lab reflection