🥣 Overnight Oats Lab · Lab Prep Sheet

Culinary 1 · Unit 8 · Level 2 · before Intro to Grains (eat them the next class)



Name: _____ Date: _____ Period: _____

👥 Job roles: circle your job. Initial when it is done.

Job	What you do	Done ✔️
👩‍🍳 **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.	

🧰 Equipment: check when it is on your counter

- ☐ 🫙 **Jar with a lid (16 oz)** Mix, chill, and eat in it.
- ☐ 🥄 **Measuring cups** Measure oats and milk.
- ☐ 🥄 **Measuring spoons** Measure chia and honey.
- ☐ 🥄 **Spoon** Stir until no dry spots.
- ☐ 🏷️ **Label + marker** Name on the jar.
- ☐ ❄️ **Fridge** Chill at least 2 hours.

🧺 Ingredients (amounts are on the recipe card)

- ☐ 🥣 rolled oats (old-fashioned)
- ☐ 🥛 milk
- ☐ 🥛 Greek yogurt
- ☐ ⚫ chia seeds
- ☐ 🍯 honey or maple syrup
- ☐ 🍦 vanilla
- ☐ 🍓 fruit
- ☐ 🥜 peanut butter or nuts
- ☐ 🟤 cinnamon

⚠️ Safety focus for this lab

- ❄️ 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.

🧼 Before you start

☐ 🧼 Wash hands for 20 seconds ☐ 🥼 Apron on ☐ 👱 Hair back ☐ 📵 Phone put away