Culinary 1 · Unit 8 Lab · Level 2

Quinoa Salad 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



🐾 Use the \1 grip. Walk with the knife point down.

🔥 Pan handles turned \1. Stay by the stove.

👩‍🍳 Lab

Steps 1 of 2

1. 🌾 Rinse the quinoa. Simmer it in water about \1. Rest \1 with the lid on.
2. 🫘 Drain and rinse the chickpeas.
3. 🔪 \1 the cucumber and peppers. Chop the parsley.
4. 🥗 Put the veggies and chickpeas in the bowl.

👩‍🍳 Lab

Steps 2 of 2



1. 🌀 Whisk the oil, lemon juice, vinegar, salt, and pepper.
2. 🌾 Add the cooled quinoa. Pour on the dressing. Toss.
3. ⏲️ Rest \1. Photo!

🃏 Check 1 of 2



Why let quinoa rest 5 minutes with the lid on?

Hold up 1, 2, or 3:

1️⃣ It fluffs up

2️⃣ It gets cold

3️⃣ It turns green

✅ Answer · Card 1 of 2



It fluffs up

Her recipe: rest to fluff.

🃏 Check 2 of 2



What is in the dressing?

Hold up 1, 2, or 3:

1️⃣ Milk and sugar

2️⃣ Flour and water

3️⃣ Oil, lemon juice, vinegar

✅ Answer · Card 2 of 2



Oil, lemon juice, vinegar

Oil + acid = vinaigrette.

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