Culinary 1 · Unit 9 Lab · Level 1

Frittata or Omelet 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



🧤 Use oven mitts. Hot!

🔥 Handle in. Stay by the stove.

🥚 Egg hands? Wash them.

👩‍🍳 Lab

Steps 1 of 2



1. 🔥 Oven on: \1.
2. 🥣 Whisk eggs + milk.
3. 🔪 Cut onion + pepper.
4. 🍳 Cook the veggies.

👩‍🍳 Lab

Steps 2 of 2



1. 🌭 Add the meat.
2. 🥧 Put in the dish.
3. 🥚 Eggs + cheese on top.
4. ⏲️ Bake \1 minutes. Photo!

🃏 Check 1 of 2



Eggs are done when…

Point to the picture!

1️⃣ 💧 Runny

2️⃣ ✅ Set, not runny

✅ Answer · Card 1 of 2



✅ Set, not runny

Cook eggs all the way.

🃏 Check 2 of 2



After raw egg, I…

Point to the picture!

1️⃣ 🧼 Wash hands

2️⃣ 📱 Use my phone

✅ Answer · Card 2 of 2



Wash hands

Raw egg can have germs.

Wrap-Up

Clean Up + Reflect



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