🍳 Frittata or Omelet Lab · Get Ready

Culinary 1 · Unit 9 · Level 1 · after Intro to Protein & Eggs



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 ☐.

- ☐  Small bowl + whisk
- ☐  Skillet
- ☐  Small aluminum baking dish, greased
- ☐  Knife + board
- ☐  Oven mitts

🧺 Get the food. Check ☐.

- ☐  eggs
- ☐  milk
- ☐  onion
- ☐  bell pepper
- ☐  ground sausage
- ☐  pre-cooked bacon
- ☐  shredded cheese
- ☐  salt + pepper
- ☐  olive oil or butter

⚠️ Be safe!

🧤 Use oven mitts. Hot!

🔥 Handle in. Stay by the stove.

🥚 Egg hands? Wash them.

🧼 Before we cook

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