👩🏾‍🏫 Staff Guide · Frittata or Omelet Lab (Level 1)

Culinary 1 · Unit 9 · gen ed lab: after Intro to Protein & Eggs. Level 1 = about 2nd-grade reading. Same lab, same day, same lab points as the class.

1. The pieces

- **Recipe card**: Mrs. Dyches' recipe (Frittata for One), her amounts. 8 steps, one per box.
- **Prep sheet**: job roles, tools + food checklist, safety focus. Do it the day before or at the start.
- **Demo deck**: jobs, safety, steps, 2 checks. Show before the lab.
- **Reflection**: replaces the written self-assessment.
- **Game**: put the steps in order + match the tools (link on the class site).

2. Prompts while they cook

- “What step are we on? Point to it.”
- “Show me how you measure that.”
- “What is your job right now?”
- “Is it safe? What do we check first?”

3. Modifications

- Pre-measure ingredients in picture-labeled cups; student pours in order
- Student does 2-3 steps they can do well (pour, stir, sprinkle, plate)
- First-then card: “First lab step, then break”
- Hand-under-hand for knife, oven, and stove steps, only as the IEP and safety plan allow.

4. What to grade (same 50 lab points)

- Check boxes on the card + 1 photo + the face check replace the written self-assessment.
- Pointing, saying, or circling counts as a full answer.
- Modified grading only as the IEP allows. Check with the case manager.

5. Missed the lab?

- Her policy: up to 4 cooking labs can be made up for full points, others half credit, within 1 month (−5 after).
- Use the Level 1 “Lab makeup choices” sheet (Unit 11 on the class site).

6. Ask

- Mr. Driver, Room 113 (SLE).