Culinary 1 · Unit 12 Lab · Level 2

Chicken Caesar Wrap 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



🥩 Raw meat: own cutting board. Wash hands. Cook all the way (165°F chicken, 160°F beef).

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

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

🧤 Use dry oven mitts. Pans and racks are hot.

👩‍🍳 Lab

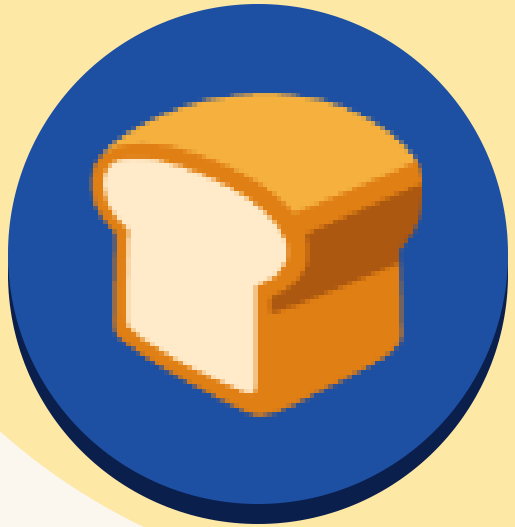
Steps 1 of 2



1. 🍗 Whisk oil, lemon zest, lemon juice, garlic. Coat the chicken.
2. 🍳 Grill on \1 about \1.
3. 🌡️ Check \1. Rest. Slice thin.
4. 🧼 Wash hands and the raw-meat board.

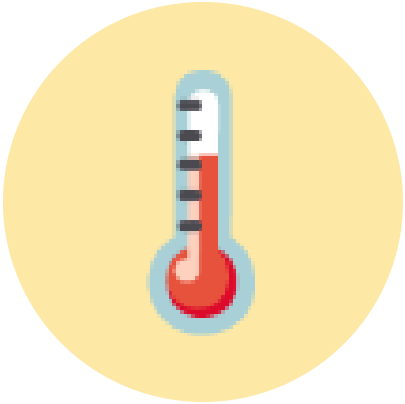
👩‍🍳 Lab

Steps 2 of 2



1. 🍞 Croutons: cube bread, toss with oil + parmesan. Bake \1 about \1.
2. 🥣 Dressing: mix sour cream, parmesan, lemon juice, mustard, Worcestershire, garlic.
3. 🥬 Chop the romaine. Quarter the tomatoes.
4. 🌯 Warm a tortilla 20 seconds. Toss chicken, salad, dressing, croutons. Fill and roll. Photo!

🃏 Check 1 of 2



Safe temperature for chicken?

Hold up 1, 2, or 3:

1️⃣ 165°F

2️⃣ 120°F

3️⃣ 100°F

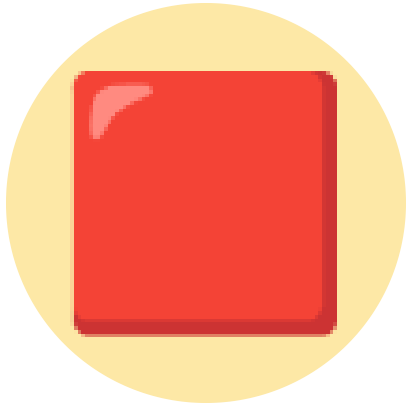
✅ Answer · Card 1 of 2



165°F

Poultry is safe at 165°F.

🃏 Check 2 of 2



What is cross-contamination?

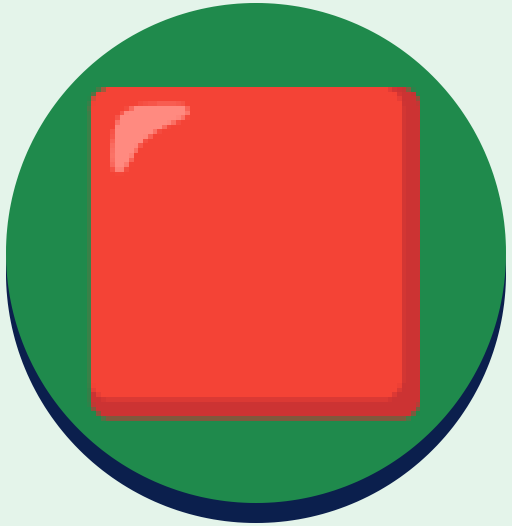
Hold up 1, 2, or 3:

1️⃣ Mixing two dressings

2️⃣ Cooking too long

3️⃣ Germs moving from raw meat to other food

✅ Answer · Card 2 of 2



Germs moving from raw meat to other food

Use separate boards and wash hands.

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