

Let's cook! Plan, Shop, Pack List: Fried Rice with Chicken

Ingredients

- Vegetable oil
- 3 cups cooked brown rice
- 1 carrot
- 1 green pepper (½ used in recipe)
- 1 medium onion (½ used in recipe)
- 1 head of fresh broccoli
- Soy sauce
- Black pepper
- Garlic powder
- 2 eggs
- 1 chicken breast (¾ cup diced, cooked chicken used in recipe)

Disposable Supplies

- 3 ounce cups
- Plastic forks
- Napkins
- Sealable plastic bags in a variety of sizes
- Aluminum foil
- Plastic wrap

Prepare before class

- Cook the rice.
- Wash the carrot, green pepper, onion, and broccoli.
- Cook the chicken.
- Print copies of the recipe (1 for each participant).

Equipment

- 5 cutting mats
- 1 medium bowl
- 5 chef's/utility knives
- 1 vegetable peeler
- 2 large bowls, 1 lid
- 3 small bowls
- 1 large cooking spoon
- 1 set of measuring cups
- 2 sets of measuring spoons
- 2 dinner forks
- 1 rubber spatula/scrapper
- 1 turner/spatula
- Electric skillet
- Serving tray
- kitchen timer
- 2 vinyl tablecloths
- Collapsible cooler with reusable freeze packs
- Dish pan
- Dish cloth
- Kitchen towels
- Extension cord with long reach
- Surge protector
- Duct tape (for taping down cords)

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Cleaning supplies

- Hand sanitizer
- Hand soap
- Paper towels
- Sanitizing wipes or spray
- Dish soap
- Trash bags

First aid supplies

- Antibacterial wipes
- Fabric bandages (multiple sizes including knuckle and fingertip)
- Finger cots
- Disposable gloves

Educator: _____
Group Name: _____
of participants in group: _____ **Date of lesson:** _____
Notes: _____
