

Let's cook! Plan, Shop, Pack List: Tuna Salad

Ingredients

- 2 (5 ounce) cans tuna
- 4 ribs of celery
- Grapes (1 cup sliced used in recipe)
- 1 head of leaf lettuce
- Mayonnaise
- 2 tablespoons plain yogurt

Disposable Supplies

- Small paper plates
- Plastic forks
- Napkins
- Sealable plastic bags in a variety of sizes
- Aluminum foil
- Plastic wrap

Prepare before class

- Wash the celery, grapes, and lettuce. Tear the lettuce into leaves and place in a sealable plastic bag or storage container to bring to class.
- Wash the tops of the canned tuna.
- Print copies of the recipe (1 for each participant).

Equipment

- 2 cutting mats
- 2 chef's/utility knives
- 2 sets of measuring cups
- 2 medium bowls
- 1 large bowl
- 1 can opener
- 1 colander
- 1 small bowl
- 2 sets of measuring spoons
- 1 large cooking spoon
- 1 dinner spoon
- Serving tray
- 1 set of tongs
- 2 vinyl tablecloths
- Collapsible cooler with reusable freeze packs
- Dish pan
- Dish cloth
- Kitchen towels

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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: _____
