

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

## Ingredients

- 1 apple
- 1 lemon or bottled lemon juice
- 2 ribs of celery
- 2 carrots
- Raisins (½ cup used in recipe)
- ½ cup vanilla yogurt

## Disposable Supplies

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

## Prepare before class

- Wash the apple, celery, carrots, and lemon (if using fresh lemon).
- Print copies of the recipe (1 for each participant).

## Equipment

- 4 cutting mats (2 if using bottled lemon juice)
- 4 chef's/utility knives (2 if using bottled lemon juice)
- 1 small bowl (if using fresh lemon)
- 1 medium bowl
- 1 set of measuring spoons
- 1 large bowl
- 1 vegetable peeler
- 1 grater
- 3 sets of measuring cups
- 2 rubber spatulas/scrapers
- 3 dinner spoons (2 if using bottled lemon juice)
- Serving tray
- 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:** \_\_\_\_\_

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