

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

## 3-Bean Salad

### Ingredients for recipe

- 1 (14.5 ounce) can green beans
- 1 (15 ounce) can pinto or garbanzo beans
- 1 (15 ounce) can red kidney beans
- 1 green pepper (½ used in recipe)
- Sugar
- Apple cider vinegar
- Vegetable oil
- Black pepper

### Ingredients for *Brand Comparison* activity

- 1 (15 ounce) can of store brand red kidney beans
- 1 (15 ounce) can of national brand red kidney beans

### Prepare before class

- Wash the green pepper.
- Wash the tops of the canned foods.
- Print copies of the recipe (1 for each participant)

### At class location prepare *Brand Comparison* activity:

- Before the participants arrive, portion out a sample of each product for each participant. Put the store brand in the cups labeled "A" and the national brand in the cups labeled "B." Cover the samples with plastic wrap or clean paper towels.

### Equipment

- 1 cutting mat
- 1 small bowl
- 1 medium bowl
- 2 large bowls
- 1 set of measuring spoons
- 1 rubber spatula/scrapper
- 1 chef's/utility knife
- 1 can opener
- 1 colander
- 2-quart plastic spill-proof pitcher with a lid, filled with water
- 1 liquid measuring cup
- 1 dinner spoon
- 1 dinner fork
- Serving tray
- 2 vinyl tablecloths
- Collapsible cooler with reusable freeze packs
- Dish pan
- Dish cloth
- Kitchen towels

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## Disposable supplies for recipe

- 3 ounce cups (1 for each participant)
- Plastic spoons
- Napkins
- Sealable plastic bags in a variety of sizes
- Aluminum foil
- Plastic wrap

## 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

## Disposable supplies for *Brand comparison* activity

- 3 ounce cups (2 for each participant)
- Plastic spoons

<b>Educator:</b> _____
<b>Group Name:</b> _____
<b># of participants in group:</b> _____ <b>Date of lesson:</b> _____
<b>Notes:</b> _____
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