

Handout 1.13: Role Cards, Lab 2 (Sheet Pan Nachos)

Lesson: 1.13 Lab 2 **Print:** One set of seven cards per station on card stock; cut apart. Each student holds their card from Day 1 through the end of Day 2. Roles rotate at the next lab so everyone runs the pan, the sink, and the numbers over the year.

Team sizes: seven students, one card each. Six students: one person holds Runner and Timekeeper together. Eight students: add a second Prep Cook (the second one measures the cheese and spreads the corn).



Card 1: HEAD CHEF

You run the station. You do not do every job; you make sure every job gets done.

1. Minute 0 to 5: check the “on the counter” list on the station card. Report “station ready” to the teacher.
2. Minute 10 to 16: check the pan before it moves. Even chips? Beans and corn spread? Cheese edge to edge? Call “pan ready.”
3. Minute 26 to 32: when the one minute on the trivet is up, portion with the spatula. About one seventh per plate. Serve the Sanitation Lead first (they are at the sink).
4. Minute 36 to 40: run the clean and check list with the Sanitation Lead. Report “station clean.” Get the teacher’s signature.

Your safety job: you never touch the oven. If someone reaches for the oven door, you say “teacher only.”

Your line at the end: “Station ____ clean.”



Card 2: SOUS CHEF

You build the pan.

1. Minute 5 to 10: foil in the pan, shiny side down, edges turned up. Chips in ONE even layer. You should see foil between some chips. Not a mountain.
2. Minute 10 to 16: when the Prep Cook hands you the drained beans and corn, spread them over the chips with the spoon. Then cheese over everything, edge to edge. Hand the pan to the Head Chef to check.
3. Minute 26 to 32: hold the plates for the Head Chef while they portion.
4. Minute 36 to 40: wash the pan after the foil is rolled up and in the trash.

Your safety job: the pan is cold when you touch it. After it comes back from the oven, it is the Head Chef's with the spatula, not yours with your hands.



Card 3: PREP COOK

You are at the sink first.

1. Minute 5 to 10: hands washed, colander in the sink, measuring cup ready. If the cheese is not pre-measured, measure 1 cup, level, into the cup.
2. Minute 10 to 16: BEANS: pour half the can into the colander. Drain. RINSE under cold water until the water runs clear. Shake. CORN: pour one third of the can into the colander. DRAIN ONLY. Do not rinse. Hand both to the Sous Chef. Cans go to the Sanitation Lead.
3. Minute 26 to 32: bring the forks and napkins to the table.
4. Minute 36 to 40: wash the colander, measuring cup, and spoon.

Your safety job: the cans are already open; the lids are gone. If you find a sharp edge, stop and tell the teacher. Do not reach in.

Say it twice: beans, drain and rinse. Corn, drain only.



Card 4: SANITATION LEAD

You keep the station clean the whole time, not just at the end.

1. Minute 0 to 5: check every teammate: hands washed, hair back, apron on. Say who is not ready. Spray and wipe the counter before anything touches it.
2. Minute 10 to 16: take the empty cans from the Prep Cook, rinse them, put them in the recycling. Wipe any spill the second it happens.
3. Minute 26 to 32: fill the sink with hot soapy water while the Head Chef plates. You get served first so you can eat and still run the check.
4. Minute 36 to 40: read the clean and check list out loud, one line at a time. Everyone does their line. You do the counter and the sink last.

Your safety job: a wet floor gets a towel on it now and a teacher told. Nothing is left in the sink under suds.

Card 5: LABEL READER

You own the numbers.

1. Day 1, Step 3: lead the Nacho Label Math. You read each label out loud (serving size first, then sodium); everyone computes. Make sure every teammate's handout has the per-person plate number.
2. Minute 16 to 26 (the bake): you speak for the station in the label discussion. Have ready: the per-person sodium number, the ingredient with the most sodium per serving, the ingredient with the most in the whole pan, and the swap your station would make.
3. Minute 32 to 36: ask your table the question: is this healthier than the bag it came from? Get one answer from each person that uses the number.
4. Minute 36 to 40: pick up the plates and forks and put them in the trash; collect the handouts.

Your safety job: during the bake you keep the team at home base and away from the oven.



Card 6: RUNNER

You move things so nobody else has to leave the station.

1. Minute 5 to 10: bring the chips and cheese from the supply table to the Sous Chef.
2. Minute 16 (the second the pans go in): go with the Timekeeper to the refrigerator, bring the salsa and sour cream to the salsa bar, with their spoons. Set the seven plates at the bar.
3. Minute 26 to 32: when the teacher calls your station, carry the plates to the salsa bar. Serve 2 tablespoons salsa and 2 tablespoons sour cream on each plate (that is one serving each). Carry the plates back. Plates come to the bar; the bar does not come to the plates.
4. Minute 36: put the salsa and sour cream back in the refrigerator. Wipe the bar.

Your safety job: walk. Two plates at a time, not seven. Nothing hot is ever yours to carry.



Card 7: TIMEKEEPER AND SAFETY OFFICER

You watch the clock and the room.

1. Minute 0: write the start time on the station card. Call each step by the minute: “line and layer” at 5, “drain and top” at 10, “pan ready by 16.”
2. Minute 16 to 26: go with the Runner to the refrigerator. Then watch the bake with the teacher’s timer. Call “two minutes” at minute 24.
3. Minute 26: when the pan lands on the trivet, you count the one minute out loud. Nobody touches the pan until you say “go.”
4. Minute 36: call “clean and check.” Minute 39: call “chairs in.”

Your safety job: you are the second set of eyes. Pot handle turned out, towel near the burner, someone reaching over the pan, a mitt not by the trivet: you say it. You never touch the oven either.

Say the two oven rules before we start: “Only the teacher opens the oven. The pan lands on the trivet and nobody touches it for one minute.”