



Slides 1.8: Lab 1, Mug Cake or Scrambled Egg Tacos

Lesson 1.8, Unit 1, Topic 1.2. Two days. Day 1 is slides 1 to 10 (lab prep and the performance check); Day 2 is slides 11 to 20 (the lab). On Day 2, slide 13 (the flowchart) stays on the screen for the whole period; the rest are for the first three minutes and the station check.

Day 1

Slide 1: Do now

- Tomorrow you cook.
- Write the one job you want at your station and one reason you would be good at it.
- Two minutes. Hand it in; I use it to assign roles.

Slide 2: Two things before anyone cooks

- Prove you know the tools and can measure. That is today's check.
- Get your role card and know your first job.
- Nobody cooks tomorrow without both.

Slide 3: The four phases, every lab, all year

- PREP 0 to 10: hands, apron, mise en place.
- COOK 10 to 28: heat is on. Cooks cook, everyone else preps and cleans.
- PLATE AND EAT 28 to 35: build it, eat it, talk about it.
- CLEAN 35 to 40: zones, then the station check. Image: a horizontal bar of 40 minutes split into the four phases, colored.

Slide 4: The flowchart in five-minute blocks (Mug Cake)

- 0 to 5: hands, aprons, drawer map, tools out, mugs numbered.
- 5 to 10: dry into 4 mugs (Prep Cook); wet measured (Helper Cook); cream stays cold.
- 10 to 15: wet into each mug, stir 30 seconds; mug 1 and 2 cook, 90 seconds each.
- 15 to 20: mugs 3 and 4 cook; cream out of the fridge, whipping starts, everyone takes a turn.
- 20 to 25: cakes cool; powdered sugar into the cream; 30 more seconds.
- 25 to 28: cakes into bowls, cream on top.
- 28 to 35: eat. 35 to 40: clean and check. Image: the flowchart as a grid, roles down the side, five-minute blocks across.

Slide 5: The flowchart in five-minute blocks (Scrambled Egg Tacos)

- 0 to 5: hands, aprons, drawer map, skillets set, burners off.
- 5 to 10: eggs cracked and beaten; vegetables measured; tortillas stacked and covered; cheese measured.
- 10 to 15: skillet 2 on medium with vegetables; skillet 1 on medium-low, butter melts, eggs in at 12.
- 15 to 20: eggs pushed edge to center, off at about 17 while still a little wet; vegetables soft by 17; tortillas into the microwave at 20.
- 20 to 28: burners off, assembly line set, prep dishes washed.
- 28 to 35: build and eat. 35 to 40: clean and check. Image: the same grid for the tacos.

Slide 6: Eight roles

- Core, at every station: Station Manager, Head Cook, Second Cook, Prep Cook.

- Expansion: Helper Cook (5), Toppings Chief (6), Plate Builder (7), Time Keeper (8).
- At seven students, the Station Manager keeps time.
- Read your card. Find your tag-in partner. Image: eight cards fanned out with the role names.

Slide 7: Today's rotation

- Station A: name ten tools on the tray; read the recipe and answer five questions.
- Station B: measure four items into four cups with your name. I weigh them after class.
- Station C: your kitchen, with me: the station card, the mise en place walk, the sanitation routine.
- Eight minutes each. Everyone does all three.

Slide 8: Station C, the sanitation routine

- Hands: 20 seconds, soap, dry with paper.
- Apron on. Hair tied back or in a cap.
- Wipe the counter before, wipe it after.
- Trash goes in the can, not on the counter.
- Say your role's first prep task and touch the tool you will use.

Slide 9: Allergy check

- Mug Cake: egg, milk, wheat.
- Tacos: egg, milk, wheat (flour tortillas).
- If you have a swap on the nurse's list, I already have it ready. Tell me if you think I missed one. Notes: *[Sal: read the swaps from the lesson's Differentiation block; do not name students.]*

Slide 10: Closure

- Exit card, one sentence: "My role tomorrow is . **My first job is** . My safety rule is ____."
- Two students read theirs.
- Tomorrow: the timer starts when every station is standing with hands empty.

Day 2

Slide 11: Do now (no writing)

- Wash hands. Apron and hair tie on. Role card in your pocket.
- Check the drawer map.
- Stand at your station with your hands empty.
- The timer starts when every station is standing. Image: a large 40:00 timer, not yet running.

Slide 12: The three rules for today

- Handles in. Say “hot” and “behind you” out loud.
- The station card and your role card are the teacher. Read them before you ask.
- Burner off before a pan leaves the stove. Paper towel or mitt on every mug.

Slide 13: The clock (stays up all period)

- PREP 0 to 10
- COOK 10 to 28
- PLATE AND EAT 28 to 35
- CLEAN 35 to 40 Image: the four-phase bar with a moving marker, or the timer beside the phase list. Notes: Leave this on the screen. Call the five-minute blocks if the Time Keepers do not.

Slide 14: Minute 10, cook phase

- Mug Cake: wet into each mug, stir 30 seconds, scrape the bottom. Mug 1 into the microwave.
- Tacos: skillet 2 to medium with the vegetables. Skillet 1 to medium-low, butter melts. Eggs in at 12. Notes: Flip to this at minute 10 if a station is behind.

Slide 15: Minute 15

- Mug Cake: cream out of the fridge. Whisk. Everyone takes a 30-second turn.
- Tacos: push the eggs from the edges to the center. Still a little wet means done.

Slide 16: Minute 20

- Mug Cake: cakes cooling. Two minutes each. Do not skip it.
- Tacos: tortillas into the microwave, 30 seconds, covered. Burners off.

Slide 17: Minute 28, plate and eat

- Mug Cake: each cake into two bowls, cream on top, chips.
- Tacos: assembly line: tortilla, eggs, vegetables, cheese.
- Everyone eats.
- While you eat: why did the cake rise? Why did the cream get thick? What did the eggs cost per person?

Slide 18: The science, while you eat

- Baking powder makes carbon dioxide gas when it meets liquid and heat. The gas lifts the cake.
- Cream is fat and water. Beating it traps air in the fat. That is whipped cream.
- Eggs are protein. Heat makes the protein set. Too much heat makes it tight and rubbery. Image: three small drawings: bubbles in batter, air in cream, an egg protein tightening. Notes: From Sal's mug cake sheet, science connection.

Slide 19: Minute 35, clean

- Zones: heat; counters and supplies; dishes and sink; floor and trash.
- The station check: burners off, microwave wiped, surfaces wiped, dishes dry and in the drawer per the map, floor swept, trash out, fridge closed.
- Station Manager reports "done." I sign. Nobody leaves until all three stations are signed. Image: the clean-up zone chart.

Slide 20: Closure and the reflection

- Station Manager: one sentence, "what did done look like today?"
- Lab Reflection goes home (or first five minutes tomorrow).
- Question 7 is your Lab 2 change. Make it a role and a minute.
- Next: the six nutrients. What was in that mug?