

Let's taste it! 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 (1 per student)
- Plastic spoons (1 per student)
- 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 per student).

Equipment

- 4 cutting mats (3 if using bottled lemon juice)
- 4 chef's/utility knives (3 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)

Equipment (cont.)

- Serving tray
- 2 vinyl tablecloths
- Collapsible cooler with reusable freeze packs
- Dish pan
- Dish cloth
- Kitchen towels

Cleaning supplies

- Hand sanitizer
- Hand soap
- Paper towels
- Sanitizing wipes or spray
- Dish soap
- Trash bags

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Educator: _____
Group Name: _____
of participants in group: _____ Date of lesson: _____
Notes: _____
