List of Supplies Needed
Lesson 2: Tres Hermanas Taco

General
☐ Lesson plan
☐ Food culture worksheet
☐ Recipe

Cooking
☐ Aprons
☐ Mixing bowl & mixing spoon
☐ Measuring cups & spoons
☐ Cutting mats or cutting boards
☐ Plastic kid knife or butter knife
☐ Chef knife for adult to assist
☐ Kitchen towels
☐ Medium pan (for cooking zucchini)
☐ Small pan (for warming tortillas)

Food & Produce
☐ Seasonal squash (we’re using zucchini)
☐ Sweet corn
☐ Beans
☐ Lemon/Lime
☐ Tortillas
☐ Cilantro
☐ Cumin seasoning
☐ Salt/pepper
☐ Olive oil

Find detailed lesson plans, printable recipes & more at:
foodliteracycenter.org/lesson2