



List of Supplies Needed

Lesson 2: Tres Hermanas Taco

General

- Lesson plan
- Food culture worksheet
- Recipe

Find detailed lesson plans, printable recipes & more at:

foodliteracycenter.org/lesson2

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

