



List of Supplies Needed

Lesson 10: Broccoli & Potato Tacos

General

- Lesson plan
- Activity worksheet
- Recipe

Find detailed lesson plans, printable recipes & more at:

[foodliteracycenter.org/lesson10](https://www.foodliteracycenter.org/lesson10)

Cooking

- Aprons
- Kitchen towels
- Mixing bowl & mixing spoon
- Fork to test tenderness
- Grater
- Cutting mat or cutting board
- Plastic kid knife or butter knife
- Measuring cups & measuring spoon
- Medium pan to cook veggies
- Small pan to warm tortillas (can use microwave)
- Plates to assemble, serve and for cotija cheese

Food & Produce

- Broccoli
- Potato
- Mini corn tortilla
- Garlic
- Cotija cheese
- Hot sauce
- Olive oil

