



List of Supplies Needed

Lesson 3: Spaghetti Marinara

General

- Lesson plan
- Foods with fiber worksheet
- Recipe

Find detailed lesson plans, printable recipes & more at:

foodliteracycenter.org/lesson3

Cooking

- Aprons
- Colander
- Mixing bowls (for sauce & veggies)
- Mixing spoons (for sauce & veggies)
- Measuring spoons
- Cutting mats or cutting boards
- Plastic kid knife or butter knife
- Pan or wok
- Wooden spoon to stir

Food & Produce

- Oregano
- Basil
- Onion powder
- Fennel seeds
- Tomato sauce
- Whole wheat pasta
- Olive oil
- Salt
- Pepper
- Seasonal produce

