

## SPU27x Recommended Laboratory Equipment and Food List

Here we list most of the foods and other equipment that will be used in the labs. Please note that this equipment list is only recommended; you can complete the class without it, and this list includes foods and equipment that are used in optional parts of the labs. If you don't have access to the food or equipment, then you can find other ways to illustrate the scientific concepts each week. For example, sometimes the recipes we recommend will have ingredients that are not easily obtainable in your region, or a piece of equipment that you do not have. If this happens, please make another recipe that illustrates the scientific theme. And then, please share it with all of us on the discussion forum! If you can't think of a substitute, then just ask on the discussion forum, and we, or other students in the class, will help you find one.

### Food Requirements for the semester:

- Tofu, bread, or a flat cut of meat
- Sugar
- Heavy whipping cream
- Vanilla
- Eggs
- Non-stick baking spray
- Milk
- Flour
- Mustard powder
- Salt
- Cheese
- Pasta
- Oil
- Water
- Salt
- Pepper
- Garlic
- Ice
- Fruits/vegetables that brown (e.g., apple, potato, banana, avocado, etc.)
- Lemon juice or vinegar

### Equipment Requirements for the semester:

- Knife
- Scale
- Ruler
- Measuring cups and spoons
- Thermometer
- Lightweight, flat-bottomed plate or container (e.g., pie tin, empty plastic container/lid, meat packing tray)
- Pot
- Skillet
- Wooden spoon
- Whisk or fork
- Medium-sized bowl
- Ramekins or mugs
- Baking tray with high sides
- Spatula
- Tall, clear containers (e.g., drinking glasses, champagne flutes, plastic cups, etc.)
- Timer
- Cutting board
- Large and small Ziploc or other sealable plastic bags (1 gallon/4 liter large bags and 16 oz/500 mL small bags)
- Oven mitt or towel
- Slotted spoon
- Plastic wrap
- Straws or skewers