

EXERCISE 1

MATCHING

DIRECTIONS: Write the word in the box next to the picture. Choose the word from the box on the right.

| | | |
|-----|---|--|
| 1. |  | |
| 2. |  | |
| 3. |  | |
| 4. |  | |
| 5. |  | |
| 6. |  | |
| 7. |  | |
| 8. |  | |
| 9. |  | |
| 10. |  | |

- OVEN
- THERMOMETER
- COOKIES
- GROCERY
- MEATS
- NESTED MEASURING CUPS
- MEASURING SPOONS
- NUTS
- FOOD GUIDE PYRAMID
- FRUIT
- MEAL

TEACHER DIRECTIONS for EXERCISE 1

The teacher orally reviews words in the box on the right. After learners complete the activity, they compare responses with partners.

Using a separate sheet of paper, encourage learners to write simple sentences using the words (e.g., *The cookies are hot. An apple is a fruit.*)

Once students correctly label pictures, they can cut rows apart and fold on the line between the picture and the word to create simple flash cards.

Other activities: Alphabetize words. Sort according to different features.

KEY

1. MyPyramid
2. fruit
3. grocery
4. meal
5. measuring spoons
6. nested measuring cups
7. meats
8. nuts
9. oven thermometer
10. cookies

This activity was developed through a USDA Team Nutrition Training Grant for the Louisiana State Department of Education Division of Nutrition Assistance by Rhonda H. Atkinson.

EXERCISE 2**FILL-IN-THE BLANK**

DIRECTIONS: Write the term that is described in the blank. Choose words from the box below:

| WORD LIST | | | | | |
|-----------|-------------|----------|--------------|------------|------------|
| ESTIMATE | LABEL | OPTIONAL | TASTE | BEVERAGE | CASSEROLES |
| OUNCE | BEATEN | QUART | ABBREVIATION | PREHEAT | FLAVOR |
| DONENESS | PREPARATION | POUND | CHOP | THERMOSTAT | GALLON |
| QUART | SERVING | UTENSILS | | | |

1. _____ device that controls temperature
2. _____ identifies contents of a can, jar, or bottle
3. _____ seasoning
4. _____ personal liking or preference
5. _____ stirred quickly with a fork , spoon or mixer
6. _____ cut in small pieces
7. _____ close guess
8. _____ liquid to drink
9. _____ cooking or fixing food for a meal or snack
10. _____ to heat an oven before putting in food
11. _____ tools for cooking
12. _____ abbreviated as lb.
13. _____ a shortened word
14. _____ a liquid measure equaling 4 quarts
15. _____ abbreviated as oz.

16. _____ added by choice; not necessary
17. _____ completed cooking
18. _____ liquid measure; four of these equal 1 gallon
19. _____ amount of food for one person
20. _____ main dishes which are a mixture of foods such as vegetables, meat or seafood, and grains

TEACHER DIRECTIONS for EXERCISE 2

Teacher reads definitions and words in the word list aloud. Teacher instructs learners to match the words with their definitions. If learners have difficulty reading and understanding the definitions, the teacher provides assistance and support.

Ask students to use words in sentences of their own. Lower-level students can provide a verbal sentence and the teacher can write it on paper or on the board for other students to copy. More advanced students can write sentences independently.

KEY

1. thermostat
2. label
3. flavor
4. taste
5. beaten
6. chop
7. estimate
8. beverage
9. preparation
10. preheat
11. utensils
12. pound
13. abbreviation
14. gallon
15. ounce
16. optional
17. done
18. quart
19. serving
20. casseroles

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EXERCISE 3**WRITING FRAMES
READING RECIPES**

DIRECTIONS: Read the scenario. Use the information in it to fill in the blanks.

The first step in cooking is _____
_____.

There are three reasons for doing this: (1) _____

(2) _____ and

(3) _____.

PARTS OF A RECIPE

Recipes are similar in some ways. They have many of the same parts. Some parts are found in every recipe. Others are not. Sometimes the parts are in a different order.

Common parts of a recipe include the following:

1. A title is common to all recipes. The title is _____ and
may include _____.

2. A second part to a recipe is ingredients. These are _____
_____.

They are listed in order _____.

Optional ingredients _____.

Exact measurements are given for most ingredients. When a recipe calls for an
ingredient "to taste," this means _____
_____.

Ingredients often include directions for preparation. The order of words affects

_____.

3. Time is often a part of a recipe. Time means different things in different recipes.

For example, cooking time is _____.

Prep time is _____.

At the end of the cooking time, food should be tested for _____.

4. Temperature is another common part of a recipe. When food is cooked in an oven

_____.

Cooking on a stovetop is different from cooking in an oven because _____

_____.

5. Measurements are also common to recipes. New cooks should _____

_____.

Amounts of ingredients in recipes for foods like _____ should be followed

exactly. Amounts in recipes for foods like _____ can be changed a

little. Measuring cups and spoons are not the same as those used for serving.

Common kitchen measuring utensils include (1) _____,

(2) _____ and (3) _____.

Most dry ingredients can be spooned into a nested measuring cup and leveled with a knife blade. _____ is one ingredient that should be packed into the nested measuring cup. Clear or transparent measuring cups with pouring spouts are used for _____.

These should be measured at _____ level.

Measurements are often abbreviated. Common cooking abbreviations include

_____ (T or tbsp), _____ (t or tsp),
_____ (oz), _____ (lb), _____ (C or c),
_____ (pt), _____ (qt), and _____ (gal).

Finally, a recipe contains directions. These are sentences that tell _____
_____.

A beginning cook should follow directions as closely as possible.

TEACHER DIRECTIONS for EXERCISE 4

After reading the scenario, learners complete the writing frames by filling in blanks. Frames can be completed as a single assignment or divided by food group. Some answers will vary.

KEY

Answers appear in boldface type.

The first step in cooking is **read the recipe from beginning to end.**

There are three reasons for doing this: (1) **to be sure you understand the steps,** (2) **to know if you have enough time to prepare the recipe,** and (3) **to see if you have all the ingredients for the recipe.**

PARTS OF A RECIPE

Recipes are similar in some ways. They have many of the same parts. Some parts are found in every recipe. Others are not. Sometimes the parts are in a different order.

Common parts of a recipe include the following:

1. A title is common to all recipes. The title is the **name of the recipe** and tells **what food or beverage the recipe makes.**

2. A second part to a recipe is ingredients. These are **the items needed to make the recipe.** They are listed in order **that they are used in the recipe.**

Optional ingredients **are not required or add flavor or change the recipe.**

Exact measurements are given for most ingredients. When a recipe calls for an ingredient "to taste," this means **to add the ingredient until the food tastes right.**

Ingredients often include directions for preparation. The order of words affects **preparation.**

3. Time is often a part of a recipe. Time means different things in different recipes. For example, cooking time is **amount of time needed in the oven or on the stovetop.**

Prep time is **amount of time needed to prepare the recipe**.

At the end of the cooking time, food should be tested for **doneness**.

4. Temperature is another common part of a recipe. When food is cooked in an oven, **the oven's temperature is controlled by a thermostat or the temperature is more exact or temperature is measured in degrees**.

Cooking on a stovetop is different from cooking in an oven because **the temperature is less exact**.

5. Measurements are also common to recipes. New cooks should **stick to exact measurements**.

Amounts of ingredients in recipes for foods like **candy or cakes or bread or cookies** should be followed exactly. Amounts in recipes for foods like **casseroles or soups or meats** can be changed a little. Measuring cups and spoons are not the same as those used for serving. Common kitchen measuring utensils include (1) **measuring spoons**, (2) **nested measuring cups**, and (3) **measuring cups with a pouring spout**.

Most dry ingredients can be spooned into a nested measuring cup and leveled with a knife blade. **Brown sugar** is one ingredient that should be packed into the nested measuring cup. Clear or transparent measuring cups with a pouring spout are used for **measuring liquids**. These should be measured at **eye** level.

Measurements are often abbreviated. Common cooking abbreviations include

tablespoon (T or Tbsp), **teaspoon** (t or tsp), **ounce** (oz), **pound** (lb), **cup** (C or c), **pint** (pt), **quart** (qt), and **gallon** (gal).

Finally, a recipe contains directions. These are sentences that tell **how to combine, heat, or prepare the recipe**. A beginning cook should follow directions as closely as possible.

