

EXERCISE 1

DIRECTIONS: Circle the word or phrase the teacher says.

- | | | | |
|-----|-------------|----------------|------------------|
| 1. | appliance | electric | filter |
| 2. | bowl | inedible | eggs |
| 3. | muffins | baste | pancakes |
| 4. | hot dogs | hand mixer | hand can opener |
| 5. | vegetables | water | utility |
| 6. | blade | colander | contaminated |
| 7. | chocolate | cakes | core |
| 8. | knife block | microwave oven | dutch oven |
| 9. | loaf pan | kitchen timer | meat thermometer |
| 10. | chef's | cheese | chili |
| 11. | flour | frying pans | fruits |
| 12. | bacteria | baking sheet | baked |
| 13. | biscuits | baste | batter |
| 14. | carrots | casseroles | cobbler |
| 15. | microwave | mince | microwave |
| 16. | burn | burgers | brownies |
| 17. | crust | cutting board | cuts |
| 18. | ladles | lids | leftovers |
| 19. | measure | mixture | mix |
| 20. | peels | peeler | peaches |

TEACHER DIRECTIONS for EXERCISE 1

Say the following aloud. Say, "Circle only the word you hear. I will repeat the word two times." Choose and say a word from each row. This exercise may be repeated using different words each time.

EXERCISE 2

DIRECTIONS: Listen to the sentences as the teacher dictates them. Unscramble the words to make each sentence correct. Don't forget to begin a sentence with a capital letter and end the sentence with a period. Allow ample time to rewrite.

1. knives dull are dangerous

2. a cook's tools utensils are

3. dry heat grilling and broiling use

4. plastic are easier to keep cutting boards clean

5. electric efficient appliances are more than tools hand

6. cooking and nutrition Kay to learn about wants

7. differently different meat cooked cuts are

8. cut away when using a knife from the body

9. shorten to cook or heat the time microwave ovens needed foods

10. a to measure cook needs and ingredients time temperature

EXERCISE 3

DIRECTIONS: Listen to the sentences. The teacher will say each sentence three times. When the teacher says the sentence the first time, do not write, just listen. When the teacher says it the second time, try to write as much of it as you can. By the time the teacher says it a third time, you should have written the complete sentence.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

TEACHER DIRECTIONS for EXERCISES 2 and 3

The following sentences should be read aloud by the teacher for exercises 2 and 3. Lower level learners can use the unscrambled form. More advanced students can take dictation. Read each sentence 3 times.

KEY

1. Dull knives are dangerous.
2. Utensils are a cook's tools.
3. Grilling and broiling use dry heat.
4. Plastic cutting boards are easier to keep clean.
5. Electric appliances are more efficient than hand tools.
6. Kay wants to learn about cooking and nutrition.
7. Different meat cuts are cooked differently.
8. When using a knife, cut away from the body.
9. Microwave ovens shorten the time needed to cook or heat foods.
10. A cook needs to measure time, temperature and ingredients.

These activities were developed through a USDA Team Nutrition Training Grant for the Louisiana Department of Education Division of Nutrition Assistance by Rhonda H. Atkinson. For more information contact Alice Carroll at alice.carroll@la.gov or (225) 342-3695.