

EXERCISE 1

DIRECTIONS: Read or review the scenario. Answer the questions. Circle the word or phrase that goes in the blank.

1. Kay takes a class to learn more about _____.

utensils and dishware pots and pans cooking and nutrition

2. Which of these is a utensil?

kitchen timer food processor double boiler

3. Which word is BOTH a cut of meat and a way to cook in the oven?

fry steak roast

4. Use a sawing motion with knives that have a _____ blade.

paring serrated chef's

5. What kind of knife is most dangerous?

utility sandwich dull

6. Which of the following is NOT electric?

rotary beater blender hand mixer

7. Kay wants to cook a roast. She needs a cooking method that is moist and slow. Which one should she use?

braise grill stir fry

8. Kay is using a microwave. Which of the following should she avoid?

covering food superheating water standing times

9. Which of the following is not a measuring tool?

kitchen timer oven thermometer tongs

10. Which of the following is a kind of cutlery?

bread knife cutting board slotted spoon

TEACHER DIRECTIONS

For lower-level learners, complete the activity by first reading the relevant section of the scenario aloud or asking a good reader to read aloud. Read the sentence in the activity. Ask learners to look for the sentence within the section that tells the answer. Either read or ask someone to read that sentence. Reread the target sentence in the activity and the options. Ask a reader to choose the correct response. Reread the target sentence in the activity with the correct option.

More advanced learners may be able to read the entire scenario before completing the activity. They may be able to complete the activity independently.

After each sentence or after the activity is complete, ask learners to explain or give examples. For instance, after the first sentence "Kay takes a class to learn about cooking and nutrition," the teacher could ask questions such as "How did you learn to cook? How could you learn more about cooking? What do you know about nutrition? Why is nutrition important?"

More advanced learners can explain the other words or use them in verbal or written sentences.

KEY

1. cooking, nutrition
2. kitchen timer
3. roast
4. serrated
5. dull
6. rotary beater
7. braise
8. superheating water
9. tongs
10. bread knife

EXERCISE 2

DIRECTIONS: Think about what you learned about the food preparation. Answer the following questions. When possible, use complete sentences.

1. Why does Kay want to take a class in Family and Consumer Science? _____

2. What is food preparation? _____

3. Mrs. Gates said that three factors determine which kitchen basics a family needs. Complete the chart. In the first column, list the three factors. In the second column, tell about the factor in terms of your family.

FACTOR AFFECTING KITCHEN BASICS	MY FAMILY

4. Look at your answers for question 3. How might the answers about your family affect the choices made about kitchen basics?

5. Find 3 words or phrases in the story that you think are most important to food preparation.

List the words or phrases:

(1) _____

(2) _____

(3) _____

Write a sentence with each word or phrase.

(1) _____

(2) _____

(3) _____

6. Complete the following chart about kitchen measuring utensils. Describe the utensil's looks or use in column 2. Give specific examples of what the utensil measures in column 3. If you have used the utensil, write YES in column 4. If you have not used the utensil, write NO in column 4.

UTENSIL	DESCRIPTION	MEASURES	USED?
Kitchen timer			
Oven thermometer			
Nested measuring cups			
Measuring spoons			
Large measuring cup with a spout			

7. Why is it important to have 2 cutting boards? _____

8. Colanders, sifters, and strainers are alike in that they all have holes. Which has the largest holes? _____ Why? _____

Which has the smallest holes? _____ Why? _____

9. Why are kitchen utensils used in cooking and serving food (such as a long-handled fork or a slotted spoon) larger than eating utensils? _____

10. Complete the following chart. For each piece of dishware, pot, or pan, give a specific example of a food that it could be used to prepare. The first one has been completed as an example.

ITEM	USED FOR
Mixing bowl	Prepare a cake
Large baking dish	
Saucepan	
Stockpot	
Double boiler	
Dutch oven	
Large frying pan	

11. Why do you think it is important to match the size of a knife to the size of the food you use it with? _____

12. Imagine that you can only have one of the following electric appliances. Mark your choice.

- | | | | |
|--------------------------|------------------|--------------------------|-----------------------|
| <input type="checkbox"/> | blender | <input type="checkbox"/> | food processor |
| <input type="checkbox"/> | mixer | <input type="checkbox"/> | slow cooker |
| <input type="checkbox"/> | microwave | <input type="checkbox"/> | can opener |

Why did you choose this item? _____

13. Complete the following chart. If you have used the method of cooking, place a check in the second column. For each item you checked, tell what you cooked in column 3.

METHOD	USED?	WHAT I COOKED USING THIS METHOD
Braise		
Broil		
Grill		
Pan Broil		
Pan Fry/Saute		
Roast		
Stew		
Stir Fry		

14. Complete the following chart. In Column 1, list the tips for using a microwave. In the second column, give a problem that might occur if the tip is not followed.

TIP	PROBLEM

TEACHER DIRECTIONS for EXERCISE 2

For lower-level learners, complete the activity by first reading the relevant section of the scenario aloud or asking a good reader to read aloud. Lower-level learners may respond verbally.

More advanced learners may be able to read the entire scenario before completing the activity. They may be able to complete the activity independently with written responses. Encourage learners to discuss responses verbally as a class or in small groups.

KEY

Answers may vary but should include basic information.

1. Kay wants to cook more difficult recipes. She wants to learn about nutrition and cooking.
2. Food preparation means knowing how to use kitchen tools and getting foods ready to eat.
3. Column 1 answers are (1) time available for cooking; (2) size of family and kinds of food they like; and (3) types of cooking equipment and appliances available and the amount of counter and storage space in the kitchen. Column 2 answers will vary.
4. Answers will vary.
5. Answers will vary.
- 6.

UTENSIL	DESCRIPTION	MEASURES	USED?
Kitchen timer	Used to measure time	Answers vary	Answers Vary
Oven thermometer	Used to measure temperature	Answers vary	Answers Vary
Nested measuring cups	Used to measure amounts of dry ingredients	Answers vary	Answers Vary
Measuring spoons	Used to measure small amounts of dry or liquid ingredients	Answers vary	Answers Vary

Large measuring cup with a spout	Used to measure amounts of liquid ingredients	Answers vary	Answers Vary
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7. One cutting board should be used only for raw meats to prevent contamination. The other cutting board is used for all other purposes.
8. Colanders have the largest holes. This allows water to run through freely when washing vegetables. Sifters have the smallest holes. This allows small particles to be separated in flour or powdered sugar.
9. Long-handled utensils keep you from getting burned when cooking
10. Answers will vary.
11. It's important to match the size of knife to the size of the food because (1) using a large knife with small food can result in cuts if the knife slips and (2) using a small knife with large pieces of meat or other foods is not effective or efficient.
12. Answers will vary.
13. Answers will vary.
- 14.

TIP	PROBLEM
1. Use the right cookware.	Cooking in dishes that are not microwave-safe can melt or warp or cause toxic chemicals to leak into foods.
2. Cover food when cooking.	Uncovered foods can get too dry or heat unevenly.
3. Let food stand after microwaving.	When standing time is not included, some foods will not be fully cooked or hot foods may burn you.
4. Don't overheat liquids.	Superheated liquids can erupt and burn you.
5. Avoid cold spots in the foods you cook.	Food that isn't fully heated can have bacteria that can make you sick.
6. Heat food thoroughly.	Food that isn't fully heated can have bacteria that can make you sick.
7. Use a microwave correctly.	Incorrect use can cause fires.

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