











EXERCISE 1

MATCHING

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

1.			hand can opener knife block
2.			ladle microwave oven
3.			hand mixer grater
4.			muffin pancake
5.			spatula sifter
6.			
7.			
8.			
9.			
10.			

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., I like pancakes and syrup.)

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. knife block
2. hand can opener
3. grater
4. muffin
5. spatula
6. hand mixer
7. microwave oven
8. ladle
9. sifter
10. pancakes

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

DIRECTIONS: Write the term that is described in the blank. Choose terms from the list on the next page.

- _____ 1. cooked by putting food directly under a flame
- _____ 2. pieces of meat such as steaks or roasts
- _____ 3. soaked in a flavorful liquid
- _____ 4. a large heavy pot with a lid
- _____ 5. to cook in a shallow open pan in the oven
- _____ 6. the sharp metal part of a knife
- _____ 7. breads that do not need to rise before baking
- _____ 8. room in house used for food preparation and cooking
- _____ 9. to moisten meat with a liquid while cooking
- _____ 10. the outer covering of a fruit or vegetable
- _____ 11. examples include blenders, mixers, and food processors
- _____ 12. to cut into thin even pieces
- _____ 13. to overheat in a microwave oven
- _____ 14. examples include serrated, utility, bread, and chef's
- _____ 15. a mixture of dry and liquid ingredients
- _____ 16. to remove the inedible center of a fruit
- _____ 17. fresh, not cooked
- _____ 18. two saucepans that fit one on top of the other
- _____ 19. cooking in hot oil

- _____ 20. to cut in very small pieces
- _____ 21. useful for many tasks
- _____ 22. the pastry cover of a pie
- _____ 23. cutting in a back and forth motion
- _____ 24. tool used to sharpen knives and other blades
- _____ 25. separate good from bad parts
- _____ 26. small alarm that can be set with different amounts of time
- _____ 27. to pollute or infect
- _____ 28. cover for pot or pan
- _____ 29. a mixer operated by hand
- _____ 30. moist hot air
- _____ 31. notched on the edge; not smooth
- _____ 32. not able to be eaten

raw	appliances	filter	kitchen timer
sawing	steam	kitchen	contaminate
slice	broiled	steel	baste
skins	rotary beater	cuts	double boiler
marinated	frying	Dutch oven	mince
roast	utility	blade	crust
quick breads	lid	superheat	cutlery
batter	serrated	core	inedible

TEACHER DIRECTIONS for EXERCISE 3

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.

- | | |
|-----------------|-------------------|
| 1. broiled | 17. raw |
| 2. cuts | 18. double boiler |
| 3. marinated | 19. frying |
| 4. Dutch oven | 20. mince |
| 5. roast | 21. utility |
| 6. blade | 22. crust |
| 7. quick breads | 23. sawing |
| 8. kitchen | 24. steel |
| 9. baste | 25. filter |
| 10. skins | 26. kitchen timer |
| 11. appliances | 27. contaminate |
| 12. slice | 28. lid |
| 13. superheat | 29. rotary beater |
| 14. cutlery | 30. steam |
| 15. batter | 31. serrated |
| 16. core | 32. inedible |

EXERCISE 4**WRITING FRAMES
FOOD PREPARATION**

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

Bill's thirteen-year old daughter, Kay, takes a class to learn more about cooking and nutrition. The first unit is on food preparation. Mrs. Gates, her teacher, says food preparation means knowing how to use kitchen tools and getting foods ready to eat.

KITCHEN BASICS

Mrs. Gates says every kitchen should have basic essentials. These help a cook prepare foods efficiently. Kitchen basics include utensils, pots and pans, dishware, cutlery, baking equipment, and electric appliances. Mrs. Gates tells the class that the specific basics in each kitchen depend on three things. First, _____

_____.

Second, _____

_____.

Third, _____

_____.

UTENSILS

Mrs. Gates says utensils are tools that help the cook measure, handle, and prepare foods. First, according to Mrs. Gates, a cook needs tools for measuring ingredients,

temperature, and time. _____,
_____ and _____

are used to measure ingredients. _____ and
_____ are used to measure temperature.
_____ is used to measure time

_____ is a tool used mainly with vegetables and fruits. It is
used to _____.

Mrs. Gates says a kitchen needs at least 2 cutting boards. One is used for
_____.

One is used for _____.

Plastic cutting boards are better than _____
because _____.

In addition, a cook needs tools such as _____ or _____ for
mixing, blending, stirring and whipping or beating foods.

Mrs. Gates tells the class that a kitchen should have tools for washing, sifting, pouring,
and straining foods. For example, a colander can be used to _____
_____. A strainer can be used to
_____.

A sifter can be used to _____.

Tools for handling hot food as it cooks or is being served include

_____, _____, and _____.

Some tools have special uses. An example of a tool with a special use is a

_____ which is used to _____.

DISHWARE

Mrs. Gates shows the class the kinds of dishware needed in every kitchen. For example, a _____ is used in food preparation. An example of dishware used in cooking food is _____. Another kind of dishware needed in each kitchen is _____.

POTS AND PANS

Stovetop cooking is the heart of the kitchen, according to Mrs. Gates. This type of cooking requires a variety of pots and pans with lids in different sizes. Two kinds of pots and pans needed in a kitchen for stovetop use are _____ and _____. An example of a pan used in the oven is _____.

CUTLERY

Cutlery are knives. The _____ is the largest knife in a kitchen. A _____ is a medium sized knife. The smallest and most used knife in a kitchen is a _____. A serrated knife is

used for _____ . Mrs. Gates says the most dangerous knife in the kitchen is a dull knife because _____

_____ .

A steel is a special tool used to _____ .

Knife safety involves correct usage. One tip for using knives safely is _____

_____ .

BAKING EQUIPMENT

Mrs. Gates tells the class that cooking in the oven is called baking or roasting. A kitchen needs a variety of specialized tools for preparing baked items and different types of pans for different kinds of baked goods. These include _____ which is used for _____ , _____ which is used for _____ , and _____ which is used for _____ .

SMALL ELECTRIC APPLIANCES

Mrs. Gates says that today's cooks may use electric appliances as well as hand tools. Small electric appliances often do what hand tools do, but in faster, more efficient ways. For example, a _____ is a small appliance that makes _____ faster and easier.

PREPARING MEATS

According to Mrs. Gates, cooking meats often requires special preparation. The cut of the meat often determines _____.

For instance, Mrs. Gates says that less tender cuts should be cooked with _____ heat at _____ temperatures. Tender cuts of meat can be more quickly with _____ heat. Mrs. Gates says that no matter how a meat is cooked, _____ and _____ add flavor or tenderize meat.

Mrs. Gates says some small appliances are used to cook and heat foods, but in different ways. For example, _____ are used to cook foods such as _____ slowly over several hours. Microwave ovens, however, _____.

One tip for cooking with a microwave is to _____.

This is important because _____

_____.

Another important tip is _____.

This is important because _____

_____.

_____ is a third tip for
using a microwave to heat or cook foods. It's important because _____

_____.

READY . . . SET . . . COOK!

Mrs. Gates gives the class an assignment. Each person in the class is going to

_____ and

_____. The point of

this assignment is to _____

_____.

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 section. Some answers will vary.

KEY

Answers appear in boldface type.

Bill's thirteen-year old daughter, Kay, takes a class to learn more about cooking and nutrition. The first unit is on food preparation. Mrs. Gates, her teacher, says food preparation means knowing how to use kitchen tools and getting foods ready to eat.

KITCHEN BASICS

Mrs. Gates says every kitchen should have basic essentials. These help a cook prepare foods efficiently. Kitchen basics include utensils, pots and pans, dishware, cutlery, baking equipment, and electric appliances. Mrs. Gates tells the class that the specific basics in each kitchen depend on three things. First, **the amount of time a family has for cooking affects the kitchen basics it needs.** Second, **the size of the family and the kinds of foods family members like affects the kitchen basics it needs.** Third, **a family should think about the types of cooking equipment and appliances that are available and the amount of counter and storage space the kitchen has.**

UTENSILS

Mrs. Gates says utensils are tools that help the cook measure, handle, and prepare foods. First, according to Mrs. Gates, a cook needs tools for measuring ingredients, temperature, and time. **Measuring spoons, nested measuring cups, and a 4-cup measuring cup with a spout** are used to measure ingredients. **Meat thermometers**

and **oven thermometers** are used to measure temperature. **A kitchen timer** is used to measure time.

A (either) **brush** or **peeler** is a tool It is used mainly with vegetables and fruits used to (either) **wash** or **remove skins**.

Mrs. Gates says a kitchen needs at least 2 cutting boards. One is used for **raw meats**.

A second one is used for **chopping fruit, vegetables, or other foods**. Plastic cutting boards are better than **wooden cutting boards** because **wooden cutting boards can get contaminated** or **plastic cutting boards are easier to keep clean**.

In addition, a cook needs tools such as (any 2) **a large spoon, spatula, wire whisk, rotary beater** for mixing, blending, stirring and whipping or beating foods.

Mrs. Gates tells the class that a kitchen should have tools for washing, sifting, pouring, and straining foods. For example, a colander can be used to **wash** or **drain foods**. A strainer can be used to **filter foods**. A sifter can be used to **sift dry ingredients**.

Tools for handling hot food as it cooks or is being served include (any three of the following: **long-handled fork, tongs, spatulas, slotted spoons, ladles, large serving spoons**).

Some tools have special uses. An example of a tool with a special use is a (either) **can opener** (or) **grater** which is used to (either) **remove tops from cans** (or) **shred hard ingredients**.

DISHWARE

Mrs. Gates shows the class the kinds of dishware needed in every kitchen. For example, a (either) **mixing bowl** (or) **ingredient dish** is used in food preparation. An example of dishware used in cooking food is (any one of the following: **a baking dish, a micro-wave safe casserole dish, a salad bowl, a plastic container**). Another kind of dishware needed in each kitchen is (any other example from the preceding list.)

POTS AND PANS

Stovetop cooking is the heart of the kitchen, according to Mrs. Gates. This type of cooking requires a variety of pots and pans with lids in different sizes. Two kinds of pots and pans needed in a kitchen for stovetop use are (any two of the following: **saucepan, stockpot, double boiler, sauté pan, frying pan.**) An example of a pan used in the oven is (any one of the following: **Dutch oven, roasting pan, broiling pan.**)

CUTLERY

Cutlery are knives. The **chef's knife** is the largest knife in a kitchen. A **utility (or sandwich) knife** is a medium sized knife. The smallest and most used knife in a kitchen is a **paring knife**. A serrated knife is used for **slicing bread or slicing fruits and vegetables with soft, easily bruised skins**. Mrs. Gates says the most dangerous knife in the kitchen is a dull knife because **it can slip off food and cut fingers**. A steel is a special tool used to **sharpen knives or blades**.

Knife safety involves correct usage. One tip for using knives safely is (any one of the following: **cut away from the body, chop slowly and carefully, be sure hands are dry, curl fingers of the hand holding the foods so that fingers aren't cut by accident.**)

BAKING EQUIPMENT

Mrs. Gates tells the class that cooking in the oven is called baking or roasting. A kitchen needs a variety of specialized tools for preparing baked items and different types of pans for different kinds of baked goods. These include (any three of the following: **a rolling pin** which is used for **preparing dough or crust**; **a cookie sheet** which is used for **baking cookies/biscuits**; **a pie plate** which is used for **baking pies**; **a cooling rack** which is used for **letting food cool more quickly**; **muffin tins** or **a loaf pan** which is used for **baking quick breads**; **a large rectangular shaped pan** which is

used for **making brownies**, or **single-layer** or **sheet cakes**; **smaller baking pans** which are used for **baking cornbread**, or **layers for cakes**, or **cobbler**).

SMALL ELECTRIC APPLIANCES

Mrs. Gates says that today's cooks may use electric appliances as well as hand tools. Small electric appliances often do what hand tools do, but in faster, more efficient ways. For example, a **hand mixer/standing mixer** or **blender** or **food processor** is a small appliance that makes **mixing a batter** or **mixing liquids and beverages** or **slicing and chopping ingredients** faster and easier.

PREPARING MEATS

According to Mrs. Gates, cooking meats often requires special preparation. The cut of the meat often determines **how it should be prepared**. For instance, Mrs. Gates says that less tender cuts should be cooked with **moist** heat at **low** temperatures. Tender cuts of meat can be more quickly with **dry** heat. Mrs. Gates says that no matter how a meat is cooked, **marinades** and **rubs** add flavor or tenderize meat.

Mrs. Gates says some small appliances are used to cook and heat foods, but in different ways. For example, (any one of the following: **slow cookers**, **pot with a lid**, **Dutch oven with a lid on**) are used to cook foods such as (any one of the following: **stew**, **soup**, **some meats**) slowly over several hours. Microwave ovens, however, **cook food more quickly**.

One tip for cooking with a microwave is to (any three of the following with matching reason in context): **Use the right cookware** because **other cookware can warp, melt, or leak harmful chemicals into foods**; **Cover foods while cooking** because **the cover holds in moisture and lets foods heat evenly**; **Observe standing times**

because **it gives food time to cook completely** or **it allows superheated food time to cool**; **Don't overheat liquids** because **they can erupt when moved and burn you**; **Avoid cold spots** because **bacteria can set in if food is not heated adequately**; **Heat foods to the correct temperature** because **heat kills bacteria and makes food safe to eat**; **Use the microwave correctly** because **incorrect usage can start a fire**. This is important because (See preceding reasons.).

READY. . . SET. . . COOK!

Mrs. Gates gives the class an assignment. Each person in the class is going to **choose a recipe** and **prepare it for the class**. The point of this assignment is to **give students a chance to practice the skills they've learned**.