

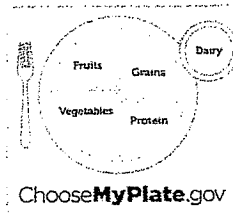
NAME: \_\_\_\_\_

Corrected By: \_\_\_\_\_

Packet is Due: \_\_\_\_\_

## **Foods Unit**

### Nutrition and Cooking Basics



<b>Assignment Description</b>	<b>Score</b>
Kitchen Equipment Scavenger Hunt	/12.5
Food Safety Notes	/10
Salsa Lab Questions	/3
Food Preparation Bingo	/10
Cooking Equipment and Cooking Terms	/12
Oreo Questions	/3
Gallon Man	/6
Comic Measuring	/15
Measuring Equivalents Practice Sheet	/30
Doubling/Halving Notes	/10
A Mystery Treat	/6
Hawaiian Haystacks Lab WS	/8
	Total: _____/125.5

What do you already know about cooking and nutrition?

What do you want to learn about cooking and nutrition?

Group Member Names: \_\_\_\_\_

### **KITCHEN EQUIPMENT SCAVENGER HUNT**

- 1) As a group, search your assigned kitchen for the equipment items listed. Place item on counter so teacher can check you off.
- 2) Once you've been checked off by teacher, put all equipment items away in proper spot. Be sure to use kitchen key to put equipment items away correctly.
- 3) Once all equipment items have been put in their proper spot, as a class you will go through the function of the kitchen items.

	<b>Kitchen Equipment Item</b>	<b>Function of Item</b>
	Rubber Scraper	
	Pastry Brush	
	Paring Knife	
	Liquid Measuring Cup	
	Dry Measuring Cup	
	Measuring Spoons	
	Chef's Knife	
	Colander	
	Grater	
	Kitchen Shears	
	Pancake Turner	
	Tongs	
	Slotted Spoon	
	Wire Whisk	

	Pastry Blender	
	Flour Sifter	
	Cooling Rack	
	Round Cake Pan	
	Muffin Tin	
	Ladle	
	Custard Cups	
	Potholder/Hot Pad	
	Casserole Dish	
	Frying Pan	
	Sauce Pan	

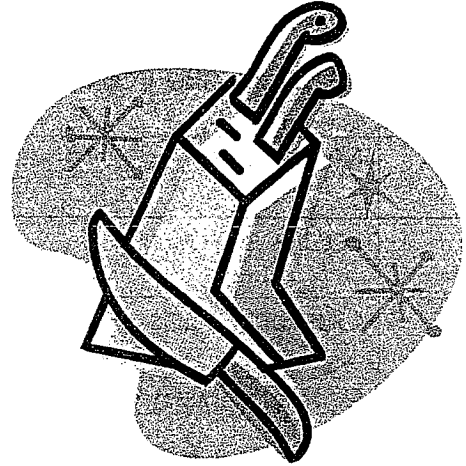
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## Food Safety

**Directions:** Fill out this sheet as we go through the PowerPoint Presentation.

Food Borne Illnesses are illnesses resulted after eating \_\_\_\_\_.

What are some common symptoms of food borne illnesses?



Food Borne Illness	Sources
Botulism	
E-Coli	
Salmonella	
Staphylococci	

Define **Cross Contamination**:

How do you avoid cross contamination?

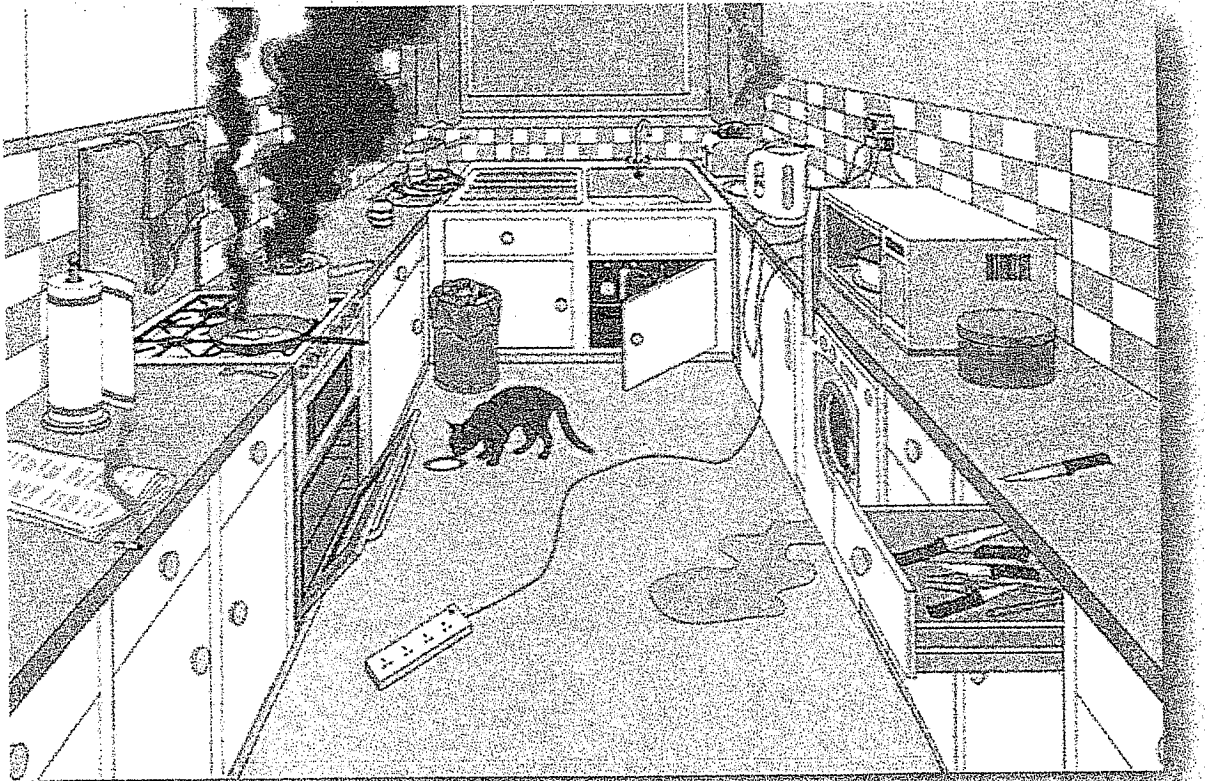
What is the **Danger Zone**?

We want to keep foods out of the danger zone because...

Name 6 ways to be safe with knives:

- 
- 
- 
- 
- 
- 

Circle all of the items in this picture that could be considered a safety hazard:



Student Name: \_\_\_\_\_ Period: \_\_\_\_\_

## **Fresh California Salsa**

*Remember! For this lab you will need to use your safe knife cutting skills!*

*Before you begin, make sure to fill out the green sheet. Your job responsibility for the day is dependent upon the job responsibility sign posted in the lab. Put the name of the student who is responsible for each task.*

### **RECIPE**

1 tomato, diced	1/3 cup chopped fresh cilantro
1/4 onion, minced	1 T fresh lime juice
1 clove garlic, minced	Salt to taste
1/4 cup black beans	1/4 cup corn
1/2 package Italian dressing	1/2 avocado, diced

Wash and dice tomatoes and cilantro. Carefully dice avocado into small cubes. Mince garlic and onion until it is very small. In a small mixing bowl, combine tomatoes, onion, garlic, cilantro, beans, corn, avocado, Italian dressing and fresh lime juice. Salt to taste. Serve with tortilla chips.

### **EVALUATION**

- 1) Provide 2 examples of a time cross contamination can occur.
  
  
  
  
  
  
  
  
  
  
- 2) List 2 guidelines for knife safety.
  
  
  
  
  
  
  
  
  
  
- 3) List 3 ways to be sanitary for this particular lab.

# Food Preparation Bingo

- Pick and write down the food preparation terms listed on the board. You can write them in any of the following blanks.
- As the screen changes with a picture of a kitchen equipment item, if it matches the food preparation term you wrote down, then you can cross that square off.
- If you have 4 squares crossed off in a row, then you have BINGO. Once you have BINGO, raise your hand and teacher will come check you off.


Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Cooking Equipment and Cooking Terms

**Directions:** It is important to distinguish cooking equipment and terms in recipes so that we may read cooking instructions effectively. Evaluate the recipes below. Circle 3 cooking terms in each recipe (ex: bake, chill, peel). Underline 3 cooking equipment items in each recipe (ex: frying pan, baking dish, wooden spoon).

### Warm Potato & Green Bean Salad

12-14 small new potatoes	2 T. red wine vinegar
1 c. green beans halved	1/2 t. salt
1/2 sm. red onion, slivered	1/8 t. black pepper
1/2 red pepper, chopped	2 t. fresh parsley, chopped
1 garlic clove, grated	1/8 t. each basil, oregano & thyme
3 T. olive oil	

Cook unpeeled potatoes covered in water until tender, about 15 minutes, adding green beans to pan for last 5 minutes to barely cook. Drain and place in salad bowl. Add onion and pepper to bowl. Mix remaining dressing ingredients and pour over potato mix tossing gently to coat. Let sit at room temperature about 1 hour before serving. Serves 4.

### CORNBREAD

#### Colvin Run Mill Corn Bread

1 cup cornmeal  
1 cup flour  
1/2 teaspoon salt  
4 teaspoons baking powder  
3 tablespoons sugar  
1 egg  
1 cup milk  
1/4 cup shortening (soft) or vegetable oil



Mix together the dry ingredients. Beat together the egg, milk and shortening/oil. Add the liquids to the dry ingredients. Mix quickly by hand. Pour into greased 8x8 or 9x9 baking pan. Bake at 425 degrees for 20-25 minutes.



Student Name: \_\_\_\_\_ Period: \_\_\_\_\_

### Home-made Oreos

*Before you begin, make sure to fill out the green sheet. Your job responsibility for the day is dependent upon the job responsibility sign posted in the lab. Put the name of the student who is responsible for each task.*

### RECIPE

Cookie Ingredients:

- |                         |             |
|-------------------------|-------------|
| 1 pkg. devil's cake mix | 1/3 cup oil |
| 2 eggs                  |             |

Frosting Ingredients:

- |                          |                      |
|--------------------------|----------------------|
| 1/4 cup butter, softened | 1/2 tsp. vanilla     |
| 2 oz. cream cheese       | 1 cup powdered sugar |

- 1) Preheat oven to 350\* F.
- 2) In your Kitchenaid using the flat attachment, combine cake mix, eggs and oil.
- 3) Grease a cookie sheet. Roll dough into round balls and set on the cookie sheet spaced evenly out.
- 4) Bake for 10 minutes.
- 5) In the meantime, mix together your frosting ingredients in your washed Kitchenaid. Set aside.
- 6) When your cookies are baked and cooled, apply frosting in the middle of 2 cookies to form Oreo.

### EVALUATION

1) You used a liquid measuring cup to measure this ingredient in this recipe:

2) You used a dry measuring cup to measure this ingredient in this recipe:

3) What tool did you use to measure the vanilla? \_\_\_\_\_

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Measurement Abbreviations

Teaspoon = \_\_\_\_\_ or \_\_\_\_\_

Tablespoon = \_\_\_\_\_ or \_\_\_\_\_

Cup = \_\_\_\_\_

Pint = \_\_\_\_\_

Quart = \_\_\_\_\_

Gallon = \_\_\_\_\_

Trace = \_\_\_\_\_

Ounce = \_\_\_\_\_

Pound = \_\_\_\_\_

Degrees Fahrenheit = \_\_\_\_\_

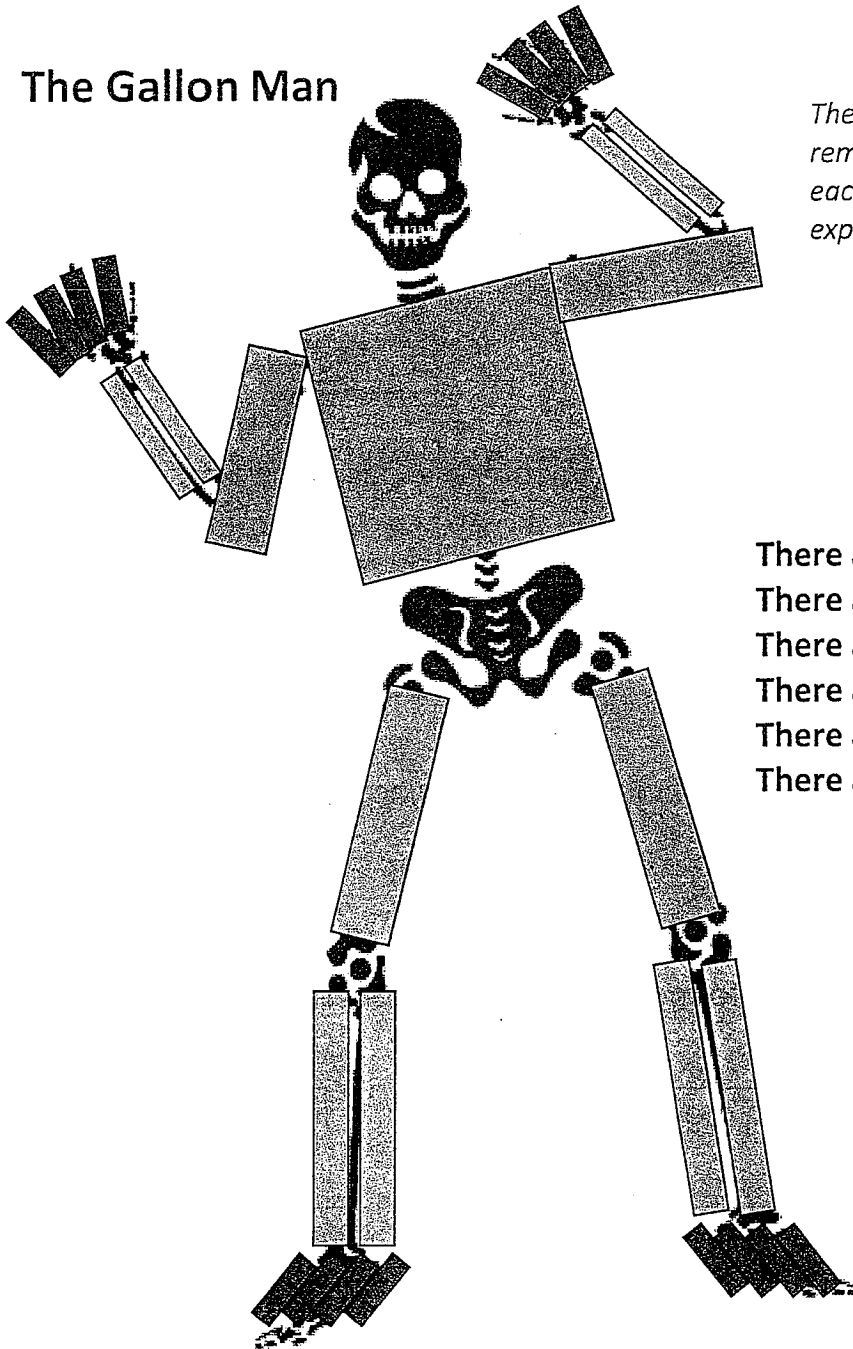
Degrees Celsius = \_\_\_\_\_

Minutes = \_\_\_\_\_

Hours = \_\_\_\_\_

Dozen = \_\_\_\_\_

## The Gallon Man



*The Gallon Man can be used to help you remember the gallon equivalents. Label each part of the Gallon Man as it is explained in the PPT.*

There are \_\_\_\_\_ quarts in 1 gallon.

There are \_\_\_\_\_ pints in 1 quart.

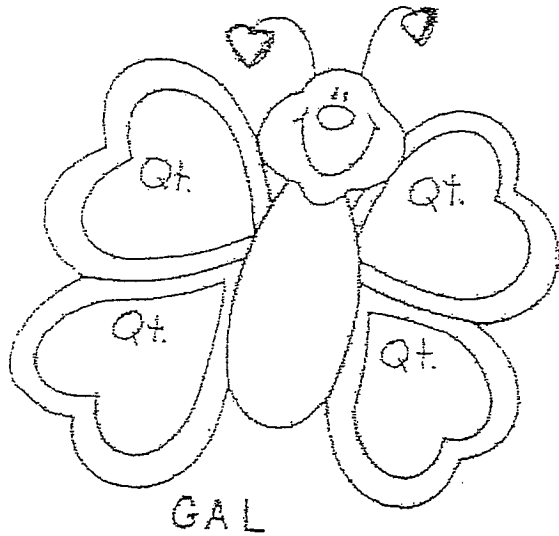
There are \_\_\_\_\_ pints in 1 gallon.

There are \_\_\_\_\_ cups in 1 pint.

There are \_\_\_\_\_ cups in 1 quart.

There are \_\_\_\_\_ cups in 1 gallon.

## COMIC MEASURING



The butterfly GAL has four wings.  
Each wing is a Qt. (Quart)  
There are four quarts  
in one gallon.

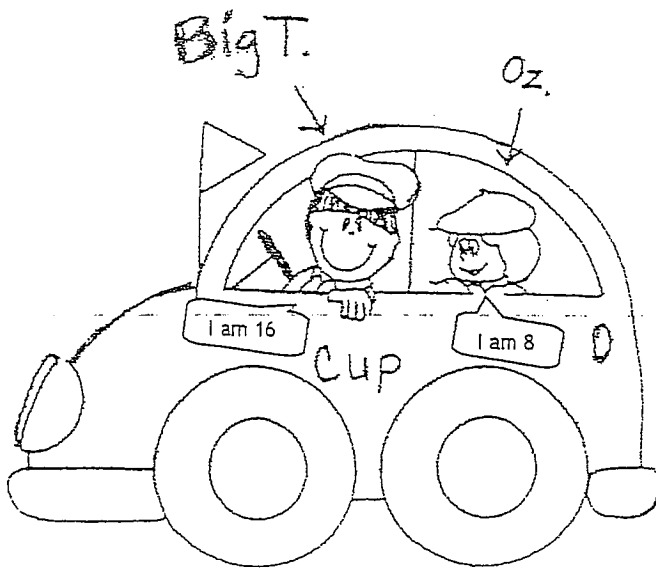
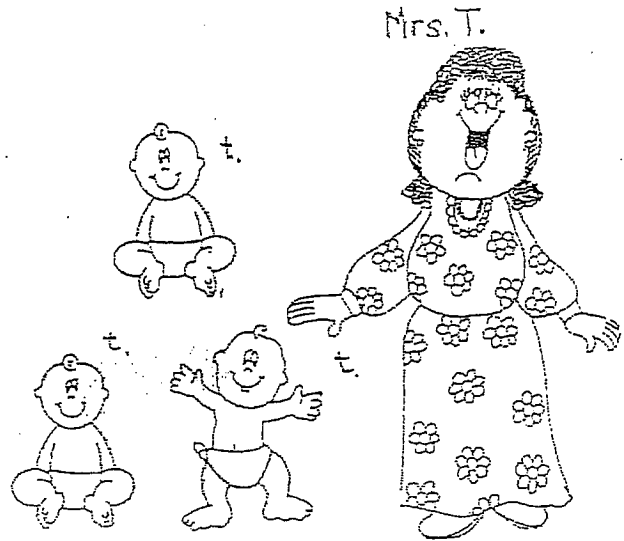
1 gal. = \_\_\_\_\_ qts.  
 $\frac{1}{2}$  gal. = \_\_\_\_\_ qts.  
 1 gal. = \_\_\_\_\_ cups  
 $\frac{1}{2}$  gal. = \_\_\_\_\_ cups

Mrs T. (Tablespoon) has triplets.  
They are the three t.'s. (teaspoon)  
A tablespoon has three teaspoons.

1 T. = \_\_\_\_\_ t.

$\frac{1}{2}$  T. = \_\_\_\_\_ t.

$\frac{1}{3}$  T. = \_\_\_\_\_ t.



Big T. is 16. So he can drive the  
CUP car. His cousin Oz is only 8 so he  
can't drive. There are 16 T.  
(Tablespoons) in one cup.  
There are 8 oz (ounces) in one cup.

1 cup = \_\_\_\_\_ T.  
 $\frac{1}{2}$  c. = \_\_\_\_\_ T.  
 1 cup = \_\_\_\_\_ oz.  
 $\frac{3}{4}$  c. = \_\_\_\_\_ T.  
 $\frac{1}{2}$  c. = \_\_\_\_\_ oz.  
 $\frac{1}{4}$  c. = \_\_\_\_\_ oz.  
 A 32 oz drink = \_\_\_\_\_ cups  
 4 cups = \_\_\_\_\_ quart

Name: \_\_\_\_\_

## Measuring Equivalents Practice

**Directions:** You may use your notes for this assignment. Identify the equivalents for each question.

1 gallon = ____ cups	2 cups = ____ pt.
3 tsp. = ____ T	1 cup = ____ oz.
1 gallon = ____ qts.	$\frac{1}{4}$ cup = ____ T
1 gallon = ____ pts.	2 cups = ____ pts.
1 qt. = ____ pts.	$\frac{1}{2}$ cup = ____ oz.
$\frac{1}{2}$ gallon = ____ qts.	$\frac{1}{2}$ gallon = ____ pts.
32 oz. = ____ cups	$\frac{1}{8}$ cup = ____ T
1 qt. = ____ cups	1 pt. = ____ qt.

Half the following ingredients:

1 cup chocolate chips: \_\_\_\_\_ c

$\frac{1}{2}$  cup peanut butter: \_\_\_\_\_ c

$\frac{1}{4}$  cup brown sugar: \_\_\_\_\_ T

$\frac{2}{3}$  cup sugar: \_\_\_\_\_ c

1 tsp. lemon juice: \_\_\_\_\_ tsp.

5 cups water: \_\_\_\_\_ c

Double the following ingredients:

1 cup chocolate chips: \_\_\_\_\_ c

$\frac{1}{2}$  cup peanut butter: \_\_\_\_\_ c

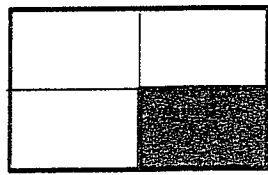
$\frac{1}{4}$  cup brown sugar: \_\_\_\_\_ c

$\frac{2}{3}$  cup sugar: \_\_\_\_\_ c

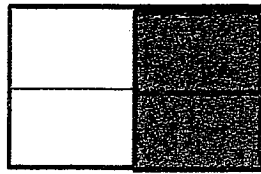
1 tsp. lemon juice: \_\_\_\_\_ tsp.

5 cups water: \_\_\_\_\_ c

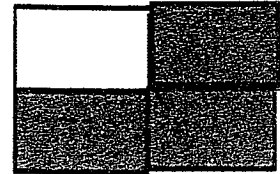
# Doubling and Halving Fractions



$=1/4$



$=2/4$  or  $1/2$



$=3/4$

Name: \_\_\_\_\_

## A Mystery Treat



Prepare to indulge yourself! But before you do, you must put your brain to the test! You must first practice halving fractions by cutting this recipe in half before you make this tasty treat.

Half the following ingredients by two to figure out how much are needed to make the recipe. You will most likely need to refer to your notes from the lecture to accomplish this. Use the space to the right to show how you did your math. Make sure you did your math correct with your teacher, and then you can start making your mystery treat.

9 cups chex mix = \_\_\_\_\_ cups

1 cup chocolate chips = \_\_\_\_\_ cup

$\frac{1}{2}$  cup peanut butter = \_\_\_\_\_ cup

$\frac{1}{4}$  cup butter = \_\_\_\_\_ T

1 teaspoon vanilla = \_\_\_\_\_ tsp.

1  $\frac{1}{2}$  cups powdered sugar = \_\_\_\_\_ cup

Math Work

### Instructions:

- In a small bowl, melt peanut butter, chocolate chips, and butter in the microwave for about 1 minute. Take out, stir and add vanilla. Microwave 30 seconds more.
- Pour melted mixture over cereal. Stir to coat cereal with melted mixture. Pour this into a gallon sized bag.
- Add powdered sugar to bag and mix until evenly coated. Enjoy!

Name: \_\_\_\_\_ Period: \_\_\_\_\_

### Hawaiian Haystacks

1 cup instant rice

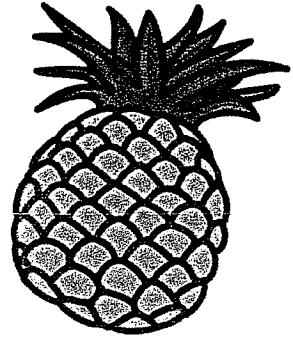
1 cup water

1 sm. Can chicken breast

½ can cream of chicken soup

½ cup milk

¼ cup sour cream



#### **Toppings:**

½ cup chow mein noodles

½ cup grated cheese

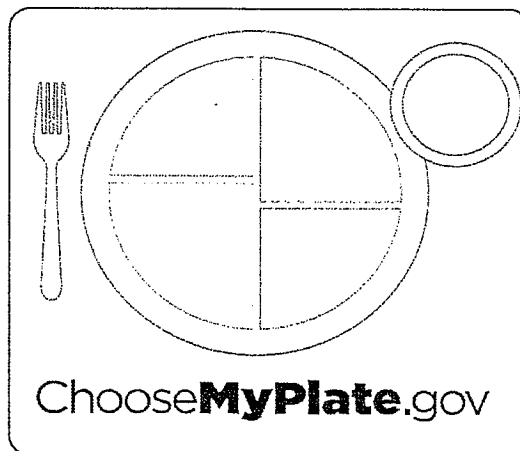
½ cup pineapple

½ cup frozen peas

10 olives, sliced

- 1) Bring water to a boil in small saucepan. Stir in rice; cover. Remove from heat.
- 2) Keep lid on and let rice stand for five minutes. Remove lid and fluff with fork.
- 3) Drain water off chicken. Separate chunks with fork.
- 4) In medium saucepan add soup, milk, sour cream and chicken. Heat on low, stirring constantly until sauce is smooth and warmed through.
- 5) Divide rice equally and serve on plate. Pour gravy on rice. Top with any topping you prefer. Enjoy!

### EVALUATION



- 1) Fill in the above MyPlate with the foods we ate today in lab. Be sure to put them where they belong according to food group.
- 2) How are you going to incorporate more fruits and vegetables into your own diet? (List 3 ideas)

