

Food and Fitness

Topic: Small Equipment

Materials Strategy Activity: Matched Sets

Each Unit will work together to find vocabulary pictures in a magazine of small equipment, cut them out, and paste them on 3 5 cards. Under each picture you will label it with the name of the equipment. When you have prepared all the cards, you will make matching cards with the definition of each equipment you have. When you have completed all the cards, rubberband them together. You will be using these cards to study with.

You can draw your pictures or cut out pictures from a magazine and glue them on. The following list are the equipment you will need to find:

1. Bread knife – serrated, or sawtooth edge for cutting bread
2. Colander – drains liquids; has larger holes than a strainer
3. Cutting board - protects counter when cutting and chopping food; for proper sanitation it should be made of plastic instead of wood.
4. French/chef's knife – large triangular blade, wide at handle and narrow at the tip; used for slicing, cutting, chopping, and dicing.
5. Glass baking pans/dishes – when using in an oven, reduce the temperature 25 degrees
6. Ladle – small bowl at the end of a long handle for dipping hot liquid from a pan.
7. Meat thermometer – used to measure the internal temperature of meat and poultry
8. Oven thermometer – used to measure the internal temperature of ovens
9. Pancake turner/ spatula – used to lift and turn flat foods such as hamburgers and pancakes
10. Pastry blender – to cut in shortening
11. Paring knife – to peel or cut small food items
12. Refrigerator/freezer thermometer – used to measure the internal temperature of refrigerators/freezers.
13. Rubber scraper – has a rubber end and is used to scrape out food from bowls, measuring cups, etc.
14. Slotted spoon – spoon with holes, used to take solids out of liquids
15. Straight edge/metal spatula – long flat spatula with a straight edge used for leveling; also used to frost cake, etc.

16. Strainer – wire mesh that separates liquid from food; usually has small fine holes
17. Tongs – used to grip and lift hot, bulky foods
18. Vegetable peeler – a tool used to take off the outer surface of vegetables and fruits
19. Wire whisk/whip – used for blending, mixing, stirring, beating and whipping, i.e. milk and eggs