



NAME _____ PERIOD _____ DATE _____ SCORE _____

FOOD PREPARATION TERMS: STUDENT DIRECTIONS

Many food preparation terms are used in recipes. Each term has its own special meaning. It is important that you become familiar with the terms used in recipes in order for the recipe to be a useful tool for you in cooking.

You will need to complete the activities for this unit in the order given below. As you complete each activity, put your initials on the line below each step.

STEP 1: Study the FOOD PREPARATION TERMS provided by your teacher.
Each member of your group should have one of these lists.
_____ When you think you understand the terms, move on to Step #2.

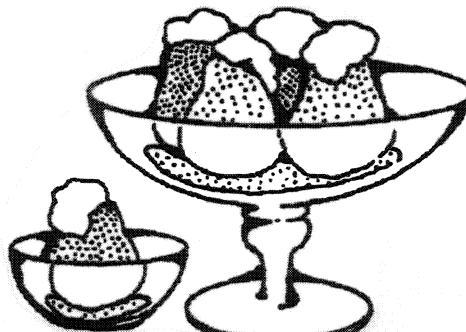
STEP 2: Each member of your group should complete the student activity
guide, CORRECT TERMS ADD UP TO SUCCESS WITH FOOD,
_____ following the directions as given. When you are finished, turn in the paper
for credit.

STEP 3: Play the game TERMINOLOGY TURNOVER by following these
directions:

- Lay all the cards on the table, face down.
- Each player will take turns picking up two cards.
- If the player picks up a definition and a picture card that match, the player keeps the cards and has another turn.
- If the cards do not match, the player puts the cards back on the table and the next player has a turn.
- Continue playing until all the cards are correctly matched.

STEP 4: Complete the FRUIT SALAD LAB according to the directions given on the
lab sheet.

STEP 5: Study about one or more of the career opportunities listed in this topic.
Then answer the questions about that career on the activity guide
provided.





FOOD PREPARATION TERMS—STUDENT INFORMATION

1. BEAT To make a mixture smooth by stirring rapidly.
2. BOIL To cook a liquid until bubbles rise continuously and break the surface.
3. CHOP To cut into small pieces with a knife.
4. CORE To remove the center of a fruit.
5. CREAM To blend with a spoon or electric mixer until fluffy, light, and well-combined. (Ex.: sugar, eggs, and shortening)
6. CUT IN To mix shortening and flour with a pastry blender or two knives.
7. FOLD To gently combine two mixtures by cutting down through the center with a rubber scraper, across the bottom of the bowl, and up and over close to the surface.
8. GRATE To rub on a tool that separates or shreds the food into smaller pieces.
9. GREASE To spread a thin layer of shortening or oil on a baking pan.
10. KNEAD To work or press dough with the palms of the hands.
11. PARE To remove the peeling by using a knife or peeler.
12. SAUTÉ To cook in a small amount of fat.
13. SIMMER To heat to just below boiling.
14. STIR To mix ingredients using a circular motion until well-blended.
15. TOSS To mix foods lightly using a lifting motion with two forks or a fork and a spoon.
16. WHIP To beat rapidly and make light and airy. (Ex.: egg whites, whipping cream)

TOPIC #14: Food Preparation Terms

Student Activity Guide



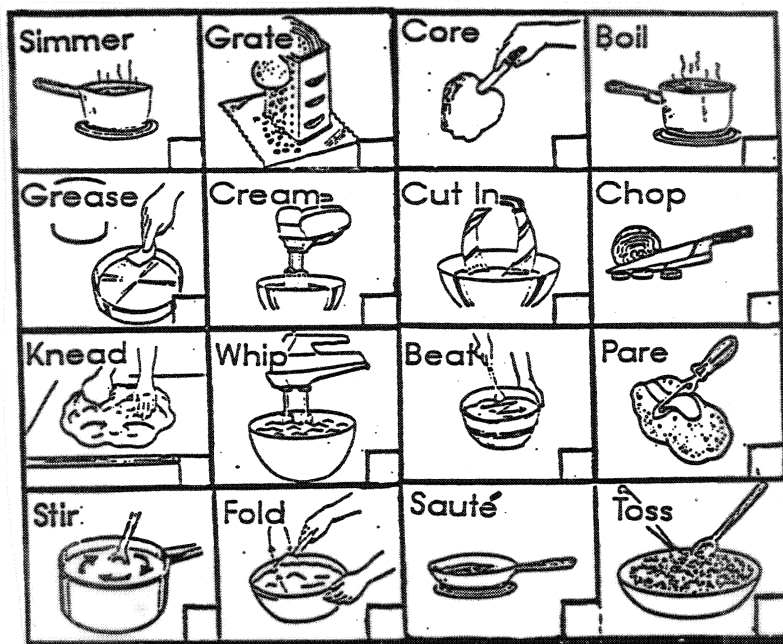
NAME _____ PERIOD _____ DATE _____ SCORE _____

CORRECT TERMS ADD UP TO SUCCESS WITH FOOD
DIRECTIONS:

- Match the definition below with the food preparation term picture.
- Place the definition number in the box in the corner of each square.
- Check your answers by adding the four definition numbers in a vertical, horizontal, or diagonal row. The total must always equal "34."
- If your total is different, check your FOOD PREPARATION TERMS sheet and then change your answers until each total is "34."

COOKING TERM DEFINITIONS:

- To mix foods lightly with a lifting motion using two forks or a fork and a spoon.
- To remove the center of a fruit.
- To rub on a tool that separates or shreds the food into smaller pieces.
- To mix ingredients using a circular motion until well-blended.
- To spread a thin layer of shortening or oil on a baking pan.
- To beat rapidly and make light and airy. (Ex.: egg whites, whipping cream)
- To make a mixture smooth by stirring rapidly.
- To cut into small pieces with a knife.
- To work or press dough with the palms of the hands.
- To blend with a spoon or electric mixer until fluffy, light, and well-combined. (Ex.: sugar, eggs, and shortening)
- To mix shortening and flour with a pastry blender or two knives.
- To remove the peeling by using a knife or peeler.
- To cook a liquid until bubbles rise continuously and break the surface.
- To cook in a small amount of fat.
- To gently combine two mixtures by cutting down through the center with a rubber scraper, across the bottom of the bowl, and up and over close to the surface.
- To heat to just below boiling.





LAB PLANNING SHEET: FRUIT SALAD LAB

Date of Lab _____ Unit _____ Period _____ Score _____

Student Names: _____

Ingredients:

- 1 Apple
- 1 Orange
- 1 Pineapple ring
- 1/2 Banana
- 1/4 C. Flavored yogurt or fat-free whipped topping
- 1/4 C. Fat-free whipped topping
- Dash of cinnamon and/or nutmet (optional)

Pare, core, quarter, and slice the apple. Peel, section, and slice the orange into bite-size pieces. Peel and slice the banana into bite-size pieces. Cut pineapple ring into chunks. Put all of the fruit into a mixing bowl. Fold yogurt and whipped topping mixture into the fruit. Add a dash of cinnamon and/or nutmeg to mixture. Toss the fruit with forks to mix together with the dressing.

Makes 4 servings.

Before you begin, turn this paper over and complete the lab planning sheet. Assign at least one preparation duty and one clean up duty to each member of your group. Put the name of the student who is responsible for each task on the line in front of that task. Also, be sure your names are at the top of this paper.

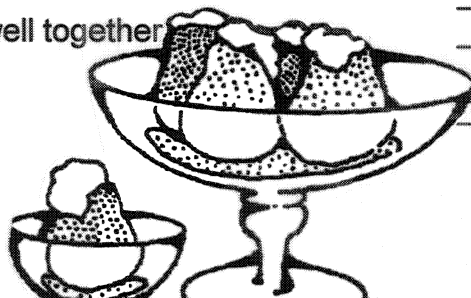
When you have completed the lab, the grading portion below should be completed according to the directions from the teacher.

GRADING: (10=Excellent, 1=Needs Improvement)

- Lab area is clean
- Directions were followed
- Lab was completed on time
- Overall rating of product
- Group members worked well together

Student Rating	Teacher Rating
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

TOTAL





LAB PLANNING SHEET: FRUIT SALAD LAB - PAGE 2

- _____ 1. Get the supplies from the supply table.
- _____ 2. Get a cutting board, large mixing bowl, paring knife, vegetable peeler, and apple corer. Set the table using bowls, forks, and glasses. Fill the pitcher with ice water and place on table.
- _____ 3. Pare, core, quarter, and slice the apple and then put it into the mixing bowl.
- _____ 4. Peel, section, and slice the orange into bite-size pieces and then put it into the mixing bowl.
- _____ 5. Cut pineapple ring into chunks and then put into the mixing bowl.
- _____ 6. Peel and slice the banana into bite-size pieces and then put into the mixing bowl.
- _____ 7. Fold the yogurt and whipped cream mixture into the mixed fruit. Add a dash of cinnamon and/or nutmeg to the fruit mixture. Use two forks to toss the fruit and dressing mixture together.

EVERYBODY!

SIT AT THE TABLE TOGETHER WHILE YOU EAT AND ENJOY YOUR FRUIT SALAD. Be sure to let the teacher see your finished product.

- _____ 8. Fill one sink with hot soapy water and the other sink with hot rinse water.
- _____ 9. Set dish drain next to the edge of the rinse sink.
- _____ 10. Wash the dishes in hot, soapy water. Rinse them in hot water and put them in the dish drainer.
- _____ 11. Dry the dishes and put them away in their correct places. Dry dish drainer and put away.
- _____ 12. Wipe the range table and counter tops. Empty your dishwater and rinsewater.
- _____ 13. Dry sinks and polish faucets with the dish towel. Put the dirty towels and dish cloths in the laundry area.
- _____ 14. Sweep the floor or vacuum the carpet.
- EVERYBODY! _____ 15. Put your aprons away!