

---

## FOODS AND NUTRITION

---

**TOPIC #14:** Food Preparation Terms

**TIME PERIOD:** 1 day

**CORE STANDARD #4:** Careers: The students will explore careers related to family and consumer sciences, identifying skills which are applicable for both the home and the school/workplace, and the impact of career choices on family lifestyles.

**OBJECTIVE:** Students will demonstrate knowledge of basic food preparation terms by participating in food terminology learning games and a foods laboratory experience.

**INDEPENDENT LIVING SKILLS (COMPETENCIES):**

20.0001-0411      Define food preparation terms.

**LIFE SKILLS:**

- \* Lifelong Learning
- \* Complex Thinking
- \* Effective Communication
- \* Collaboration
- \* Responsible Citizenship
- \* Employability

**RELATED CAREERS:**

Cook/Chef  
 Food Scientist  
 Baker or Pastry Chef  
 Dietitian  
 Food Service Employee  
 Kitchen Helper

**OCCUPATIONAL CLUSTER:**

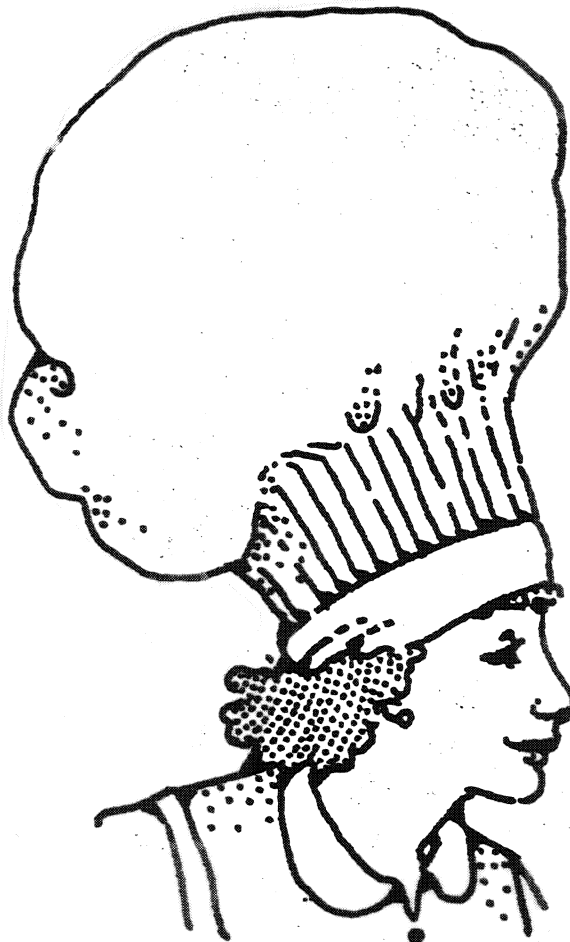
Technical/Crafts; Family and Consumer Sciences  
 Technical/Agriculture and Natural Resources; FACS  
 Technical/Crafts; Family and Consumer Sciences  
 Scientific/Medical; Family and Consumer Sciences  
 Technical/Crafts; Family and Consumer Sciences  
 Technical/Crafts; Family and Consumer Sciences

**TOPIC #14: Food Preparation Terms****Teacher Information****STUDENT ACTIVITIES:**

- ▶ 1. Food Preparation Terms - Introduction
- ▶ 2. Correct Terms Add Up to Success With Food
3. Terminology Turnover
4. Fruit Salad Lab
5. Identification of Related Careers

**SUPPLIES REQUIRED:**

- Copies of student activity guides (14.6-14.7) for each group
- Copies of student activity guide (14.8) for each student
- Several sets of game (14.10-14.16)
- Copies of student activity guide for each group (14.17-14.18)  
Apples, bananas, oranges, yogurt, or fat-free whipped topping  
Cinnamon and/or nutmeg (optional)
- Career information (from Topics #12 and #13)  
Career posters (from Topics #12 and #13)





## PROCEDURE

**CONCEPT:** Before preparing food, one must understand basic terminology used in the food preparation process.

### 1. **INTRODUCTION TO FOOD PREPARATION TERMS**

Divide students into small groups. Each group will be given copies of the student activity guide, FOOD PREPARATION TERMS: STUDENT DIRECTIONS (page 14.6), to read along with copies of the FOOD PREPARATION TERMS—STUDENT INFORMATION (page 14.7) to study so they can identify and define the terms.

### 2. **CORRECT TERMS ADD UP TO SUCCESS WITH FOOD**

Have each student complete the student activity guide, CORRECT TERMS ADD UP TO SUCCESS WITH FOOD (page 14.8), following the directions as given.

### 3. **TERMINOLOGY TURNOVER**

Students will play the game, TERMINOLOGY TURNOVER (pages 14.10-14.16), according to the directions in Step 3 on the student activity guide (page 14.6).

It is recommended that the teacher run each set of this game on a different color of paper to eliminate the possibility of mixing sets together.

### 4. **FRUIT SALAD LAB**

Students will complete the fruit salad lab using the lab sheets provided (pages 14.17-14.18).

### 5. **IDENTIFICATION OF RELATED CAREERS**

Identify the careers related to food preparation by using the career information and the career posters from Topics #12 and #13.

**SUMMARY:** A basic understanding of terms used in food preparation helps individuals have more successful experiences in the kitchen.

**NOTE:** This topic is very conducive for use in a round-robin method of instruction. Basically, the teacher could run four or five groups through these activities in any order.



### CORE TEST QUESTION BANK

UNIT:           FOODS AND NUTRITION

TOPIC #14:       FOOD PREPARATION TERMS

20.0001-0411       *Define food preparation terms.*

1. Match the mixing terms on the left with the definitions on the right by putting the letter of the term in the space before the definition.
 

A. Beat	__B__	To blend with a spoon or electric mixer until fluffy, light, and well-combined (Ex.: sugar, eggs, and shortening)
B. Cream	__C__	To beat rapidly and make light and airy (Ex.: egg whites, whipping cream)
C. Whip	__A__	To make a mixture smooth by stirring rapidly
D. Fold	__D__	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
  
2. Match the food preparation terms on the left with the definitions on the right by putting the letter of the term in the space before the definition.
 

A. Toss	__D__	To mix shortening and flour with a pastry blender or two knives
B. Knead	__A__	To mix foods lightly with a lifting motion using two forks or a fork and a spoon
C. Stir	__B__	To work or press dough with the palms of the hands
D. Cut in	__C__	To mix all ingredients with a circular motion until well-blended or is uniform in consistency



## CORE TEST QUESTION BANK

3. Match the cooking terms on the left with the definitions on the right by putting the letter of the term in the space before the definition.

- |           |         |  |
|-----------|---------|--|
| A. Boil   | ___B___ | To cook in a small amount of fat                                       |
| B. Sauté  | ___A___ | To cook a liquid until bubbles rise continuously and break the surface |
| C. Simmer | ___D___ | To spread a thin layer of shortening or oil on a baking pan            |
| D. Grease | ___C___ | To heat to just below boiling  |

4. Match the cutting terms on the left with the definitions on the right by putting the letter of the term in the space before the definition.

- |          |         |   |
|----------|---------|---|
| A. Chop  | ___B___ | To remove the center of a fruit   |
| B. Core  | ___C___ | To rub on a tool that separates or shreds the food in various small sizes |
| C. Grate | ___D___ | To remove the peeling by using a knife or peeler                          |
| D. Pare  | ___A___ | To cut into small pieces with a knife                                     |

