



SENTENCE SCRAMBLE - PAGE 1

A COOK

TO GOOD

CAN BE

LEARN



SENTENCE SCRAMBLE - PAGE 2

A FIRST

RECIPE

YOU YOU

MUST



SENTENCE SCRAMBLE - PAGE 3

READ

BEFORE



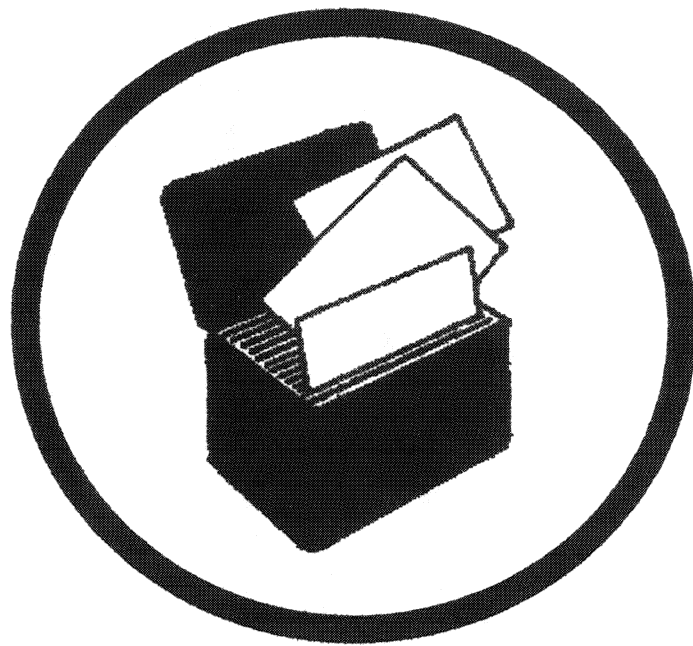
CHOOSING A RECIPE

When you choose a recipe, ask yourself these questions:

1. Will the food appeal to the family or guests as well as you?
2. Do you have all the ingredients needed?
3. If not, can you stay within your budget if you have to buy more groceries?
4. Do I have enough time to make the recipe?
5. Do I have the cooking skills needed to make the recipe?



RECIPE



**DIRECTIONS FOR
PREPARING A
FOOD PRODUCT**



CHARACTERISTICS OF A GOOD RECIPE

- A. A good recipe has two parts:
1. A list of ingredients with the amounts used
 2. The directions for making the food product
- B. It includes the following things:
1. Ingredients listed in the order of their use.
 2. Exact measurements (amounts) of each ingredient listed.
 3. Simple, step-by-step directions listed in sequence.
 4. Cooking time.
 5. Cooking temperature.
 6. Size of correct cooking equipment to use.
 7. Number and size of servings recipe makes.
 8. That the recipe be a tested one.

TOPIC #15: Reading a Recipe

Teacher Resource



Name _____ Period _____ Date _____ Score _____

RATE THE RECIPE WORDSEARCH - TEACHER KEY

Part of your cooking success depends on choosing and following good recipes. Here are tips on what to look for in a recipe. Find and circle the missing words in the wordsearch block, then write them in the blanks.

A good recipe should:

1. List ingredients in the ORDER of their use.
2. Give exact MEASUREMENTS of all ingredients.
3. Include simple, step-by-step DIRECTIONS listed in the order in which they are to be done.
4. Give the exact cooking TIME.
5. Give the exact cooking TEMPERATURE.
6. Tell the correct SIZE cooking equipment to use.
7. Give the NUMBER and size of servings the recipe will make.
8. Be a TESTED recipe.

USE GOOD RECIPES!

M E A S U R E M E N T S

T E M P E R A T U R E Y

C I S O R D E R L O S L

A R M N U M B E R I T A

O L R E B E C A Z C E C

E S N O I T C E R I D N

This student activity guide could be included in your "Independent Ideas" Handbook.



BASIC RULES FOR FOLLOWING A RECIPE

- 1. Read the entire recipe before doing anything.**
- 2. Assemble necessary equipment and ingredients before beginning.**
- 3. Preheat the oven, if necessary.**
- 4. Follow the recipe directions step by step.**
- 5. Know the meaning of cooking abbreviations, methods, and terms.**
- 6. Use correct standard equipment to measure ingredients.**

**RECIPE #1: TOMATO FLOWERS**

4 whole tomatoes chilled

4 olives (green or black)

Seasoning

Wash chilled tomatoes and cut off stem ends.

With cut side down, cut each tomato into sixths, cutting through to within 1 inch of bottom.

Carefully spread out sections, forming a "flower."

Sprinkle inside of each tomato with seasoning.

Place olives in center of each tomato.

RECIPE #2: VANILLA BUTTER FROSTING

1/3 C. soft butter or margarine

3 C. confectioners' sugar

1 1/2 t. vanilla

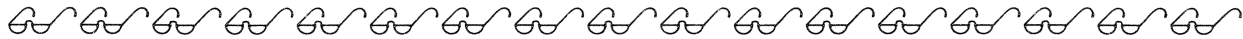
About 2 T. milk

Put butter or margarine in mixing bowl.

Soften butter or margarine.

Add confectioner's sugar to softened butter or margarine and blend together.

Stir in vanilla and milk; beat until frosting is smooth and of spreading consistency.

**RECIPE #3: TACO HOT DOGS**

1/4 C. chili sauce

1 t. minced hot chili pepper

5 frankfurters

2/3 C. shredded lettuce

1/3 C. grated natural Cheddar cheese

5 frankfurter buns, buttered

Combine chili sauce and chili pepper.

Drop frankfurters into boiling water; reduce heat.

Cover; simmer 5-8 minutes.

Shred the lettuce.

Grate the cheese.

Butter and toast buns.

Place frankfurters in buns.

Spoon chili sauce mixture over frankfurters.

Top with shredded lettuce and cheese.

**RECIPE # 4: PEACH MELBA**

1 10 oz. package of frozen raspberries

1 one-lb. can of sliced peaches

1/4 C. sugar

1 T. cornstarch

1 T. lemon juice

Vanilla ice cream

Thaw package of frozen raspberries.

Drain can of sliced peaches, reserving 1/4 cup juice.

Combine sugar, cornstarch, peach juice, and lemon juice in a saucepan.

Place mixture over a low heat and stir until thick.

Add raspberries and peaches to mixture, and heat until fruit is warm to taste.

Pour warm fruit mixture over vanilla ice cream.



WHY DO WE ADD THIS? FUNCTIONS OF BASIC RECIPE INGREDIENTS

Flour: Flour is any grain that has been milled into fine particles. There are different types of flours and they are used mainly as thickening agents, such as in gravy, or to form the structure of the food product, such as in bread.

Flours made from wheat are the most common, but flours made from rice, rye, corn, and other grains are also available. In baking, the correct type of flour must be used. Flours other than wheat flour do not form as much gluten, so products made of specialty flours will be heavy and compact. The quality of a baked product made with a specialty flour can be greatly improved when wheat flour is mixed with the nonwheat flour.

Water must be added to flour in order for the protein to form the gluten, which is the elastic framework that traps expanding gasses so that baked products, such as breads and cakes, can increase in volume (or rise).

Flour thickens products such as gravy, white sauce, and puddings by gelatinization of the starch grains. Gelatinization occurs when starch grains in cold water are heated. Heating allows the water molecules to penetrate the starch grain and swelling of the granules occurs.

Eggs: Eggs are one of the most versatile foods we have. Eggs serve a number of purposes in cooking. They help to keep batters from separating. When beaten, they trap air for leavening. Eggs add flavor and richness and give a tender texture. Heat causes egg proteins to coagulate. Because of this property, eggs are used as thickening agents and add elasticity and structure in baked products. Eggs contribute important nutrients and color to food products. Eggs have the ability to bind other liquids into a moist, tender solid.

When beaten, egg whites form a delicate foam by trapping air inside a protein matrix. This trapped air then expands when heated and gives baked products volume.

Sugar: Sugar gives sweetness to baked products. It also has a tenderizing effect and aids in browning of baked products. In yeast breads, sugar speeds up the action of yeast by providing additional food for the yeast cells. Sugars such as brown sugar, molasses, and honey give a distinctive flavor to baked products.



WHY DO WE ADD THIS? - PAGE 2

FUNCTIONS OF BASIC RECIPE INGREDIENTS

- Salt:** Salt adds flavor to many baked products, but it also affects yeast and gluten. Salt slows down the activity of yeast so that bread dough does not rise too rapidly and produce a loaf that is too light. However, too much salt will slow down the yeast so much that a heavy, dense loaf will result. Gluten is toughened by salt. When salt bonds with gluten, the structure becomes less mobile and a tougher dough results.
- Liquids:** Milk and/or water are commonly used as the liquid that makes the dry ingredients into a batter or dough, such as in cakes or bread. It is also used as a thinning agent, and milk is sometimes added to increase the nutritional content of a product.
- Leavening Agents:** Leavening agents manufacture gas in the food so that the gas will expand and stretch cell walls to increase volume and tenderness.
- Baking powder or baking soda plus an acid produce carbon dioxide to leaven a product when liquid is added and the product is heated. Historical note: Baking powder was the first time-saving baking product to be marketed; it is a combination of baking soda and an acid—cream of tartar. Quick breads are made with baking powder and/or baking soda.
- Air incorporated during mixing expands when heated. Liquid turns to steam when heated and thereby increases the volume.
- Yeast is a mass of living plants which grow and produce carbon dioxide and alcohol when given moisture, food, and warmth. During baking, the alcohol evaporates, gas is given off, and the yeast is killed. Yeasts are among the simplest kinds of plants and belong to a group of plants called "fungi."
- Fats and Oils:** Fat lubricates gluten strands, making them stretch easier as the gas is produced. Fat also develops shorter more tender gluten strands, thus making the baked product more tender and pleasant to eat. The choice of shortening depends on availability, personal taste, and nutritional considerations. Animal and hydrogenated fats contain more saturated fatty acids than vegetable oils and some margarine. Vegetable oils are least cholesterol forming.



WHY DO WE ADD THIS? - PAGE 3 FUNCTIONS OF BASIC RECIPE INGREDIENTS

When butter is "creamed" with sugar, as is likely when making a cake, many small air cells are created which can then be incorporated into the batter. Commercial shortening has been precreamed without sugar so that it takes much less "creaming" than butter does to attain the desired lightness. This "creaming" process can be thought of as a kind of leavening. Cooking oils are not capable of holding air.

Other
Ingredients:

Spices, flavoring extracts, nuts, cheeses, and fruits add variety and nutritive value. Nuts and dried fruit should be rinsed in hot water before adding them to the dough to prevent them from falling out when the product is sliced.





CAREER INFORMATION

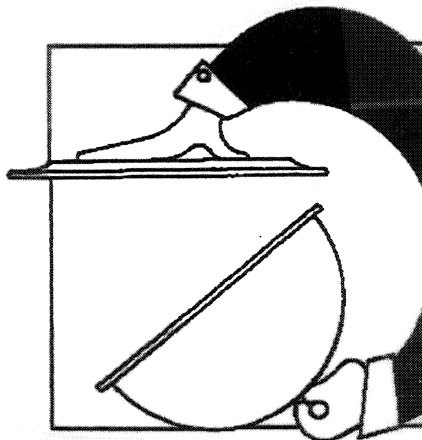
HOMEMAKER/ HOME HEALTH AIDE:

Homemaker/home health aides provide homemaking services, personal care, and emotional support for clients who need such assistance to maintain themselves in their own homes. Most homemaker/home health aides work with elderly or disabled clients who require more extensive care than spouse, family, or friends can provide. Job duties and schedules vary according to clients' needs. Basic duties include cleaning, doing laundry, changing bed linens, and planning and preparing meals. Homemaker/home health aides are essentially on their own when they are at work and must be able to plan their work and schedule their time efficiently.

Full-time or part-time work is generally available and the worker can work as much or as little as they desire. In many states, workers must complete a short training course to be licensed for employment. Other education is not required, although a high school diploma is desirable. Employment possibilities are expected to increase through the year 2000 because of the increasing elderly population in our country.

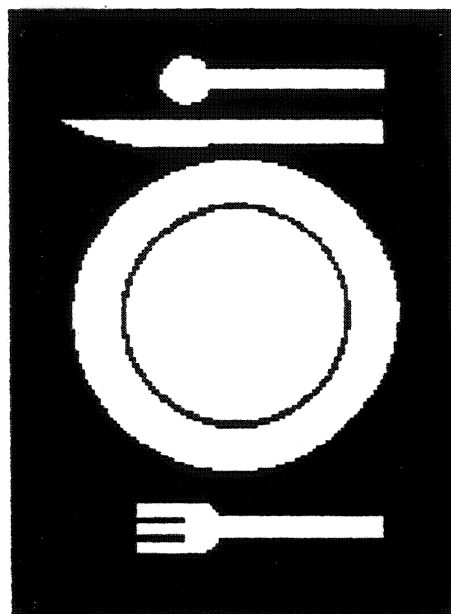
CATERER:

A caterer is a person who prepares food for special occasions, such as wedding receptions or private parties. The food is generally prepared at one location and transported to another place to be served. Caterers charge so much per person to be served and the price depends on the menu desired by the person ordering the food. Catering is often done on a part-time basis by people who do not want to work full time, and sometimes the food is prepared in a home kitchen. Caterers need to have some experience and training in the food industry before they start into the business. The amount of money earned depends upon the amount of business and the profit margin built into the unit price for each occasion.



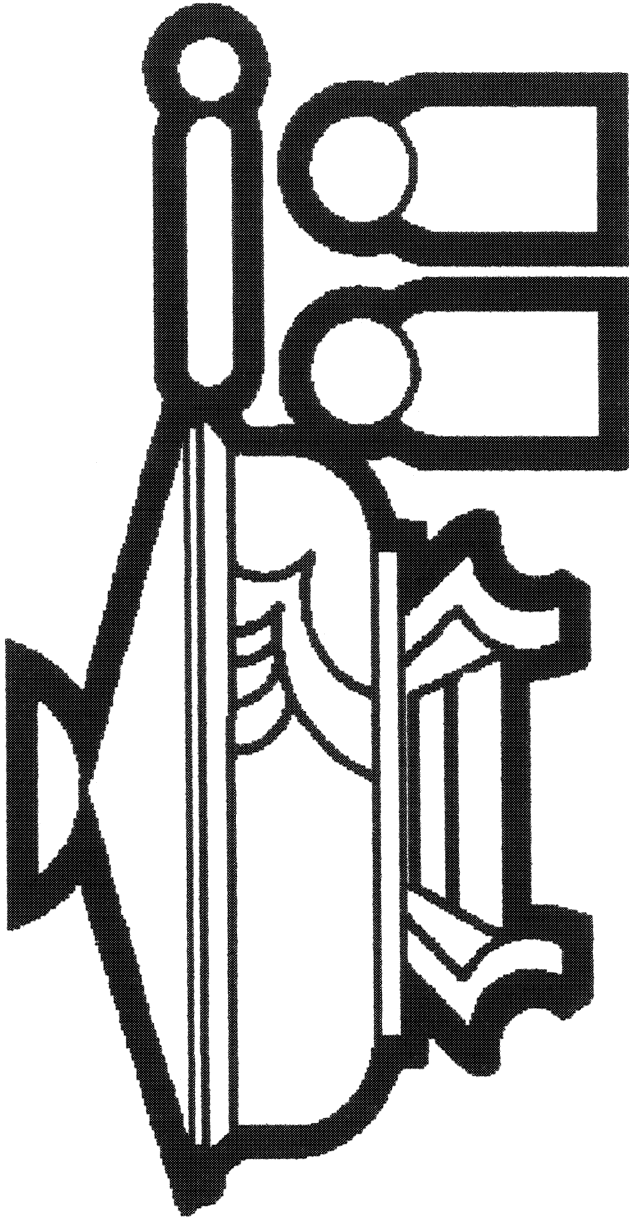


HOMEMAKER!



HOME

HEALTH AIDE



CATERER