

FACS: Cooking Terminology (Nutri/Food)

Summary

To be a successful cook, one must know the correct terminology

Main Core Tie

FCS 6th Grade

[Strand 1](#)

Time Frame

1 class periods of 45 minutes each

Life Skills

Employability

Materials

Handouts or game cards for students.

Background for Teachers

Review basic cooking terminology.

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-blended (example: 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 spoon.
16. WHIP: to beat rapidly and make light and airy (example: egg whites, whipping cream)

Intended Learning Outcomes

Students will learn basic cooking terms.

Authors

[Utah LessonPlans](#)