

Cooking Terminology Review

Summary

Students will review cooking terminology discussed in Foods I using a packet and game. The students will also be participating in a knife skills lab.

Main Core Tie

Dietetics and Nutrition 1

[Strand 1 Standard 2](#)

Additional Core Ties

General Financial Literacy

[Strand 2 Standard 1](#)

General Financial Literacy

[Strand 2 Standard 2](#)

Time Frame

1 class periods of 70 minutes each

Group Size

Small Groups

Life Skills

Thinking & Reasoning

Materials

Bell Ringer Cards

Cooking Terminology Review Packet

Cooking Terminology Review Packet Answer Key

Cooking Terminology PowerPoint Presentation

Candy or other prize for the winner

Student Knife Skills Handout

Chef Knife

Cutting Board

Food for Lab: Carrots (one per student) and Basil Leaves (one per student)

Intended Learning Outcomes

Students will be able to do the following:

Identify and explain the appropriate safe use and care of kitchen equipment.

Select appropriate equipment to use for specific product preparation and culinary applications.

Identify and demonstrate different knife cuts.

Review and apply appropriate abbreviations, techniques, equivalents, calculate recipe-size adjustments, and proper measuring techniques with correct equipment.

Instructional Procedures

Teacher and student step-by-step instructions are found below in the "Cooking Terminology Review Lesson Plan" attachment.

Assessment Plan

The students are to fill out their packets completely during the lecture and activities. The students will also be evaluated on their knife cutting skills in a lab. The knife skills worksheet will be completed and turned in before the end of the hour by each student.

Bibliography

[Foods and Nutrition II Curriculum Guide](#)

from the Utah State Office of Education

Authors

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