**Quick Reference Guide to Standard 2**

**Standard 2—Kitchen equipment and Management**

*Standard 2 could be considered the hands-on laboratory techniques section: the students learn about the equipment and what each piece does, then they learn proper terminology and measurements, with all the mathematics needed to perform their experiments/recipes. This is a foundational standard that pulls in math and physics as well as a great deal of vocabulary.*

 ***Objective 1—Identify care and use of various kitchen equipment ; knife skills***

[Tips for Teaching Knife Skills](http://extension.usu.edu/htm/publications/publication%3D13516%26custom%3D1)

USU Extension booklet on knife skills. Also available as an ibook from [USU Extension FACS Food Science Tools](http://extension.usu.edu/foodbiz/htm/facs) includes practice labs and food purchase lists.

<http://www.explainthatstuff.com> Great website for background information on why/how things work.

***Objective 2—Measurements, abbreviation, terminology, measuring techniques***

***Objective 3-- Equivalents, recipe adjustments, double, half, conversions***

[*http://www.uen.org/cte/facs\_cabinet/facs\_cabinet16i.shtml*](http://www.uen.org/cte/facs_cabinet/facs_cabinet16i.shtml)This is the 2014 FACS Conference handout site. Scroll down to the Workshop area to pick and choose among the lesson plans and activities given by Shelli Barnum to bring Math into the Foods and Nutrition classroom.

[What Does it Matter?](https://www.dropbox.com/home/FCS--Foods%20and%20Nutrition%201/STANDARD%202--Skills%20and%20Management?preview=What+does+it+matter--lab.docx) LAB/DEMO—What Does It Matter? Lab covering states of matter—solid, liquid and gas—as well as learning how to determine boiling and freezing points.

[Ratio Rumble game](http://mathsnacks.com/ratiorumble_game_en.html) from New Mexico State Extension’s popular Math Snacks games.

***Performance Objective 4—Demo proper measuring and prep techniques***

**Definitions for Standard 2 – Kitchen Skills**

**Brunoise:** A cube shaped cut that is 1/8 x 1/8 x 1/8".

**Chop:** To cut into irregularly shaped pieces that are close to the same size.

**Cooking:** The transfer of energy from a heat source to a food that alters the food texture, flavor, aroma and appearance.

**Cream:** To vigorously work sugar and fat together until the mixture is soft and fluffy.

**Cut in:** To cut fat and flour together using a pastry blender or two knives.

**Dice:** To cut into evenly-sized cubes.

**Dredge:** To coat food with flour, breadcrumbs, cornmeal, or other powdered substance before cooking

**Flour:** To sprinkle or coat moist food lightly with flour or seasoned flour before dipping into liquid (first step in the standard breading procedure)

**Grate:** To shred into fine pieces by rubbing on a surface with sharp projections.

**Herb:** A flavoring obtained from the leaves or stems of an aromatic plant. Fresh herbs should be added towards the end of the cooking process, but dried herbs can be added at any time.

**Julienne:** A stick-shaped cut that is 1/8 x 1/8 x 2".

**Knead:** To robustly work dough to further mix and develop gluten

**Large dice:** A cube-shaped cut that is 3/4 x 3/4 x 3/4".

**Medium dice:** A cube-shaped cut that is 1/2 x 1/2 x 1/2".

**Mince:** To chop into very fine pieces.

**Sauté:** To quickly cook foods in a small amount of fat over medium to high heat.

**Shred:** To cut into thin strips.

**Simmer:** To cook in liquid just below the boiling point (180°F)

**Small dice:** A cube-shaped cut that is 1/4 x 1/4 x 1/4".

**Spice:** A flavoring obtained from the root, bark, flowers, or seeds of an aromatic plant. Spices should be added early in the cooking process.

**Steam:** To cook in the vapor produced when water boils

**Volume:** An indication of the space taken up by a food or ingredient. Volume is the preferred way to measure liquid ingredients.

**Weight:** An indication of the mass of a food or ingredient. Weight is the preferred way to measure solid ingredients.

**Whip:** To beat rapidly to introduce air bubbles into food