

## ABBREVIATIONS

Questions:

1. Write the abbreviations for each word that is underlined in the following recipes:

### Buttermilk Biscuits

Yield: 100 2 oz. biscuits.  
Ingredients:

- |                               |                    |          |
|-------------------------------|--------------------|----------|
| a. Baking Powder              | 4 ounces           | a. _____ |
| b. Flour, all purpose, sifted | 6 pounds, 8 ounces | b. _____ |
| c. Salt                       | 1 1/2 ounces       | c. _____ |
| d. Margarine                  | 1 pound 4 ounces   | d. _____ |
| e. Buttermilk                 | 5 pounds           | e. _____ |



### Fudge \*

- |                     |                   |          |
|---------------------|-------------------|----------|
| f. Sugar            | 2 cups            | f. _____ |
| g. Milk             | 2/3 cups          | g. _____ |
| h. Light corn syrup | 1 1/2 tablespoons | h. _____ |
| i. Chocolate        | 2 squares         | i. _____ |
| j. Salt             | few grains        | j. _____ |
| k. Butter           | 3 tablespoons     | k. _____ |
| l. Vanilla          | 1 teaspoon        | l. _____ |

2. \*Write the word for each of the following abbreviated terms:

- |                          |       |                          |       |
|--------------------------|-------|--------------------------|-------|
| a. 10 cal. per slice     | _____ | k. 2 tbsp. chopped onion | _____ |
| b. 1 lb. sugar           | _____ | l. 3 T. cornstarch       | _____ |
| c. Cook at 350° F.       | _____ | m. Bake for 1 hr.        | _____ |
| d. 2 c. water            | _____ | n. 1 tsp. cinnamon       | _____ |
| e. Beat for 10 min.      | _____ | o. 4 T. M.S.G.           | _____ |
| f. F.G. pepper           | _____ | p. 1 lg. apple           | _____ |
| g. bu. potatoes          | _____ | q. 5 oz. coconut         | _____ |
| h. Let stand for 20 sec. | _____ | r. Cool at room temp.    | _____ |
| i. 1 t. salt             | _____ | s. 1 sml. banana         | _____ |
| j. 1 med. orange         | _____ | t. Wt. of baked cake     | _____ |

## EQUIVALENTS

Questions:

1. \*Write the equivalent for the following measurements:

- |                  |                      |
|------------------|----------------------|
| a. 3 t. =        | i. 4 qt. =           |
| b. 16 T. =       | j. 16 oz. =          |
| c. 8 fluid oz. = | k. f.g. =            |
| d. 2 c. =        | l. spk. =            |
| e. 8 quarts =    | m. 1/4 c. = _____ T. |
| f. 4 pk. =       | n. 1/2 c. = _____ T. |
| g. pinch =       | o. 3/4 c. = _____ T. |
| h. 2 pt. =       | p. 4 c. = _____ T.   |

2. \*Josie will help in the baking area this week. She has asked to double the amount of ingredients in a cookie recipe for the baker. Show what amounts, using the largest equivalents, are needed of each ingredient, after doubling the recipe.

- |       |                   |
|-------|-------------------|
| _____ | a. 1 c. sugar     |
| _____ | b. 1 c. margarine |
| _____ | c. 2 t. vanilla   |
| _____ | d. 12 oz. flour   |
| _____ | e. 2 T. cocoa     |

3. \*One of the tasks on Sue's work sheet today is to measure ingredients for apple crisp. A red-penciled note attached to the recipe said "make 3x the recipe." Complete the blanks to show largest equivalent measurement she should use when she triples the recipe.

- |       |                                 |
|-------|---------------------------------|
| _____ | a. 10 lb. sliced apples         |
| _____ | b. 8 oz. sugar                  |
| _____ | c. 1/4 c. lemon juice           |
| _____ | d. 1 lb. 4 oz. margarine        |
| _____ | e. 12 oz. flour                 |
| _____ | f. 12 oz. rolled oats, uncooked |
| _____ | g. 2 lb. brown sugar            |

## ADJUSTING RECIPES

Listed below are the ingredients required to make four large servings of ice cream. Without using a pencil and paper to do your figuring, can you adjust the recipe to make two servings, eight servings, and twelve servings?

Velvet Ice Cream (4 servings)	2 Servings	8 Servings	12 Servings
2 eggs			
2/3 cups sugar			
1 ½ cup milk			
¼ cup water			
2 T. light corn syrup			
1 tsp. Vanilla			
½ cup whipping cream			

Liquid and dry measures			
_____ tablespoons	=	_____	½ cup
_____ teaspoons	=	_____	1 TBSP.
_____ tablespoons	=	_____	1 cup
4   tablespoons	=	_____	cup
12   tablespoons	=	_____	cup
5    tablespoons	=	_____	cup

Liquid Measures			
4 Quarts	=	_____	gallon
2 tablespoons	=	_____	fluid ounce
½ cup	=	_____	fluid ounces
_____ cups	=	2 pints	= 1 quart
_____ cups	=	_____	1 pint
_____ cup	=	8 fluid ounces	= ½ pint

Dry Measures			
8 quarts	=	_____	peck
_____ pecks	=	_____	1 bushel
_____ ounces	=	_____	1 pound



**EVERYTHING YOU'VE ALWAYS WANTED TO KNOW ABOUT EQUIVALENTS,  
MEASUREMENTS, TERMS, AND RECIPES. . .AND MORE!!!**

**ABBREVIATIONS**

Tbsp. or T.	= Tablespoon	pk.	= peck
tsp. or t.	= teaspoon	bu.	= bushel
c. or C.	= cup	oz.	= ounce
spk.	= speck	lb.	= pound
C.	= degrees Centigrade	min.	= minute
F.	= degrees Fahrenheit	hr.	= hour
pt.	= pint	mod.	= moderate
qt.	= quart	doz.	= dozen
sq.	= square	temp.	= temperature
f.g.	= few grains	cal.	= calories
sm.	= small	sec.	= second
med.	= medium	lg.	= large
	M.S.G. = Monosodium Glutamate		

**EQUIVALENTS**

dash, speck, few grains	= less than 1/8 teaspoon
3 teaspoons	= 1 Tablespoon
16 Tablespoons	= 1 cup
4 Tablespoons	= 1/4 cup
8 Tablespoons	= 1/2 cup
8 ounces	= 1 cup (liquid)
2 cups	= 1 pint
4 cups	= 1 quart
8 quarts	= 1/2 gallon (liquid) or 1 peck (dry)
4 pecks	= 1 bushel
16 ounces	= 1 pound
1 pound butter or margarine	= 2 cups or 4 cubes
1/2 pound butter or margarine	= 1 cup or 2 cubes
1/4 pound butter or margarine	= 1/2 cup or 1 cube
1 pound granulated sugar	= 2-1/4 cups
1 square chocolate	= 1 ounce
10 miniature marshmallows	= 1 large marshmallow
3/8 cup	= 1/4 C. + 2 T.
5/8 cup	= 1/2 C. + 2 T.
2/3 cup	= 1/2 C. + 2 T. + 2 t.
7/8 cup	= 3/4 C. + 2 T.

**SUBSTITUTIONS**

1 sq. chocolate	= 3 T. cocoa and 1 T. fat
1 C. cake or pastry flour	= 7/8 C. all-purpose flour and 2 T. cornstarch
1 T. cornstarch	= 2 T. flour (to thicken)
1 t. baking powder	= 1/4 t. soda and 1/2 t. cream of tartar
1 C. milk	= 1/2 C. evaporated milk and 1/2 C. water
1 C. milk	= 1 C. reconstituted nonfat dry milk plus 2 t. margarine
1 C. reconstituted milk	= 1/3 C. dry milk; fill to 1 C. with water
1 C. sour milk or buttermilk	= 1 C. fresh milk plus 1 T. vinegar or lemon juice
1 whole egg	= 2 egg yolks or 2 T. dry egg plus 2-1/2 T. water
1 C. honey	= 1 C. sugar plus 1/4 C. water

**WHAT IS A STANDARDIZED RECIPE?**

A recipe tested successfully many times with the yield and quality resulting each time is a "standard" recipe. In food service operations, quantity foods are scientifically developed by experimenting with various combinations and amounts of ingredients. Precise records are kept and results are evaluated for the following qualities:

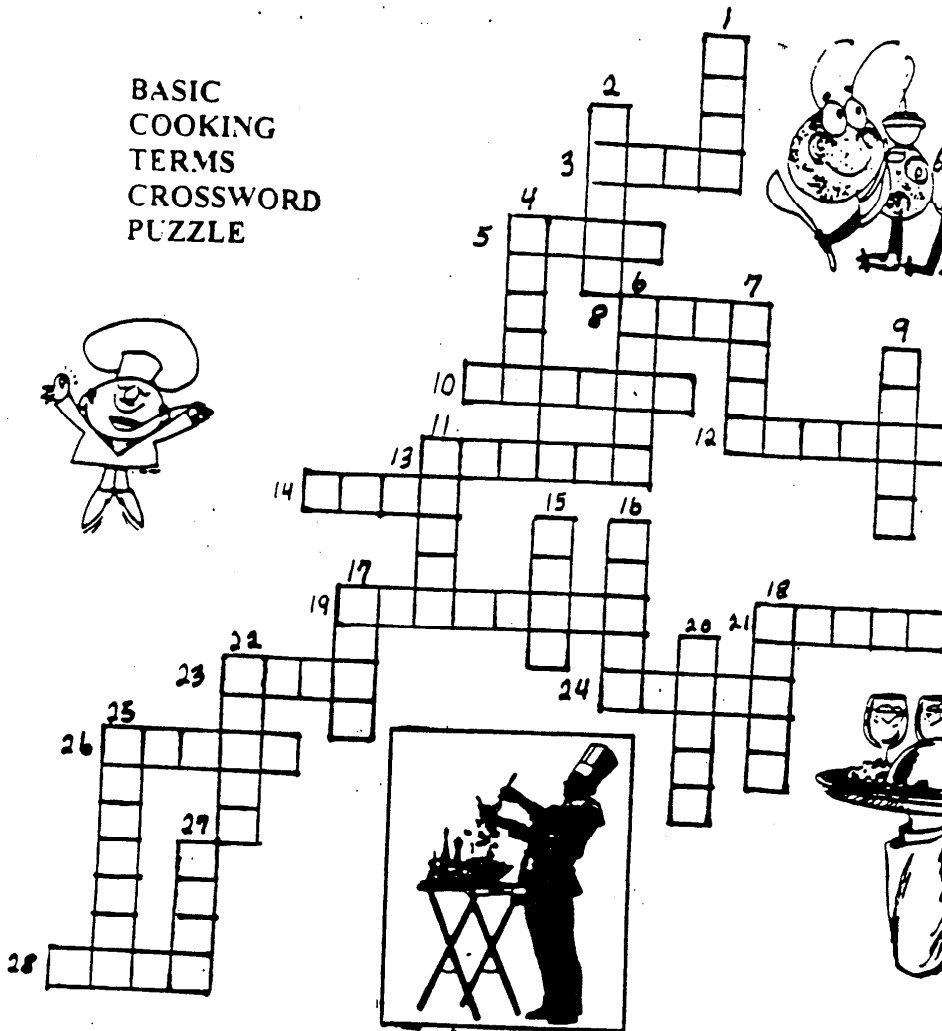
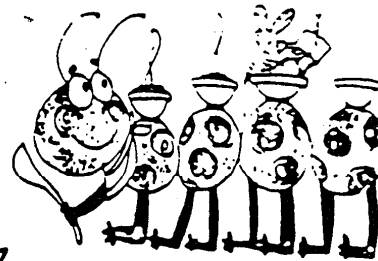
Taste Appeal  
Quality  
Nutritional Value  
Economy of Production

Once the best combination of ingredients is achieved, the recipe is filed. Each time the recipe is used, it is followed EXACTLY as it is written so the finished product will always turn out the same.

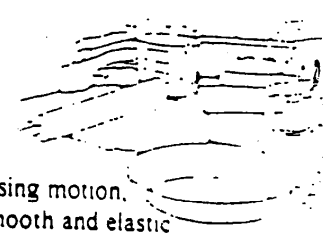
**WHAT ARE THE IMPORTANT PARTS OF A GOOD RECIPE?**

1. NAME OF PRODUCT
2. SERVING SIZE & YIELD
3. COOKING TIME & TEMPERATURE
4. INGREDIENTS LISTED IN ORDER OF USE
5. AMOUNTS TO USE
6. METHOD OF PREPARATION
7. SIZE AND TYPE OF EQUIPMENT TO USE

BASIC  
COOKING  
TERMS  
CROSSWORD  
PUZZLE



18. To mix two or more ingredients until they are well combined.
19. To roast meat slowly on a spit rack over heat - basting frequently with a highly seasoned sauce.
20. To work dough with the "heel" of the hands, using a pressing motion, accompanied by folding and stretching until it becomes smooth and elastic.
21. To coat food with butter, margarine, or egg using a small brush.
22. To cut fat into flour with a pastry blender until it is distributed in small pieces.
23. To prepare food by applying heat in any form.
24. To cut or chop food as finely as possible.
25. To ornament food before serving, usually with another colorful food, to add eye appeal.
26. To finely divide food in various sizes by rubbing it on a grater having sharp projections.
27. To beat rapidly to introduce air bubbles into the food. Applied to cream, eggs, and gelatin dishes.
28. To cut into small pieces.



<b>Knead</b>	To work dough with the "heel" of the hands, using a pressing motion, accompanied by folding and stretching until it becomes smooth and elastic.
<b>Mince</b>	To cut or chop food as finely as possible.
<b>Peel</b>	To remove or strip off the skin of some fruits and vegetables or the rind of some fruits.
<b>Roll</b>	To flatten to a desired thickness by using a rolling pin.
<b>Sauté</b>	To cook in a small amount of fat.
<b>Season</b>	To heighten or improve the flavor of food by adding spices or herbs.
<b>Simmer</b>	To cook in a liquid below the boiling point. Bubbles form slowly and break below the surface.
<b>Steam</b>	To cook in the steam generated by boiling water.
<b>Stir</b>	To mix by using a circular motion - going around and around until the ingredients are blended together.
<b>Toss</b>	To mix ingredients lightly without mashing or crushing them.
<b>Whip</b>	To beat rapidly to introduce air bubbles into the food. Applied to cream, eggs, and gelatin dishes.

### CROSSWORD PUZZLE QUESTIONS

- To remove or strip off the skin of some fruits and vegetables or the rind of some fruits
- To cook over or under direct heat. To grill.
- To flatten to a desired thickness by using a rolling pin.
- To cook in a small amount of fat.
- To mix by using a circular motion until ingredients are blended together.
- To bake, dry, or toast a food until the surface is brown.
- To mix ingredients lightly without mashing or crushing them.
- To make mixture smooth by lifting it over and over quickly, or to incorporate air into mixture.
- To beat sugar and fat together until the mixture is fluffy.
- To heighten or improve the flavor of food by adding spices or herb's.
- To sprinkle or coat with a powdered substance.
- To cook in a liquid below the boiling point, bubbles for slowly and break on the surface
- To mix ingredients by gently turning one part over another with a spatula.
- To cook in a water or liquid, in which bubbles rise continually and break on the surface
- To cut into very small cubes.
- To cook in the steam generated by boiling water.
- To cook by dry heat, usually in an oven.

# BASIC COOKING TERMS - FOODS I



- Bake** To cook by dry heat, usually in an oven.
- Barbecue** To roast meat slowly on a spit or rack over heat - basting frequently with a highly seasoned sauce.
- Beat** To make mixture smooth by lifting the mixture over and over quickly with a big beating stroke or to incorporate air through a mixture.
- Blend** To mix two or more ingredients until they are well combined.
- Boil** To cook in water, or liquid, in which bubbles rise continually and break on the surface.
- Broil** To cook over or under, or in front of a fire of hot coals or a gas or electric burner, or other direct heat. To grill.
- Brown** To bake, dry, or toast a food until the surface is brown.
- Brush** To coat food with butter, margarine or egg - using a small brush.
- Cook** To prepare food by applying heat in any form.
- Cream** To beat sugar and fat together until the mixture is fluffy.
- Cut In** To cut fat into the flour with two knives, or a pastry blender, until it is distributed in small particles throughout the mixture.
- Chop** To cut into small pieces.
- Dice** To cut into very small cubes
- Flour** To sprinkle or coat with a powdered substance.
- Fold In** To mix ingredients by gently turning one part over another with a spatula.
- Garnish** To ornament food - usually with another colorful food - before serving to add eye appeal.
- Grate** To finely divide food in various sizes of bits or shreds, by rubbing it on a grater having sharp projections.



## ABBREVIATIONS AND FOOD WEIGHTS AND MEASURES WORKSHEET

Fill in the blank using the information found in class, textbooks, handouts, etc.

### Equivalents:

- |   |   |   |
|---|---|---|
| 1. 3 tsp. = _____ T.                        | 8. $\frac{2}{3}$ c. = _____ T. + _____ t. | 15. 1 cup = _____ oz.                       |
| 2. 1 pt. = _____ c.                         | 9. $\frac{3}{4}$ c. = _____ T.            | 16. 1 gallon = _____ qt.                    |
| 3. 2 c. = _____ lb. Butter                  | 10. 2 sticks butter = _____ c.            | 17. $\frac{3}{8}$ cup = _____ c. + _____ T. |
| 4. 1 c. = _____ T.                          | 11. $2\frac{1}{4}$ c. sugar = _____ lb.   | 18. $\frac{5}{8}$ cup = _____ c. + _____ T. |
| 5. $\frac{1}{2}$ c. = _____ T.              | 12. 4 c. = _____ lb. Flour                | 19. $\frac{1}{4}$ c. = _____ T.             |
| 6. $\frac{1}{3}$ c. = _____ T. + _____ tsp. | 13. 1 quart = _____ cups                  | 20. $\frac{7}{8}$ cup = _____ c. + _____ T. |
| 7. 1 gallon = _____ cups                    | 14. 1 pint = _____ cups                   | 21. 1 qt. = _____ pt.                       |

### What are the abbreviations for the following words?

- |                              |                         |
|------------------------------|-------------------------|
| 1. tablespoon _____ or _____ | 8. ounce _____          |
| 2. teaspoon _____ or _____   | 9. pound _____ or _____ |
| 3. speck _____               | 10. hour _____          |
| 4. pint _____                | 11. minute _____        |
| 5. quart _____               | 12. square _____        |
| 6. gallon _____              | 13. few grains _____    |
| 7. cup _____                 | 14. dozen _____         |

### Dividing measurements in half:

- |                         |                          |                          |
|-------------------------|--------------------------|--------------------------|
| 1. 1 tsp. =             | 8. $\frac{3}{4}$ cup =   | 15. $1\frac{3}{4}$ cup = |
| 2. 1 TBSP =             | 9. 1 cup =               | 16. 2 cups =             |
| 3. $\frac{1}{8}$ cup =  | 10. $1\frac{1}{8}$ cup = | 17. $2\frac{1}{4}$ cup = |
| 4. $\frac{1}{4}$ cup =  | 11. $1\frac{1}{4}$ cup = | 18. $2\frac{1}{2}$ cup = |
| 5. $\frac{1}{2}$ cup =  | 12. $1\frac{1}{2}$ cup = | 19. $2\frac{2}{3}$ cup = |
| 6. $\frac{2}{3}$ cup =  | 13. $1\frac{2}{3}$ cup = | 20. $2\frac{3}{4}$ cup = |
| 7. $\frac{1}{2}$ tsp. = | 14. $\frac{3}{4}$ tsp. = | 21. $\frac{1}{4}$ tsp. = |

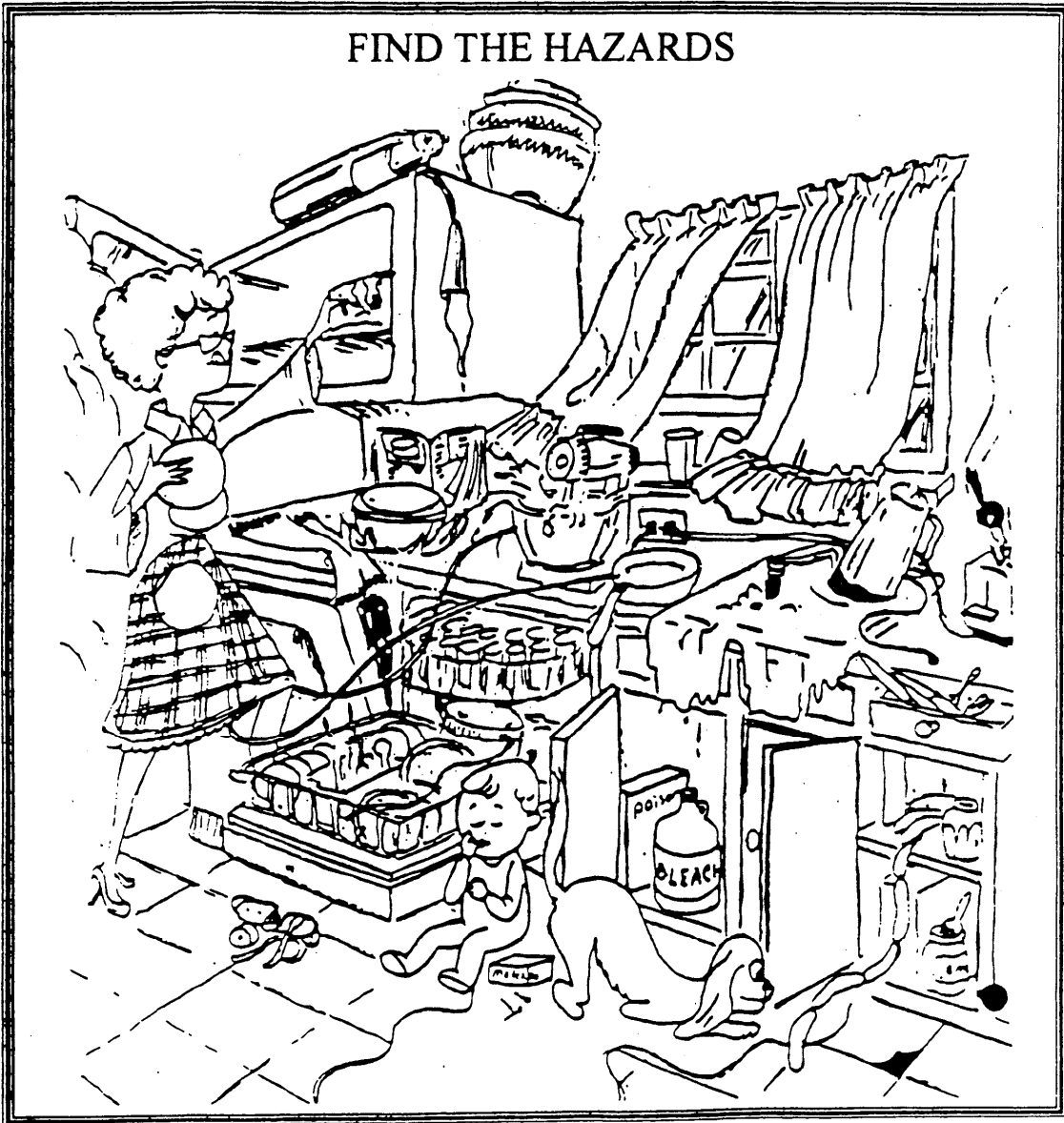
### Doubling Measurement:

- |                         |                          |                           |
|-------------------------|--------------------------|---------------------------|
| 1. 1 tsp. =             | 8. $\frac{3}{4}$ cup =   | 15. $1\frac{3}{4}$ cup =  |
| 2. 1 TBSP =             | 9. 1 cup =               | 16. 2 cups =              |
| 3. $\frac{1}{8}$ cup =  | 10. $1\frac{1}{8}$ cup = | 17. $2\frac{1}{4}$ cup =  |
| 4. $\frac{1}{4}$ cup =  | 11. $1\frac{1}{4}$ cup = | 18. $2\frac{1}{2}$ cup =  |
| 5. $\frac{1}{2}$ cup =  | 12. $1\frac{1}{2}$ cup = | 19. $2\frac{2}{3}$ cup =  |
| 6. $\frac{2}{3}$ cup =  | 13. $1\frac{1}{3}$ cup = | 20. $2\frac{3}{4}$ cup =  |
| 7. $\frac{1}{2}$ tsp. = | 14. $\frac{3}{4}$ tsp. = | 21. $1\frac{1}{4}$ tsp. = |

Name: \_\_\_\_\_ Period: \_\_\_\_\_

Kitchen Basics  
Food for Life

FIND THE HAZARDS





# Kitchen Equipment



## KITCHEN EQUIPMENT WORD SEARCH

X N O O P S N E D O O W L A D L E D M R  
 N A I R E C O O L I N G R A C K R P E E  
 H L N Z E F I N K D A E R B E Y V A A D  
 F O P H Y P S T R A I N E R M D S L S N  
 R E L E E P A N K S I H W E R I W U U E  
 R E T E M O M R E H T T A E M W E T R L  
 R E D N A L O C C W G S V V Q K T A I B  
 L I Q U I D M E A S U R I N G C U P N Y  
 N I P G N I L L O R R R A N E P R S G R  
 P A R I N G K N I F E E E T X D N L S T  
 S C H E F S K N I F E I B T E M E A P S  
 G D R A O B G N I T T U C B F R R T O A  
 N Q C Z W C B A K E W A R E U I I E O P  
 O R O Q U L W O B G N I X I M R S M N A  
 T A M P K I T C H E N S H E A R S B S H

BAKEWARE  
 COLANDER  
 DRYMEASURINGCUP  
 LADLE  
 MEAT THERMOMETER  
 PARINGKNIFE  
 ROLLINGPIN  
 STRAINER  
 WIREWHISK

BREADKNIFE  
 COOLINGRACK  
 GRATER  
 LIQUIDMEASURINGCUP  
 METALSPATULA  
 PASTRYBLENDER  
 RUBBERSCRAPER  
 TONGS  
 WOODEN SPOON

CHEFSKNIFE  
 CUTTINGBOARD  
 KITCHENSHEAR  
 MEASURINGSPC  
 MIXINGBOWL  
 PEELER  
 SIFTER  
 TURNER

## HOUSEKEEPING IN THE KITCHEN

### KITCHEN CLEANLINESS GUIDELINES



Make sure you follow the guidelines for kitchen cleanliness to avoid food-borne illnesses and to make your food preparation environment a pleasant place to work.



1. Make sure counter tops, tables and other work surfaces are clean before cooking.
2. Wipe up spills right away. Thoroughly clean the cutting board--after each use.
3. Wash pots, pans, and dishes in hot soapy water as soon as possible.
4. Wash tools and utensils that have been used on raw meats before you use them to prepare other foods.
5. Dispose of all food wastes properly - use garbage cans and garbage disposal.
6. Put equipment back in labeled drawer or cupboard.
7. Mixing chlorine (clorox) with any product containing ammonia, will create deadly gases.

### RANGE AREA

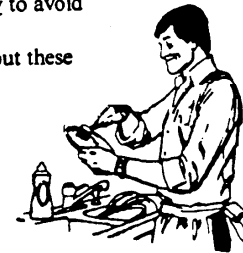


1. Wipe range with warm sudsy water and wipe dry. Lift up tops of burners and wipe under them. Polish chrome with dry towel. Cleaning the range should be done after every lab.
2. Wipe up any spills in the oven.
3. Turn gas on only when pan is on burner.
4. Handles of pans should never extend over the edge of the range.
5. If gas odor is around range, turn off burners and open windows.
6. To avoid a steam burn, take lid off so the steam goes away from the face.
7. Use large enough saucepans to prevent cooked food from boiling over.
8. Majority of cooking should be done on a moderate heat setting.
9. When inspecting food in the oven, stand to one side and open the oven door. Pull rack out using hot pads.
10. Keep plastic items and clothing away from direct heat.
11. When using glass pans for baking, reduce the temperature 25 degrees.



### SINK AREA

1. Wash dishes and pans as you go. This keeps the kitchen from getting cluttered and it's easier to be cleaned up when the bell rings.
2. Scour sink and faucets often with cleanser. Rinse well and wipe dry to avoid hard water spots.
3. Wash all sharp edged tools separately from other utensils. Do not put these tools in the dish water.



Name: \_\_\_\_\_ Per: \_\_\_\_\_

## CAN YOUR KITCHEN PASS THE FOOD SAFETY TEST?

Choose the answer that best describes the practice in your household, whether or not you are the primary food handler. Circle your answer.

1. The temperature of the refrigerator in my home is:
  1. 50 degrees Fahrenheit
  2. 41 degrees Fahrenheit
  3. I don't know, I've never check it
2. The last time we had leftover cooked stew or other food with meat, chicken or fish, the food was:
  1. Cooled to room temperature, then put in the refrigerator
  2. Put in the refrigerator immediately after the food was served
  3. Left at room temperature overnight or longer
3. The last time the kitchen sink, drain, disposal and connecting pipe in my home were sanitized was:
  1. Last night
  2. Several weeks ago
  3. Never or I can't remember
4. If a cutting board is used in my home to cut raw meat, poultry or fish and it is going to be used to chop another food, the board is:
  1. Reused as is
  2. Wiped with a damp cloth
  3. Washed with soap and hot water and sanitized with a mild chlorine bleach solution
5. The last time we had hamburgers in my home, I ate mine
  1. Rare
  2. Medium
  3. Well-done
6. The last time there was cookie dough in my home, the dough was
  1. Made with raw eggs, and I sampled some of it
  2. Store-bought, and I sampled some of it
  3. Not sampled until baked

7. I clean my kitchen counters and other surfaces that come in contact with food with:
  1. Water
  2. Hot water and soap
  3. Hot water, soap and a bleach solution
  4. Hot water, soap, and a commercial sanitizing agent
8. When dishes are washed in my home they are:
  1. Cleaned by an automatic dishwasher and then air-dried
  2. Left to soak in the sink for several hours and then washed with soap in the same water
  3. Washed right away with hot water and soap in the sink, then air dried
  4. Washed right away with hot water and soap in the sink and immediately towel dried
9. The last time I handled raw meat, poultry or fish, I cleaned my hands afterward by
  1. Wiping them on a towel
  2. Rinsing them under hot, cold or warm water
  3. Washing with soap and warm water for 20 seconds
10. Meat, poultry and fish products are defrosted in my home by:
  1. Setting them on the counter
  2. Placing them in the refrigerator
  3. Using a microwave

Score: \_\_\_\_\_

**20 points:** Feel confident about the safety of food served in your home.

**12-19 points:** Re-examine food safety practices in your home. Some key rules are being violated!!

**11 or below:** Take steps immediately to correct food handling, storage and cooking techniques used in your home. Current practices are putting you and other members of your household in danger of food-borne illness.

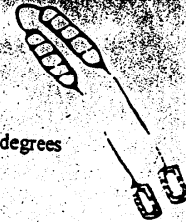
## KNOW YOUR EQUIPMENT AND THERE FUNCIONS

Match the equipment to there function.

1. \_\_\_ Rubber Scraper
2. \_\_\_ Pastry Blender
3. \_\_\_ Measuring Spoons
4. \_\_\_ Grater
5. \_\_\_ Strainer
6. \_\_\_ Colander
7. \_\_\_ Cutting Board
8. \_\_\_ Liquid Measuring cup
9. \_\_\_ Dry Measuring cup
10. \_\_\_ Tongs
11. \_\_\_ Turner
12. \_\_\_ Egg beater
13. \_\_\_ Paring knife
14. \_\_\_ Kitchen shears
15. \_\_\_ Peeler
16. \_\_\_ Ladle
17. \_\_\_ Wooden Spoon
18. \_\_\_ Mixing bowls
19. \_\_\_ Thermometers
20. \_\_\_ Glass Baking pans/dishes
21. \_\_\_ Straight edge / metal spatula
22. \_\_\_ Meat thermometer
23. \_\_\_ Wire whisk
24. \_\_\_ Cooling Rack
25. \_\_\_ French / Chef knife
26. \_\_\_ Bread knife



- a. used in oven or microwave, in microwave reduce temperature 25 degrees
- b. to peel or cut small food items
- c. serrated, or saw tooth edge knife
- d. used to measure the internal temperature of meat and poultry
- e. measure dry and solid ingredients
- f. a small bowl at the end of a long handle for dipping hot liquids from a pan
- g. lifting and turning pancakes or eggs
- h. beats icing, eggs, and cream
- i. mixing container
- j. large triangular blade, wide at handle narrow at tip, used to chop and dice cleaning sides of bowls
- l. used to measure the internal temperature of oven, refrigerator, & freezer
- m. to cool cakes and cookies on
- n. trimming pastry, cutting dried fruit
- o. scraping of the skins of vegetables
- p. measure milk, water or oil
- q. Protects counter when cutting or chopping
- r. used to separate out coarse, large foods from liquid
- s. lifting meat or vegetables out of hot water or oil
- t. cutting shortening into flour
- u. long flat spatula with a level edge used for leveling
- v. beating air into egg whites
- w. used to separate out small particles from liquid
- x. measuring small amount of all ingredients
- y. grating cheese, vegetables, etc.
- z. used to cream or stir sauces



## MEASURING MATCH-UP

What is the best way to measure the following ingredients? Match each ingredient amount with the best measuring equipment to use. Then match these with the best measuring method. The first one is done for you.

### Ingredient amount

- \_\_\_\_\_ 1.      $\frac{3}{4}$  cup milk
- \_\_\_\_\_ 2.     1 cup brown sugar
- \_\_\_\_\_ 3.      $\frac{1}{2}$  cup oatmeal
- \_\_\_\_\_ 4.     1 heaping tablespoon baking powder
- \_\_\_\_\_ 5.     1 cup flour
- \_\_\_\_\_ 6.     2 teaspoon baking soda
- \_\_\_\_\_ 7.     1 cup shortening
- \_\_\_\_\_ 8.     1 cup granulated sugar
- \_\_\_\_\_ 9.     2 cups water
- \_\_\_\_\_ 10.    1 teaspoon brown sugar

### Measuring Equipment

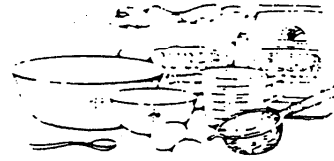
- a.     Dry measuring cup
- b.     liquid measuring cup
- c.     measuring spoons



### Measuring Method

- d.     spoon lightly and level off
- e.     pour in and level off
- f.     pour in and read at eye level
- g.     pack down firmly
- h.     pour in, forming a mound

11.    Describe how to measure shortening in the water replacement method.
12.    Describe how to sift flour and measure flour after sifting.
13.    Describe how to measure powder sugar with lumps.
14.    Describe how to measure chopped walnuts.



11. Please do not use the mirror over the demonstration table for combing hair or checking makeup.
12. Reduce pests / insect by disposing of garbage properly, clean up crumbs and spills, and keep staples in airtight containers.
13. Pets need to stay out of kitchen area

### FIRST AID



1. Use the Heimlich maneuver only if a person is choking and can't breathe.
2. A minor first degree burn should be placed under cold, running water.
3. Apply direct pressure to severely bleeding cuts.
4. In case of electrical shock disconnect the power source before approaching injured person.

### FOOD BORNE ILLNESSES

1. Food borne illness is the result of eating contaminated foods containing poisonous toxins.
2. Bacteria needs warmth, moisture, and food to grow.
3. Foods will often look and smell normal.
4. Food-borne illness can be fatal.

### TYPES OF FOOD BORNE ILLNESSES

1. Botulism -- associated with improperly canned foods specifically low acid foods.
2. E. Coli -- bacteria spread by air from soil, ground, fecal matter to food sources; usually found in under cooked ground beef, unpasteurized milk, fresh fruit & vegetables.
3. Hepatitis -- toxin from fecal bacteria transferred by human contact usually through improper handwashing.
4. Salmonella -- Often found in raw poultry and raw eggs.
5. Staphylococci -- Spread through human mucous when coming in contact with food sources.

### PREVENTION



1. A large majority of food-borne illness can be prevented by practicing proper handwashing (20 seconds minimum).
2. Bulging cans containing food, throw out and do not taste or use.
3. Use plastic or other nonporous cutting boards.
4. To prevent cross-contamination, clean (using hot soapy water) and sanitize work surfaces after preparing each food item (especially after they came in contact with raw meat, poultry, or seafood).
5. Never place cooked food on a plate that previously held raw meat, poultry, or seafood.

3. What are the directions you should cut on a cutting board?
4. If something is spilled on the floor, what should be done first?
5. How do you put out a grease fire?

Sanitation and Personal Cleanliness Guidelines:

1. How long should you wash your hands?
2. Use a separate towel to dry your \_\_\_\_\_ and another towel to dry \_\_\_\_\_.
3. What is the danger in wearing loose clothing when cooking?
4. What should you use to taste food as you are cooking?
5. When are some times that you should wash your hands?
6. When should you wear plastic gloves in the kitchen?

First Aid:

1. What do you need to do for a 1<sup>st</sup> degree burn?
2. What do you do when there is severe bleeding?
3. What is the first thing you do when someone is electrocuted?

Food Borne Illness:

1. Bacteria need these three things to grow.
2. Contaminated foods will often \_\_\_\_\_ and smell \_\_\_\_\_.
3. Name the four types of food borne illness:
4. This FBI (food borne illness) is caused by eggs or raw poultry.
5. This FBI is caused by coming in contact with human mucous.

6. This FBI is passed from fecal bacteria – food service workers that don't wash after using the restroom.
7. This FBI is often caused by eating undercooked ground beef.
8. Improperly canned foods often contain this FBI.
9. Cross contamination is:
10. How long should hands be washed for?
11. What are the best types of cutting boards?

Temperature Zones:

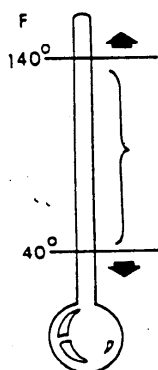
1. What is the danger zone for foods?
2. What are three safe ways to thaw frozen meat?
3. The rule is to keep \_\_\_\_\_ foods \_\_\_\_\_ and \_\_\_\_\_ foods \_\_\_\_\_.
4. Eggs should be cooked until:
5. Leftovers should be stored \_\_\_\_\_ in \_\_\_\_\_ containers.
6. A refrigerator should be at this temperature: \_\_\_\_\_.
7. A freezer should be at this temperature: \_\_\_\_\_.
8. Dry and canned food products should be stored at this temperature: \_\_\_\_\_.





6. Store raw meat, poultry, etc. covered in the refrigerator so they will not touch or contaminate other foods.
7. Contaminated food does not always have an off-odor or off-flavor and may not be detected when eaten.

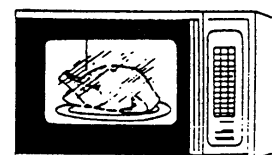
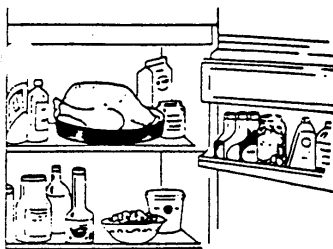
### TEMPERATURE ZONES - COOKING TO PROPER TEMPERATURES



1. Keep freezer temperature at zero degrees Fahrenheit, and refrigerator temperature below 40 degrees Fahrenheit. (Temperature is colder than 32 degrees Fahrenheit which is freezing temperature of water).
2. Ground meat must be cooked to at least 160 degrees Fahrenheit. Do not eat ground beef that is pink inside.
3. **Danger Zone** for food-borne illness is between 40 and 140 degrees Fahrenheit. Foods should not be in the danger zone for more than 2 hours.
4. Cook eggs until the yolks and white are firm. Do not use recipes where eggs remain raw or only partially cooked.
5. Thoroughly cool hot foods and reheat leftovers thoroughly. Heat leftover food to 165 degrees and always check the center most area of the food with a thermometer.
6. Place foods in shallow dishes and put immediately into refrigerator to COOL. Divide large amounts of leftovers and put into shallow containers. Never leave food sitting on counter.
7. **Keep hot foods hot and cold foods cold.**
8. The number one cause of food-borne illness is improper cooling of foods.
9. Store foods in the freezer and refrigerator so that the cool air can circulate around each food item.
10. It is good to have a reliable thermometer in your kitchen for frequent checking of recipes, refrigerator, and freezer.
11. Ideal storage conditions for dry and canned products is a dry, dark place with a temperature below 70 degree Fahrenheit.
12. Holidays, parties, and othe large gatherings are special problems for food sanitation because:
  - They usually involve large quantities of food, which heat and cool slowly.
  - People can easily become careless about proper food handling.
  - Foods sit out longer than usual.

### THAWING FOODS

1. Refrigerator - safest way to thaw; never defrost food at room temperature on counter.
2. Thaw in refrigerator (1-3 days), under cold running water or in the microwave.
3. If thawing food under cold water or in the microwave, cook food immediately.



## SAFETY IN THE KITCHEN



1. Never shut off or handle electric switches with wet hands. Avoid extension cords and multiple plugs overloading circuits in the kitchen.
2. Never use a metal object to remove food from an electrical appliance while it is connected to an outlet.
3. Always protect hands with pot holders when handling hot dishes.
4. Never use a wet towel or wet hot pad on hot utensils as the contact of the wet towel and hot utensils forms steam.
5. Grease, water or food dropped on the floor should be cleaned up immediately.
6. If food catches on fire, turn off the heat and sprinkle with baking soda or salt, or cover with lid. The goal is to smother the flame. Don't douse a grease fire with water, or try to smother with flour or sugar.
7. There is a fire blanket and fire extinguisher available in the foods room.
8. Put sharp knives in the drawer so the handle is in the front, or use a knife block if available. Dull knives can be more dangerous than sharp knives.
9. Always cut downward and away from one's self using a cutting board.
10. Sweep up broken glass into dust pan and place in garbage can. Pick up tiny pieces with a damp paper towel. The electric vacuum is the best way to clean up slivers of glass.
11. Make sure the appliance is disconnected before touching/ cleaning sharp blades.
12. Always store cleaners, chemicals, and other poisons in original container and clearly labeled with poison label/sticker.
13. Practice safety first. If you have an accident, even a slight one, tell the teacher.

## SANITATION AND PERSONAL CLEANLINESS GUIDELINES



Follow these guidelines to help you maintain personal cleanliness in the kitchen.

1. Wash your hands with hot water and soap a minimum of 20 seconds.
2. Wash hands after using restroom, after sneezing, coughing, touching face or hair, before/after handling raw meat, poultry, or eggs.
3. Use separate towels for drying your hands and for wiping the dishes.
4. Use plastic gloves for handling foods when you have a cut or open sores on hands.
5. Tie your hair back or cover it so hair will stay out of the food.
6. Avoid loose items. Roll up long sleeves.
7. Dirty aprons promote bacteria growth and contaminate food.
8. Keep all work surfaces clean and disinfected. Use a commercial disinfectant.
9. Always use a separate spoon for tasting--never the same one used for stirring. No fingers for tasting.
10. Drinking glasses are to be used only when you are cooking.



## Reading Worksheets

Name: \_\_\_\_\_

### Kitchen Cleanliness Guidelines:

1. One of the most basic steps in kitchen cleanliness is to make sure that these areas are clean before cooking.  
a. \_\_\_\_\_ b. \_\_\_\_\_ c. \_\_\_\_\_
2. You should clean this kitchen item after each use.  
a. \_\_\_\_\_
3. When these two chemicals are mixed, they create deadly gas.  
a. \_\_\_\_\_ b. \_\_\_\_\_
4. Wash pots, pans and dishes in this as soon as possible.  
a. \_\_\_\_\_
5. Any time raw meat is handled, this should be done.  
a. \_\_\_\_\_

### Range Area:

1. These items should be kept away from direct heat.  
a. \_\_\_\_\_ b. \_\_\_\_\_
2. When should the gas be turned on when using a gas range?
3. How do you avoid a steam burn when cooking on the range?
4. How is a range cleaned?
5. What temperature should most range cooking be done at?

### Sink Area:

1. A good rule to help keep the kitchen clean is to:
2. These tools should be washed separately from other utensils.

### Safety in the Kitchen:

1. Make sure these items are stored away from food items.
2. Always use these to handle hot foods from the oven or microwave.

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6. A refrigerator should be at this temperature: \_\_\_\_\_.
7. A freezer should be at this temperature: \_\_\_\_\_.
8. Dry and canned food products should be stored at this temperature: \_\_\_\_\_.

## Half and Double Recipes

Name: \_\_\_\_\_

Half

Original

Doubled

### Peanut Butter Cookies

$\frac{1}{2}$  c. margarine  
 $\frac{1}{2}$  c. peanut butter  
 $\frac{1}{2}$  c. sugar  
 $\frac{1}{2}$  c. brown sugar  
 $1 \frac{1}{2}$  c. flour  
 $\frac{1}{4}$  t. salt  
 $\frac{1}{2}$  t. baking powder  
 $\frac{3}{4}$  t. baking soda  
1 egg

### Ham Fried Rice

2 c. rice, instant  
1 T. vegetable oil  
2 green onions, minced finely!  
 $\frac{1}{2}$  c. diced ham  
2 T. soy sauce  
2 eggs, beaten slightly

### Scones

2 c. buttermilk, milk of water  
1 T. Yeast  
 $\frac{1}{4}$  c. water  
1 T. sugar  
1 egg  
 $\frac{3}{4}$  t. salt  
3 T. vegetable oil  
 $1 \frac{1}{2}$  T. baking powder  
 $\frac{1}{4}$  t. baking soda  
 $4 \frac{1}{2}$  c. flour

**Questions:**

Name \_\_\_\_\_

## Double

## Recipe

3 sqs. chocolate  
1 c. sour milk  
2 c. cake flour  
1 t. soda

If Mary used cocoa, sweet milk, and all-purpose flour for the items she does not have, what amounts of the substitutions will she use?

2. \*Mary wants to make fudge icing for the cake.

The recipe called for:

Mary found:

2 c. sugar  
1 c. milk  
1/4 t. salt  
2 sq. chocolate  
2 T. light corn syrup  
2 T. fat  
1 t. vanilla

sugar  
 ) \*non-fat dry milk  
 salt  
 ) \*cocoa  
 ) \*cream of tartar  
 fat  
 vanilla

What substitutions can Mary use for the starred (\*) ingredients? Give the amounts needed in each case and any additional ingredient she will need.

(a)

(b)

(c)