

SUMMARY SHEET

Name \_\_\_\_\_ Class \_\_\_\_\_

Day One

- 1.
- 2.
- 3.

Day Two

- 1.
- 2.
- 3.

Day Three

- 1.
- 2.
- 3.

Day Four

- 1.
- 2.
- 3.

Day Five

- 1.
- 2.
- 3.

## TRIVIA QUESTIONS

1. A dainty woman in the eleventh century claimed she was too weak to pick up her meat. What invention occurred because of this?  
THE FORK WAS INVENTED.
2. A spit is used in barbecuing. What is it?  
A ROTATING METAL ROD WHICH ATTACHES TO THE BARBECUE UNIT.
3. An escargot fork has two prongs and is used to eat what?  
SNAILS
4. What is both an exercise and a large cooking utensil?  
WOK
5. In a nice restaurant you might have peach flambe. What does flambe mean?  
FLAMING
6. Name a kind of stove that resembles a fireplace and was named after a famous signer of the Declaration of Independence.  
BEN FRANKLIN
7. What is a five letter word that is both a cooking and sewing term?  
BASTE
8. Tang is a delicious drink and is also part of what utensil?  
A KNIFE--THE TANG IS THE PROJECTING SHANK THAT CONNECTS THE KNIFE TO THE HANDLE.
9. Why might someone place cucumber skin along the baseboards in the kitchen?  
ANTS ARE ALLERGIC TO CUCUMBER. IT WILL KEEP THEM AWAY.
10. What is the proper category name for catsup, spices, mustard and relishes?  
CONDIMENTS
11. What is the French word for a pie pastry filled with a rich cream custard and other ingredients like ham or seafood?  
QUICHE
12. For what grain do you throw away the outside, cook the inside, eat the outside, and throw away the inside?  
CORN ON THE COB
13. Where is the sugar bowl played?  
NEW ORLEANS
14. What is a honeymoon salad?  
LETTUCE ALONE
15. Sometimes appliances are labeled immersible. What does that mean?  
YOU CAN WASH THE ENTIRE APPLIANCE IN WATER.
16. When you see the words a la carte on a menu, what does it mean?  
FOOD ITEMS ARE PURCHASED SEPARATELY, NOT AS AN ENTIRE MEAL.
17. Cocoa or chocolate comes from something that also jumps. What is it?  
A BEAN
18. Where are you most likely to find chili beans?  
AT THE NORTH POLE
19. What two things cannot be eaten for lunch?  
BREAKFAST AND DINNER
20. What's North America's most popular snack food?  
POTATO CHIPS

EQUIPMENT/APPLIANCES-----MOTIVATOR

## TIME SAVING KITCHEN EQUIPMENT

### EXPERIMENT DIRECTIONS:

Supplies needed: A Paring knife, a slicing knife, a corer and slicer, a bread knife, four paper plates, and four apples.

Have four students come to the front of the room. Have them race to see which person can core and slice an apple into eight equal slices. The student using the apple corer should finish first. Pass out the apples to eat.

### DISCUSSION:

It is important to know which is the best tool for a particular job. Using a wooden spoon instead of a fork to stir pie crust, may cause the product to be different in texture and appearance and perhaps, not as appetizing. Baking cookies in a cake pan may cause the cookies to be shaped in funny ways and not brown evenly because the heat has to flow up over the edges of the pans.

Each piece of equipment has its own specific use. What makes a useful gadget depends entirely upon you--what and how you cook and your work habits. If used correctly, the product should turn out just right! Can you think of some other pieces of time saving equipment besides the apple corer? (A vegetable peeler, an ice cream scoop for cookies, a microwave, a corn cobber, a cherry pitter, etc.)

### SUMMARY QUESTIONS:

Name three pieces of kitchen equipment and an alternate that could be used to save time in preparing food.

A VARIETY OF ANSWERS COULD APPLY.

## MICROWAVE DEMONSTRATION

**DIRECTIONS:** Discuss the following information while you demonstrate the use of the microwave and conventional oven for the class by making a pineapple upside down cake.

Microwaves save up to 75% of the energy it would take to cook the same food in a conventional oven. It also saves heat when you do not want additional heat in the kitchen.

### BASICS OF THE MICROWAVE OVEN

In conventional cooking, the heat comes from the burner or oven. In microwave cooking, the heat originates within the food itself. The magnetron tube in the microwave converts electricity to microwaves. The microwaves then go into the oven and are distributed by a fan. The microwaves are absorbed by the food and move the moisture molecules around within the food to create heat. The container does not become hot until the food warms it. Microwaves are transferred by plastic, glass or paper into the food, but they are reflected by metals and bounced off back to the magnetron tube. Metals should not be used in the microwave oven because they lengthen the cooking time as well as shorten the life of the magnetron tube. In some ovens they may cause a fire. Covers are often used on containers used for cooking in the microwave oven to hold in heat and speed up the cooking time.

### MICROWAVE COOKING TIME

Timing is very important in microwave cooking since a few extra seconds can mean the difference between success and failure. Start with the shortest recommended cooking time and then adjust the recipe as needed.

**VOLUME--**The more items you are cooking at one time, or the larger the item, the longer it will take to cook. Avoid overloading the oven.

**DENSITY--**The more compact the food, the longer it will take to cook. The microwaves only penetrate the outer areas of the dense foods, such as meats and the inner portions cook as the heat transfers to the center.

**STANDING TIME--**Allow food to stand at the end of cooking time to let the heat penetrate towards the center without additional cooking in the outer areas.

**FAT AND SUGAR CONTENT--**Foods with a high fat or sugar content attract the microwaves and cook rapidly. The sugary filling of a sweet roll will cook faster than the rest and the fat portion of a steak will heat before the meat.

**STIRRING--**The outside of the food heats faster than the inside, so stirring distributes the already warmed food to the cooler areas.

## EQUIPMENT/APPLIANCES-----MICROWAVE DEMONSTRATION, continued

**PIERCING**--Piercing foods that have thick skins with a knife or fork, allows steam to escape and prevents bursting.

**SAFETY PRECAUTIONS**

1. Do not operate the oven if the door does not close firmly or is bent in any way.
2. Never use the microwave for non-food items such as drying clothes. They could catch on fire.
3. Do not process food in the microwave. Because of the uneven heating, you cannot be sure all of the food has reached the temperature necessary to kill harmful microorganisms.
4. Never heat sealed jars, cans or bottles. They may explode. Put the food into another container for heating.
5. Never turn the oven on when it is empty; it can ruin the magnetron.

**DEMONSTRATION**

Use a yellow cake mix and divide it into two--using one layer in the microwave and one layer in the conventional oven.

1/2 cup melted butter	1 yellow cake mix
1 can chunk or ring pineapple	1 cup milk
1 cup light brown sugar	3 eggs

Prepare the cake mix as directed using milk instead of water. Melt half of the butter in each cake pan. Sprinkle the brown sugar on top of the melted butter. Arrange the pineapple pieces on the bottom of the pans. Pour half of the batter into each pan. Cook one pan in the microwave for about 5 minutes. Cook the other pan in the conventional oven for about 25 minutes. Have the students compare the results using the following chart.

	Conventional Oven	Microwave Oven
Baking time		
Appearance of crust		
Volume		
Texture		
Moistness		
Flavor		

EQUIPMENT/APPLIANCES-----MICROWAVE DEMONSTRATION, continued

**MICROWAVE DEMONSTRATION COMPARISON CHART**

Name \_\_\_\_\_ Class \_\_\_\_\_

	Conventional Oven	Microwave Oven
Baking time		
Appearance of crust		
Volume		
Texture		
Moistness		
Flavor		

Name \_\_\_\_\_ Class \_\_\_\_\_

	Conventional Oven	Microwave Oven
Baking time		
Appearance of crust		
Volume		
Texture		
Moistness		
Flavor		

## WHAT A CUT UP!

Knives have been used for thousands of years. The earliest knife was probably made of stone. The steel knife first appeared in the 1300's. People at that time would carry their knives in their belts. They used them for hunting or whittling wood as well as for cutting food.

Knives can be used for slicing, peeling, chopping and grating. There are probably more kinds of knives than any other kind of kitchen equipment. A few good knives are much better than a large set of poor knives. What determines this? The quality depends on the type of steel blade and the construction of the knife parts.

Knife blades must take and retain good cutting edges so that food will be cut and not mashed. A good blade will keep its sharp cutting edge for life. Different metals such as chromium or vanadium are sometimes added to the steel so they will not rust and will last longer. The very best knives are made of high carbon stainless steel. It has sufficient carbon content so that it can take a sharp edge and be kept sharp at home. If the knife blade bends yet snaps back into place, the balance and tempering are correct. This knife will cut well and last a very long time. It will not lose its sharp edge or darken in color.

Knife handles should be contoured to allow the user to hold the knife naturally. Quality knives generally have a hardwood or simulated wood handle. The finest handles have plastic driven into the real wood so they will be dishwasher safe. This type of handle is called pakkawood. Plain wood is not dishwasher safe and will warp. On a quality knife the tang (end of the blade that extends into the handle) will extend the full length and width of the handle. This provides strength and balance. The tang should be attached to the handle by at least two rivets (although three are much better) so that it does not become loose.

Care of Knives--Use knives only on a cutting board. Don't use a knife for cutting paper or string. Wash, rinse and dry knives after using. Do not soak them in dishwater. Store knives separately. A sharp knife is much more efficient and safe to use than a dull knife.

**EQUIPMENT/APPLIANCES-----WHAT A CUT UP, continued**

Knives now come in a variety of shapes and sizes to fit many different household needs. A list of common knives and their main purposes follows:

**PARING KNIFE**--Short blade, used for trimming, peeling, cutting, paring.

**BREAD KNIFE**--Long, narrow serrated (saw-tooth) blade, slices bread without crushing it.

**FRENCH OR CHEF'S KNIFE**--Blade is long and fairly wide at the handle. The handle is made so that it can be grasped without the knuckles touching the board in the chopping process. Used for mincing and cutting nuts, celery, onion, etc.

**GRAPEFRUIT KNIFE**--Short, serrated (saw-tooth) blade, used for freeing citrus fruit sections.

**APPLE CORER**--Short, curved blade, removes cores from fruits.

**STRAIGHT-EDGED SPATULA**--Flat blade, levels ingredients being measured.

**PEELER**--Small, curved blades with opening in between, used for paring vegetables.

**SLICING KNIFE**--Long, narrow blade, end is shaped upwards, used for slicing meats, shredding cabbage or lettuce.

Now answer the questions on the worksheet.



## EQUIPMENT JEOPARDY

**DIRECTIONS:** Divide the class into two teams. Have a scorekeeper come to the board. You give the answer and let the participants think up the question. Take turns in order. Two points for each correct question.

1. A BOWL SHAPED OBJECT WITH LEGS USED FOR STRAINING VERY COARSE FOODS.  
(What is a colander?)
2. USED FOR LIFTING FOOD OUT OF LIQUIDS.  
(What is a slotted spoon?)
3. LARGER THAN THE EATING VERSION, IT PIERCES MEAT OR VEGETABLES.  
(What is a kitchen fork?)
4. NOT ELECTRIC, USED FOR BEATING AIR INTO EGG WHITES OR REMOVING LUMPS FROM GRAVIES.  
(What is a whisk or whip?)
5. USED AS A PROTECTION FOR HANDS WHILE PICKING UP HOT OBJECTS.  
(What is a hot pad?)
6. USED FOR SERVING SOUPS AND STEWS.  
(What is a ladle?)
7. USED FOR LIFTING FOOD OUT OF HOT LIQUID OR TURNING MEATS.  
(What are tongs?)
8. PAN UPON A PAN, USED FOR COOKING CUSTARDS AND SAUCES.  
(What is a double boiler?)
9. USED FOR BAKING JELLY ROLLS AND BAR COOKIES.  
(What is a jelly roll pan?)
10. USED FOR COOKING STEAMED PUDDINGS AND VEGETABLES.  
(What is a steamer?)
11. USED TO TRIM PASTRY OR CUT STRINGS OR MARSHMALLOWS.  
(What are kitchen shears?)
12. USED TO COOL CAKES.  
(What is a cooling rack?)
13. USED TO MEASURE OIL, MILK, WATER, JUICE.  
(What are liquid measuring cups?)
14. USED FOR MEASURING THE TEMPERATURE OF SUGAR SYRUP.  
(What is a candy thermometer?)
15. USED FOR SCRAPING OR PEELING VEGETABLES AND FRUITS  
(What is a vegetable peeler?)
16. USED TO MEASURE FLOUR, SUGAR, OATMEAL.  
(What are dry measuring cups?)
17. WITHOUT SIDES, IT IS USED TO FRY SANDWICHES OR PANCAKES.  
(What is a griddle?)
18. COOKS BY HIGH-FREQUENCY RADIOWAVES.  
(What is a microwave?)

## EQUIPMENT/APPLIANCES=====EQUIPMENT JEOPARDY, continued

19. USED FOR CUTTING SHORTENING INTO DRY INGREDIENTS.  
(What is a pastry blender?)
20. USED FOR LEVELING INGREDIENTS BEING MEASURED.  
(What is a spatula?)
21. USED FOR GRATING CHEESE AND VEGETABLES TO VARYING DEGREES OF FINENESS.  
(What is a grater?)
22. SERRATED OR SAW-TOOTHED EDGE KNIFE.  
(What is used for slicing bread?)
23. USED FOR GREASING PANS OR BRUSHING DOUGH WITH MELTED BUTTER.  
(What is a pastry brush?)
24. REMOVES CORES FROM FRUIT  
(What is an apple corer?)

HOLD UP THE FOLLOWING PIECES OF EQUIPMENT.

25. WHAT IS A PASTRY BLENDER?
26. WHAT IS A METAL SPATULA?
27. WHAT IS A WIRE WHISK?
28. WHAT IS A RUBBER SCRAPER?
29. WHAT IS A DRY MEASURING CUP?
30. WHAT IS A LIQUID MEASURING CUP?
31. WHAT IS A SIFTER?
32. WHAT IS A PASTRY BRUSH?
33. WHAT IS A COLANDER?
34. WHAT IS A FUNNEL?
35. WHAT IS A VEGETABLE PEELER?

\*\*FINAL JEOPARDY QUESTION--WORTH 10 POINTS

THIS PAN IS USED FOR POT ROASTING AND WAS NAMED AFTER A EUROPEAN COUNTRY.  
(What is a Dutch Oven?)

EQUIPMENT/APPLIANCES-----MOTIVATOR

## APPLIANCE GROUPS

**DIRECTIONS:** Divide the class into groups. Each group will study and learn about a different appliance. Each group will prepare a report and demonstrate to the class the proper use, safety and clean up procedures for their appliance to the class.

Give students the appliance manual and the appliance itself to help them prepare the reports.

One day is spent preparing the reports and one day is spent reporting to the class.

Each student must complete the following report on one appliance of his/her choice.

EQUIPMENT/APPLIANCES ----- INDIVIDUALIZED ACTIVITY

NAME \_\_\_\_\_ CLASS \_\_\_\_\_

## TOOLS OF THE TRADE

**DIRECTIONS:** Identify the kitchen equipment described below by placing the correct name next to its use. Then unscramble the letters on the long line and complete the sentence below. Each word is in a divided section and follows in the order given. Use your textbook as a reference.

- |    |       |                                    |
|----|-------|------------------------------------|
| 1. | ----- | For baking cake rolls, bar cookies |
| 2. | ----- | Pot roasting                       |
| 3. | ----- | Beating air into egg whites        |

- 
- |    |       |                                  |
|----|-------|----------------------------------|
| 4. | ----- | Cooking custards, sauces, icings |
| 5. | ----- | Frying and pan-broiling foods    |

- 
- |    |       |                                     |
|----|-------|-------------------------------------|
| 6. | ----- | Turning over meat while frying      |
| 7. | ----- | Protection for counter when cutting |
| 8. | ----- | Serving soups                       |

- 
- |     |       |   |
|-----|-------|---|
| 9.  | ----- | Lifting food, but leaving liquid behind |
| 10. | ----- | Greasing pans, brushing on butter       |
| 11. | ----- | For steaming vegetables                 |
| 12. | ----- | For steaming vegetables                 |
| 13. | ----- | Cooking pancakes, sandwiches            |

- 
- |     |       |   |
|-----|-------|---|
| 14. | ----- | Straining coarse foods                  |
| 15. | ----- | Adding air to flour                     |
| 16. | ----- | Cutting shortening into dry ingredients |
| 17. | ----- | Cooling cakes and cookies               |
| 18. | ----- | Cooking foods on range top in liquid    |

The kitchen cook is always cool--

19-20. WHO KNOWS JUST -----

## EQUIPMENT/APPLIANCES

## \*\*\*KEY-TOOLS OF THE TRADE\*\*\*

## TOOLS OF THE TRADE--KEY

1. JELLY ROLL PAN	For baking cake rolls, bar cookies
2. DUTCH OVEN	Pot roasting
3. WIRE WHISK	Beating air into egg whites
-----	
4. DOUBLE BOILER	Cooking custards, sauces, icings
5. SKILLET	Frying and pan-broiling foods
-----	
6. TONGS	Turning over meat while frying
7. CUTTING BOARD	Protection for counter when cutting
8. LADLE	Serving soups
-----	
9. SLOTTED SPOON	Lifting food, but leaving liquid behind
10. PASTRY BRUSH	Greasing pans, brushing on butter
11. GRATER	For steaming vegetables
12. STEAMER	For steaming vegetables
13. GRIDDLE	Cooking pancakes, sandwiches
-----	
14. COLANDER	Straining coarse foods
15. SIFTER	Adding air to flour
16. PASTRY BLENDER	Cutting shortening into dry ingredients
17. COOLING RACK	Cooling cakes and cookies
18. SAUCEPAN	Cooking foods on range top in liquid
-----	

The kitchen cook is always cool--

19-20. WHO KNOWS JUST HOW TO USE THESE TOOLS.

EQUIPMENT/APPLIANCES ----- INDIVIDUALIZED ACTIVITY

NAME \_\_\_\_\_ CLASS \_\_\_\_\_

**WHAT A CUT UP!****DIRECTIONS:** Answer the questions below.

1. What is added to handles so they will be dishwasher safe?
2. What kind of wood is known to be dishwasher safe?
3. What kind of knife is used for chopping celery or onions?
4. What metal are the very best knives made of?
5. How should knives be stored?
6. How many rivets should attach the handle in a quality knife?
7. How can you tell if the balance and tempering are correct?
8. Why does a bread knife have a serrated edge?
9. Which knife is used for peeling and cutting vegetables?
10. What determines the quality of a good knife?
11. What is the advantage of using high carbon stainless steel?
12. How long should the tang be in a quality knife?

**AFTER COMPLETING THE ABOVE QUESTIONS, TRY TO IDENTIFY THE FOLLOWING KINDS OF KNIVES. PUT THE CORRECT LETTER IN THE BLANK.**

- |       |                      |       |                   |
|-------|----------------------|-------|-------------------|
| _____ | 13. Bread knife      | _____ | 17. Spatula       |
| _____ | 14. French knife     | _____ | 18. Peeler        |
| _____ | 15. Grapefruit knife | _____ | 19. Paring knife  |
| _____ | 16. Apple corer      | _____ | 20. Slicing knife |

## WHAT A CUT UP--KEY

DIRECTIONS: Answer the questions below.

1. What is added to handles so they will be dishwasher safe?  
PLASTIC
2. What kind of wood is known to be dishwasher safe?  
PAKKAWOOD
3. What kind of knife is used for chopping celery or onions?  
FRENCH OR CHEF'S KNIFE
4. What metal are the very best knives made of?  
HIGH CARBON STAINLESS STEEL
5. How should knives be stored?  
SEPARATELY
6. How many rivets should attach the handle in a quality knife?  
THREE
7. How can you tell if the balance and tempering are correct?  
WHEN THE BLADE BENDS YET SNAPS BACK INTO PLACE
8. Why does a bread knife have a serrated edge?  
SO IT WILL SLICE THE BREAD WITHOUT CRUSHING IT
9. Which knife is used for peeling and cutting vegetables?  
PARING KNIFE
10. What determines the quality of a good knife?  
TYPE OF STEEL BLADE AND THE CONSTRUCTION OF THE KNIFE PARTS
11. What is the advantage of using high carbon stainless steel?  
IT WILL STAY SHARP
12. How long should the tang be in a quality knife?  
IT SHOULD EXTEND THE FULL LENGTH OF THE HANDLE

- |           |                      |           |                   |
|-----------|----------------------|-----------|-------------------|
| ___ F ___ | 13. Bread knife      | ___ C ___ | 17. Spatula       |
| ___ H ___ | 14. French knife     | ___ D ___ | 18. Peeler        |
| ___ G ___ | 15. Grapefruit knife | ___ B ___ | 19. Paring knife  |
| ___ E ___ | 16. Apple corer      | ___ A ___ | 20. Slicing knife |

EQUIPMENT/APPLIANCES ----- INDIVIDUALIZED ACTIVITY

NAME \_\_\_\_\_ CLASS \_\_\_\_\_

**WHAT'S MY NAME?**

**DIRECTIONS:** Listed below are some clues to the names of kitchen equipment. When you think of my name, place it in the blank. Use your own paper to record your answers. Use your textbook for reference.

1. \_\_\_\_\_ I make eggs foamy, but only use me for small amounts. I have revolving blades and a handle to turn.
2. \_\_\_\_\_ I am great when used to put melted butter on the top of a loaf of hot bread.
3. \_\_\_\_\_ Use me to open bottle lids or cut up marshmallows.
4. \_\_\_\_\_ To make an apple without a core, I am great.
5. \_\_\_\_\_ I am used to cut shortening into dry ingredients.
6. \_\_\_\_\_ I don't conduct electricity so use me when stirring foods on top of the range.
7. \_\_\_\_\_ Use me to turn pancakes when surface bubbles appear.
8. \_\_\_\_\_ Place bread or cookies on me to cool.
9. \_\_\_\_\_ Use me to carry foods from the supply table.
10. \_\_\_\_\_ I am handy and fast for removing cucumber skins.
11. \_\_\_\_\_ Use me to turn meat or remove fried foods from oil.
12. \_\_\_\_\_ Save your energy and time because I'm electric. Use me for creaming.
13. \_\_\_\_\_ I'm the best for leveling a cup of flour or frosting a cake, but don't use me to eat with.
14. \_\_\_\_\_ I am handy for slicing banana bread or fruit cake.
15. \_\_\_\_\_ I make flour light and help you get the right amount.
16. \_\_\_\_\_ Some people call me a child cheater, because I get bowls so clean.
17. \_\_\_\_\_ I'm great for beating eggs and also removing lumps while making gravy.
18. \_\_\_\_\_ The recipe says drain fruit--use me. I can stand on my own because I have legs.
19. \_\_\_\_\_ I'm the handiest for crushing graham crackers and spreading pie dough.
20. \_\_\_\_\_ For melting chocolate or cooking custards, use me because I do not burn easily.



## EQUIPMENT/APPLIANCES

\*\*\*KEY--WHAT'S MY NAME\*\*\*

## WHAT'S MY NAME--KEY

**DIRECTIONS:** Listed below are some clues to the names of kitchen equipment. When you think of my name, place it in the blank. Use your own paper to record your answers. Use your textbook for reference.

1. EGG BEATER I make eggs foamy, but only use me for small amounts. I have revolving blades and a handle to turn.
2. PASTRY BRUSH I am great when used to put melted butter on the top of a loaf of hot bread.
3. KITCHEN SHEARS Use me to open bottle lids or cut up marshmallows.
4. APPLE CORER To make an apple without a core, I am great.
5. PASTRY BLENDER I am used to cut shortening into dry ingredients.
6. WOODEN SPOON I don't conduct electricity so use me when stirring foods on top of the range.
7. PANCAKE TURNER Use me to turn pancakes when surface bubbles appear.
8. COOLING RACK Place bread or cookies on me to cool.
9. TRAY Use me to carry foods from the supply table.
10. VEGETABLE PEELER I am handy and fast for removing cucumber skins.
11. TONGS Use me to turn meat or remove fried foods from oil.
12. ELECTRIC MIXER Save your energy and time because I'm electric. Use me for creaming.
13. SPATULA I'm the best for leveling a cup of flour or frosting a cake, but don't use me to eat with.
14. BREAD KNIFE I am handy for slicing banana bread or fruit cake.
15. FLOUR SIFTER I make flour light and help you get the right amount.
16. RUBBER SCRAPER Some people call me a child cheater, because I get bowls so clean.
17. WIRE WHISK I'm great for beating eggs and also removing lumps while making gravy.
18. COLANDER The recipe says drain fruit--use me. I can stand on my own because I have legs.
19. ROLLING PIN I'm the handiest for crushing graham crackers and spreading pie dough.
20. DOUBLE BOILER For melting chocolate or cooking custards, use me because I don't burn easily.





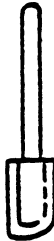





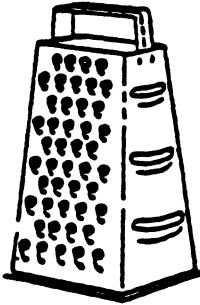


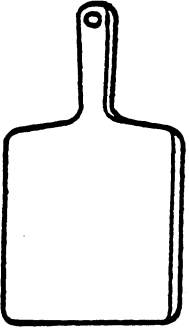



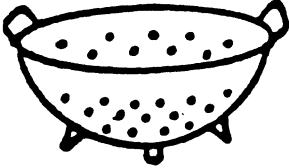

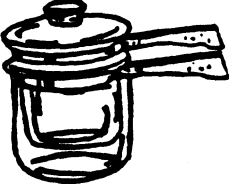
EQUIPMENT/APPLIANCES ----- INDIVIDUALIZED ACTIVITY

NAME \_\_\_\_\_ CLASS \_\_\_\_\_

### HAND ME THE WHATCHAMACALLIT!

**DIRECTIONS:** On a separate sheet of paper number from 1 to 20. List the names of the equipment shown below. Then, next to the name, write a use for that piece of equipment. Use your textbook as a guide.

**YOU MUST SPELL THE WORDS CORRECTLY TO RECEIVE CREDIT.**

1 	2 	3 	4 	5 	6 	7 
8 	9 	10 	11 	12 	13 	14 
15 	16 	17 	18 	19 	20 	

## EQUIPMENT/APPLIANCES

\*\*\*KEY--HAND ME THE WHATCHAMACALLIT\*\*\*

**HAND ME THE WHATCHAMACALLIT--KEY**

1/2 point for naming each piece of equipment and spelling it correctly.

1/2 point for naming a correct use for each piece of equipment.

20 points possible

**NAME OF EQUIPMENT****USE**

- |                               |   |
|-------------------------------|---|
| 1. THERMOMETER                | MEASURING SUGAR SYRUP (CANDY), MEAT OR DEEP FAT FRYING TEMPERATURES |
| 2. STRAINER                   | STRAINING JUICE OR LIQUIDS FROM FOODS                               |
| 3. KITCHEN SCISSORS           | CUTTING PAPERS, WRAPPERS, STRINGS, MARSHMALLOWS OR PASTRY           |
| 4. VEGETABLE OR POTATO PEELER | PARING THE PEELINGS FROM FRUITS OR VEGETABLES                       |
| 5. RUBBER SCRAPER OR SPATULA  | SCRAPING THE LAST BIT OF FOOD BOWLS AND PANS                        |
| 6. PARING KNIFE               | CUTTING SKINS FROM VEGETABLES OR FRUITS                             |
| 7. TONGS                      | LIFTING FOODS OUT OF LIQUIDS OR TURNING MEATS WITHOUT PIERCING THEM |
| 8. WHIP OR WHISK              | BEATING AIR INTO EGG WHITES OR REMOVING LUMPS FROM FOODS            |
| 9. FRENCH OR CHEF'S KNIFE     | MINCING, CUTTING AND SLICING FOODS                                  |
| 10. SLOTTED SPOON             | TO LIFT FOOD OUT OF LIQUID  |
| 11. GRATER                    | GRATING FOODS TO VARYING DEGREES OF FINENESS                        |
| 12. SPATULA                   | LEVELING INGREDIENTS BEING MEASURED OR FROSTING CAKES               |
| 13. LADLE                     | SERVING SOUPS AND STEWS   |
| 14. RING MOLD                 | FORMING PUDDINGS, FANCY DESSERTS AND SALADS                         |
| 15. MEAT THERMOMETER          | DETERMINING DONENESS OF MEATS AND ROASTS                            |
| 16. GRAPEFRUIT KNIFE          | DIVIDING CITRUS FRUITS INTO SECTIONS                                |
| 17. KITCHEN FORK              | LIFTING, TURNING LARGE FOODS  |
| 18. COLANDER                  | STRAINING COARSE FOODS OR PUREEING FOODS                            |
| 19. FUNNEL                    | FILLING BOTTLE OR JARS WITH LIQUID                                  |
| 20. DOUBLE BOILER             | COOKING CUSTARDS, SAUCES, ICINGS                                    |

EQUIPMENT/APPLIANCES ----- INDIVIDUALIZED ACTIVITY

NAME \_\_\_\_\_ CLASS \_\_\_\_\_

**AMAZING APPLIANCES**

Answer the following questions on each of the appliances demonstrated in class.

- 
1. Name of appliance \_\_\_\_\_
  2. Two safety tips
    - a. \_\_\_\_\_
    - b. \_\_\_\_\_
  3. How do you clean this appliance?
  4. Answer the group's questions here.
    - a. \_\_\_\_\_
    - b. \_\_\_\_\_
    - c. \_\_\_\_\_

- 
1. Name of appliance \_\_\_\_\_
  2. Two safety tips
    - a. \_\_\_\_\_
    - b. \_\_\_\_\_
  3. How do you clean this appliance?
  4. Answer the group's questions here.
    - a. \_\_\_\_\_
    - b. \_\_\_\_\_
    - c. \_\_\_\_\_

- 
1. Name of appliance \_\_\_\_\_
  2. Two safety tips
    - a. \_\_\_\_\_
    - b. \_\_\_\_\_
  3. How do you clean this appliance?
  4. Answer the group's questions here.
    - a. \_\_\_\_\_
    - b. \_\_\_\_\_
    - c. \_\_\_\_\_

NAME \_\_\_\_\_

CLASS \_\_\_\_\_

## MICROWAVE MAGIC

Read the following information and complete the worksheet on the following page.

### HOW MICROWAVES COOK FOOD

Microwave cooking relies on short, high frequency electromagnetic waves to penetrate the food and cook it. They penetrate only about 3/4 to 1-1/2 inches into the food. As microwaves pass through food, they cause all the water, fat and sugar molecules in the food to vibrate. This vibration of molecules is heat. These molecules vibrate at about 2-1/2 billion times per second. The friction from the molecules moving against each other causes heat which cooks the food. The microwaves, therefore, cause the food to cook itself.

The U.S. Department of Health and Human Services has determined that microwave ovens are completely safe when used following the manufacturer's instructions.

The following general guidelines should always be followed:

1. Never operate a microwave with the door open.
2. Never place an object between the front of the oven and the door; never operate if the door is bent, warped or the seal is broken in any way.
3. Make sure the door and seal are always kept very clean. Wipe all surfaces with soapy water; then rinse with a damp cloth to remove all grease and dirt.

### MICROWAVE UTENSILS

Containers which allow the microwaves to pass through them should be used.

Heat-resistant glass, ceramics, paper and microwave-safe plastics are acceptable.

Metal should never be used because it reflects the microwaves and will cause the food to heat unevenly and may even damage the oven.

Round containers are better than square or rectangular ones because the corners tend to absorb the microwaves, causing the food in the corners to burn. Items other than bowls may be used, such as wax paper, paper towels and plastic wrap. All of these materials help to retain heat and some moisture. Towels made of recycled paper could start on fire. Foil should only be used if the manufacturer of your oven advises you to do so. Avoid using metal ties to hold plastic bags shut. They could cause a fire in the microwave. Styrofoam plates may be used, but if there is much fat in the food being heated the styrofoam may become distorted.

Food cooked in a microwave oven continues to cook even after the oven is shut off. Items need to rest before testing for doneness. Most recipes give a standing time so you will know how long to wait.

### ADVANTAGES OF THE MICROWAVE OVEN

Microwaves cook small portions of food about 75% faster than in a conventional oven. This means you save not only time, but energy. The oven gives off no heat, and does not need to be preheated before use. It provides about the quickest way of cooking most foods.

It is ideal for defrosting foods and reheating leftovers. Foods seem to keep their just-cooked flavor. Because very little water needs to be added to most foods and they cook very quickly, nutrients are conserved.

Often foods can be heated and served in the same containers. This saves on clean-up time and effort. Microwave ovens are quite easy to clean, because the food does not bake onto the oven walls.

The microwave can be a useful time saver for melting chocolate, marshmallow, butter or precooking fruit for desserts or meats for the barbecue.

### DISADVANTAGES OF THE MICROWAVE

Many foods do not brown the way they do in a regular convection oven. This is especially true of baked goods and meats. The microwave uses a moist heat type of cooking and foods do not dry out as much; this means they are not as dry or crunchy as foods cooked in other types of ovens.

Because the microwave cooks so quickly, even a few extra seconds cooking time can mean a big difference in the way foods turn out. Foods that are high in fat or sugar cook faster than foods that are mostly liquid. For more even cooking, rotate the dish throughout the cooking period. Some microwave ovens come with a turntable for this purpose. This helps to cook the food more evenly.

It is important to pierce foods such as potatoes so the steam does not build up on the inside and burst the skin open.

Most microwaves are smaller than regular convection ovens and not as many different items can be cooked at one time.

EQUIPMENT/APPLIANCES ----- INDIVIDUALIZED ACTIVITY

NAME \_\_\_\_\_ CLASS \_\_\_\_\_

### MICROWAVE MAGIC

Read the material about using the microwave. Fill in the chart below. If you do it correctly, the subject of this worksheet will appear down the center in the marked vertical column.

1.	---	---	---	---																
2.			---	---	---	---	---	---	---	---										
3.					---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---
4.		---	---	---	---	---	---	---	---	---										
5.	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---
6.					---	---	---	---	---	---										
7.			---	---	---	---	---	---	---	---										
8.					---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---
9.					---	---	---	---	---	---										
10.					---	---	---	---	---	---										
11.					---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---
12.					---	---	---	---	---	---										
13.	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---

**CLUES:**

1. Foods need this to continue cooking after the microwave is turned off.
2. Foods high in sugar cook faster than those high in this.
3. Great for melting this food.
4. Make sure this is always closed.
5. These taste like they were freshly made.
6. This is partially eliminated because food can be cooked and served in the same container.
7. A type of cookware often used in microwaves.
8. Microwaves cause molecules to do this.
9. Never use this inside the oven.
10. These are better than square or rectangular containers.
11. Even a few extra seconds can cause foods to do this.
12. It is safer and much faster to do this in the microwave.
13. Foods cook more evenly on this.
- 14-20. Name seven materials that can safely be used in the microwave.

EQUIPMENT/APPLIANCES

\*\*\*KEY-MICROWAVE MAGIC\*\*\*

## MICROWAVE MAGIC--KEY

ONE POINT FOR EACH CORRECT ANSWER. 20 POINTS TOTAL POSSIBLE.

1.		T	I	<b>M</b>	E							
2.			L	<b>I</b>	Q	U	I	D				
3.				<b>C</b>	H	O	C	O	L	A	T	E
4.		D	O	<b>R</b>								
5.	L	E	F	<b>O</b>	V	E	R	S				
6.				<b>W</b>	O	R	K					
7.			P	<b>A</b>	S	T	I	C				
8.				<b>V</b>	I	B	R	A	T	E		
9.				<b>E</b>	T	A	L					
10.				<b>O</b>	U	N	D					
11.				<b>V</b>	E	R	C	O	O	K		
12.				<b>E</b>	F	R	O	S	T			
13.		T	U	<b>N</b>	T	A	B	L	E			

CLUES:

1. Foods need this to continue cooking after the microwave is turned off.  
TIME
2. Foods high in sugar cook faster than those high in this.  
LIQUID
3. Great for melting this food.  
CHOCOLATE
4. Make sure this is always closed.  
DOOR
5. These taste like they were freshly made.  
LEFTOVERS
6. This is partially eliminated because food can be cooked and served in the same container.  
WORK
7. A type of cookware often used in microwaves.  
PLASTIC
8. Microwaves cause molecules to do this.  
VIBRATE
9. Never use this inside the oven.  
METAL
10. These are better than square or rectangular containers.  
ROUND
11. Even a few extra seconds can cause foods to do this.  
OVERCOOK
12. It is safer and much faster to do this in the microwave.  
DEFROST
13. Foods cook more evenly on this.  
TURNABLE
- 14-20. GLASS, CERAMICS, PAPER, PLASTICS, PAPER TOWEL, WAX PAPER, PLASTIC WRAP



REVIEW REVIEW REVIEW REVIEW REVIEW REVIEW REVIEW REVIEW REVIEW REVIEW REVIEW REVIEW REVIEW REVIEW REVIEW

## EQUIPMENT BINGO

**DIRECTIONS:** You may pass this list out to students or copy it on the board or bulletin board.

From the list below, choose five different kinds of cooking equipment to go under each of the headings on your Equipment Bingo Card. There will be several pieces of equipment that you will not use.

1. Hold up the pieces of equipment the first few times you play this game.
2. Call out the definitions of the equipment--NOT THEIR NAMES. You can play regular Bingo, L shaped, T shaped, frame around the outside, etc. Give lab points for a prize. Several students may win each game.

Example: The cake pan would go under the baking column, which would go under the mixing column.

### KEY TO EQUIPMENT BINGO

#### BAKING

Cake pan  
Cookie sheet  
Bread pan  
Pizza pan  
Muffin tin  
Pie pan  
Cooling rack

#### CUTTING

Cutting board  
Kitchen scissors  
Paring knife  
Grater  
Apple corer  
Bread knife  
Slicing knife  
Biscuit cutter

#### COOKING

Double boiler  
Saucepan  
Pancake turner  
Tongs  
Wooden spoon  
Griddle  
Skillet

#### MIXING

Rubber scraper  
Mixing bowls  
Whisk  
Electric mixer  
Potato masher  
Egg beater  
Pastry blender  
Colander

#### MEASURING

Spatula  
Dry measuring cups  
Liquid measuring cups  
Teaspoon  
Tablespoon  
Sifter  
Wax paper  
Candy thermometer

**DO NOT CALL OUT THE NAMES OF THE EQUIPMENT. CALL OUT THE DEFINITIONS.** Cut these definitions apart, mix them up and select one at a time.

**APPLE CORER**--This removes the cores from fruit.

**BISCUIT CUTTER**--Use this to cut foods into a round shape.

**BREAD KNIFE**--This is sharp and serrated, so it will not tear what you are cutting.

**BREAD PAN**--This deep, narrow pan is sometimes used to bake fruitcakes. It should have a dull or anodized finish to brown the product. Another name for this is a loaf pan.

**CAKE PAN**--This may be round, square, rectangular. It usually has straight, deep sides.

**CANDY THERMOMETER**--Use this to measure the temperature of hot syrup.

**COLANDER**--Use this to strain very coarse foods.

**COOLING RACKS**--These are usually made of wire and are used to cool baked goods.

**COOKIE SHEET**--A flat pan with no sides. It's better if it has a shiny finish so the product will not burn.

**CUTTING BOARD**--Use this to protect the counter when chopping or slicing or for cooling hot dishes.

**DOUBLE BOILER**--A pan upon a pan. One is filled with water to prevent the other's contents from scorching.

**DRY MEASURING CUPS**--This set usually has a cup for each measurement. Use it for flour, sugar and cornmeal.

**EGG BEATER**--This has a handle you turn to whip icings, eggs and whipping cream.

**ELECTRIC MIXER**--It uses kilowatts to mix cakes and cookie batters.

**GRATER**--This is used for shredding cheese or vegetables.

**GRIDDLE**--Use this to fry pancakes or sandwiches. It is usually a flat, square pan with no sides.

**KITCHEN SCISSORS**--This is used to open packages, trim pastry, cut dried fruit or marshmallows.





Name \_\_\_\_\_

Class \_\_\_\_\_

**INDIVIDUAL APPLIANCE REPORT**

1. Name of the appliance: (brand and model)
2. List three safety tips for using this appliance.
  - A.
  - B.
  - C.
3. List the steps necessary for operating and assembling. (Show how to do this.)
4. What kinds of foods can be prepared with this appliance?
5. What other appliance could be used in place of this one?
6. List the steps for cleaning this appliance.
7. List three questions here that you will ask the class about your appliance.