ADDITIONAL RESOURCE ACTIVITIES

EQUIPMENT:

Kitchen Utensil Surprise - J. Weston Walch
Food Group Word Search - J. Weston Walch
Home Assignment Parent Letter and Cooking Chart (2nd and 4th term)

MEASURING:

Buying Foods by the Measure - J. Weston Walch
Equal Measures Fun Quiz - J. Weston Walch

SAFETY:

Tips for Safer Cooking - J. Weston Walch
Clean - Kitchen Detective - J. Weston Walch

Table Setting Scramble - J. Weston Walch
KITCHEN UTENSIL SURPRISE

Here is a puzzle to help you learn the names of some useful kitchen tools and the jobs they do. Pick a utensil from the list to do each job. Put one letter of the word in each space.

WORD LIST

baster
beaters
colander
corer
grater
juicer
ladle
meat grinder
peeler
rolling pin
sifter
spatula
tongs
turner
whisk

USE ME TO...

1. Mix batter.
2. Drain noodles.
4. Crumble cheese.
5. Take off potato skin.
6. Smooth out dough.
7. Whip egg whites.
8. Make hamburger out of beef.
10. Screen lumps out of flour.
11. Grab onto hot corn.
12. Scrape out a bowl.
13. Cut out the middle of apples.
14. Squeeze lemons.
15. Moisten a turkey.

MY NAME IS...

NOW—Use the circled letters to find out how the silly egg got so mixed up!

6 4 7 12 10 11 14 9 1 8 15 3 13 2
KITCHEN UTENSIL SURPRISE

Here is a puzzle to help you learn the names of some useful kitchen tools and the jobs they do. Pick a utensil from the list to do each job. Put one letter of the word in each space.

WORD LIST

baster
beaters
colander
corer
grate
juicer
ladle
meat grinder
peeler
rolling pin

sifter
spatula
tongs
turner
whisk

USE ME TO TO...

1. Mix batter.
2. Drain noodles.
4. Crumble cheese.
5. Take off meat skin.
6. Smooth out dough.
7. Whip egg whites.
8. Make hamburger out of beef.
10. Screen lumps out of flour.
11. Grab onto hot corn.
12. Scrape out a bowl.
13. Cut out the middle of apples.
14. Squeeze lemons.
15. Moist a turkey.

MY NAME IS...

B E A T E R S
C L A D E R
G R A T E
P E E L E R
R O L L I N G
P I N
W I S K
M E A T G R I N D E R
T U R N E R
S I F T E R
T O S S
S P A T U L A
C O R E R
J U I C E R
B A S T E R

NOW—Use the circled letters to find out how the silly egg got so mixed up!

IT WAS S SCRAMLBELED

6 4 7 12 10 11 14 9 1 8 15 3 13 2
FOOD GROUPS WORD SEARCH

Here is a puzzle to help you remember the four food groups. Follow these steps:
See if you can find the names of these 20 different foods hidden in the letter maze.
They are hidden across and down. Circle each food that you find. Then write it in
the space under the food group it belongs in. One is done for you.

WORD LIST

BANANA  CREAM  NOODLES  SPAGHETTI
BEEF    EGGS     OATMEAL   SPINACH
BUTTER  FISH     PORK      TOAST
CHEESE  MARGARINE POTATO   TOMATO
CHICKEN MILK      RICE      WATERMELON

SPINACH  CHEM  CHICKEN  N  JR
PBIEAMWPLIOXOIT
AFTOMATOCPDRERCHM
GIUPABHTUTERNOLI
HEAMRSALBDERSRHEOL
EESEGSTPRABIPORK
TFVALLZYNKROAIH
TILGRPKOASTBRTEC
ISRICHQSNCREAMTZ
XHDCSRFYTABOUIEVJ
ETBEEFINOODLESIAOE
IRBLPMCUWATERMELON

<table>
<thead>
<tr>
<th>MEAT GROUP</th>
<th>MILK GROUP</th>
<th>VEGETABLE AND FRUIT GROUP</th>
<th>BREAD AND CEREAL GROUP</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>BANANA</td>
<td></td>
</tr>
</tbody>
</table>

Other (Fats & Sweets)
Dear Parents,

As we are now into the 2nd term of the semester, we would like to have the students do home cooking assignments on a weekly basis. Every 2 weeks we will send home a home assignment cooking chart (see attached) with the DUE DATE listed on the top. Please allow your student to prepare foods at home and fill in the appropriate information each time your student cooks. STUDENTS DO NOT NEED TO PREPARE AN ENTIRE MEAL rather just a portion of it.

Example:
Date: Nov. 17, 199_
Food prepared: mashed potatoes
Signature: Mrs. Jones
Level of Assistance: X
Comments: Needed help using mixer to mash the potatoes

In addition, we would like to encourage you to help your student accomplish this home assignment regularly as it is a big portion of their term grade. It is so important that they are familiar with their own kitchens at home as well as ours at school.

Thank you for your help and cooperation.

Sincerely,
HOME ASSIGNMENT COOKING CHART

KEY: Level of Assistance
0 - needed total help
X - needed some help
+ - needed no help

WEEK #_________ 
Due Date__________

1. Date____________________

Food prepared____________________

Signature____________________

Level of Assistance____________________

Comments:____________________

2. Date____________________

Food prepared____________________

Signature____________________

Level of Assistance____________________

Comments:____________________

3. Date____________________

Food prepared____________________

Signature____________________

Level of Assistance____________________

Comments:____________________

4. Date____________________

Food prepared____________________

Signature____________________

Level of Assistance____________________

Comments:____________________
BUYING FOODS BY THE MEASURE

Foods that you buy can be measured many ways. Here are some easy puzzles to help you remember them. Follow these steps: Use the letters in each shape to spell a word. Write the word in the blank space in the sentence or phrase. The words you will need are listed below. One is done for you.

WORD LIST:

- cups
- dozen
- fluid
- gallon
- half
- ounces
- pint
- pound
- quart
- sticks

1. You get two cups of milk in a one-litre carton.

2. A________ gallon of ice cream.

3. 16________ of cottage cheese.

4. A________ of fruit juice.

5. A________ of bacon.

6. You get four ________ of butter in a one-pound package.

7. A________ large eggs.

8. A________ of milk.

9. Eight________ ounces of salad dressing.

10. A________ of whipping cream.
EQUAL MEASURES FUN QUIZ

Read the picture clues. Write your answers in the boxes. Put one letter in each box.

1. THREE make ONE

2. FOUR make ONE

3. EIGHT make ONE

4. ONE makes ONE

5. TWO make ONE

also 32
TIPS FOR SAFER COOKING

More accidents happen in the kitchen than in any other room. Here is a puzzle to help you learn some ways to prevent burns, cuts, shocks, and other accidents that can happen in the kitchen. Pick a word from the list to finish each sentence. Write your answers to fill in the puzzle. If all of your answers are correct, the letters going down will spell out the subject of this puzzle.

WORD LIST
break
clean
cloth
cord
electric
fire
grease
hot
inward
play
spatula
steam
tongs

1. DO sweep up the piece ______ away if you ______ something in the kitchen.

2. DO keep the handle of pots on the stove ______.

3. DON'T pick up a ______ pan without using a pot holder.

4. DON'T unplug an electric appliance by pulling on the ______.

5. DO wipe up slippery grease spills with a sponge or damp ______.

6. DON'T plug in an ______ appliance when your hands are wet.

7. DO ______ the stove regularly to remove oil or grease that may catch fire.

8. DO keep hands and face away from the hot ______ rising from a cooking pot.

9. DON'T touch a hot burner on an electric range with a metal ______.

10. DON'T run around if your clothes catch ______ in the kitchen.

11. DO pour baking soda, not water, onto a ______ fire in a frying pan.

12. DO use ______ to lift hot foods out of the pan.

13. DON'T let young children ______ in the kitchen when you are cooking.
Clean-Kitchen Detective

Directions: Use this checklist to inspect your own kitchen with the help of your parents. Check off all the things that are true of your kitchen. Remember: No kitchen is perfect all the time—sometimes things are overlooked, or sometimes a family does not have time to inspect and fix things on a daily basis.

Volunteer to help your parents fix anything that is not checked on this list. Then, on a separate piece of paper, write a report on what you did to help out and, if your parents agree, bring it to school to share with others.

Note to Parents: This exercise is designed to help students become more aware of clean kitchen practices. Please help your child fill it out. Returning the sheet to school is entirely voluntary.

______ 1. All the corners of the kitchen floor are perfectly clean.

______ 2. The kitchen towel has been changed within the last few days and is still clean.

______ 3. The grout between the tiles in the counter top (or, if you have Formica, around the edges) and at any seam is perfectly clean.

______ 4. Knives, forks, and spoons are perfectly clean without any traces of dried food on them.

______ 5. Refrigerator shelves and inside walls are free of any food residue or spilled liquids.

______ 6. Shelves on which dishes are stacked are free of dust and dirt.

______ 7. Kitchen cabinet doors close securely and are free of large cracks that might let in dirt.

______ 8. Dish rag or sponge has been thoroughly rinsed after its last use and is free of food debris.

______ 9. No foods that should be refrigerated have been left standing out on a counter or stove.

______ 10. The kitchen is free of any signs of pests such as roaches and mice.

______ 11. Food on lower shelves in the refrigerator has been covered, wrapped in plastic, or otherwise protected from possible spills from items on upper shelves.

______ 12. Hand soap is near the kitchen sink so it is convenient to wash hands frequently while working with food.
TABLE SETTING SCRAMBLE

Unscramble the letters below. They will spell out the names of some items used in setting the table for an evening meal.

1. RIDENN LATEP
2. PCU DNA RECAUS
3. LAADS TEALP
4. PINNAK
5. TAREW SALGS
6. NOOSPETA
7. ADLAS ROKF
8. NIRNED IFENK
9. POSU OGI
10. NOREN KAN

NOW—You can set the table by writing the number of each item by its proper place in the picture.