

## 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

NAME \_\_\_\_\_ DATE \_\_\_\_\_

### 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.
3. Serve soup.
4. Crumble cheese.
5. Take off potato skin.
6. Smooth out dough.
7. Whip egg whites.
8. Make hamburger out of beef.
9. Flip a pancake.
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. Moistern 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

NAME (KEY) \_\_\_\_\_ DATE \_\_\_\_\_

### 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 ...

- Mix batter.
- Drain noodles.
- Serve soup.
- Crumble cheese.
- Take off potato skin.
- Smooth out dough.
- Whip egg whites.
- Make hamburger out of beef.
- Flip a pancake.
- Screen lumps out of flour.
- Grab onto hot corn.
- Scrape out a bowl.
- Cut out the middle of apples.
- Squeeze lemons.
- Moisten a turkey.

#### MY NAME IS ...

B E A E R S  
 O L A D E R  
 L A D L E  
 G R A T E R  
 P E E L E R  
 R O L L I N G P I N  
W H 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 N G S  
 S P A T U L A  
 C O R E 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!

(I) (T) (W) (A) (S) (S) (C) (R) (A) (M) (B) (L) (E) (D)  
 6 4 7 12 10 11 14 9 1 8 15 3 13 2

NAME \_\_\_\_\_ DATE \_\_\_\_\_

### 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

- |                   |           |         |            |
|-------------------|-----------|---------|------------|
| <del>BANANA</del> | CREAM     | NOODLES | SPAGHETTI  |
| BEEF              | EGGS      | OATMEAL | SPINACH    |
| BUTTER            | FISH      | PORK    | TOAST      |
| CHEESE            | MARGARINE | POTATO  | TOMATO     |
| CHICKEN           | MILK      | RICE    | WATERMELON |

From HOME ECONOMICS BUZZLE FUN by Susan Brendel.  
 Copyright 1984, J. Weston Walch, Publisher  
 FURTHER REPRODUCTION IS PROHIBITED!

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

MEAT GROUP	MILK GROUP	VEGETABLE AND FRUIT GROUP	BREAD AND CEREAL GROUP
		BANANA	
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

W E E K # \_\_\_\_\_

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: \_\_\_\_\_  
\_\_\_\_\_

NAME \_\_\_\_\_ DATE \_\_\_\_\_

### BUYING FOODS BY THE MEASURE

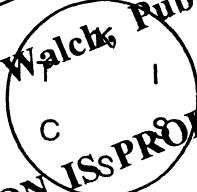
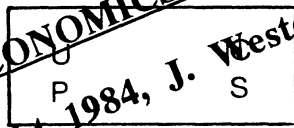
Foods that you buy can be measured many ways. Here are some easy puzzles to help you remember them. Follow these steps: Use the letters in each shape to spell a word. Write the word in the blank space in the sentence or phrase. The words you will need are listed below. One is done for you.

#### WORD LIST:

- |                 |        |
|-----------------|--------|
| <del>cups</del> | ounces |
| dozen           | pint   |
| fluid           | pound  |
| gallon          | quart  |
| half            | sticks |

1. You get two CUPS

of milk in a one-pint carton.

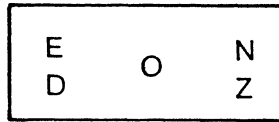
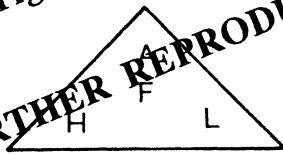


6. You get four

of butter in a one-pound package.

2. A \_\_\_\_\_

gallon of ice cream.

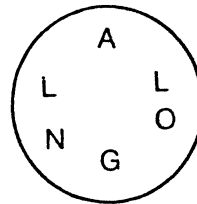
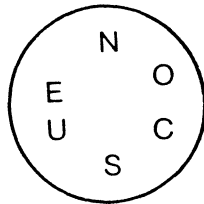


7. A \_\_\_\_\_

large eggs.

3. 16 \_\_\_\_\_

of cottage cheese.

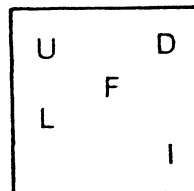
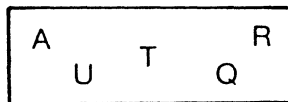


8. A \_\_\_\_\_

of milk.

4. A \_\_\_\_\_

of fruit juice.

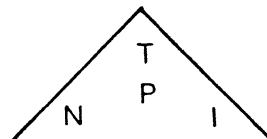
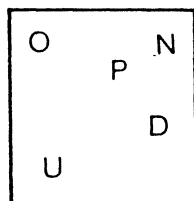


9. Eight \_\_\_\_\_

ounces of salad dressing.

5. A \_\_\_\_\_

of bacon.



10. A \_\_\_\_\_

of whipping cream.

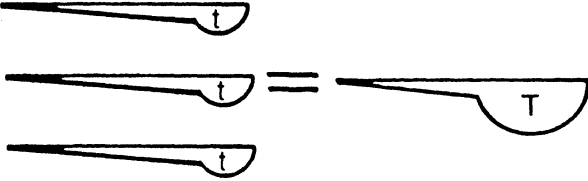
**From HOME ECONOMICS PUZZLE FUN by Susan Brendel.**  
**Copyright 1984, J. Weston Walch, Publisher**  
**FURTHER REPRODUCTION IS PROHIBITED!**

NAME \_\_\_\_\_ DATE \_\_\_\_\_

EQUAL MEASURES FUN QUIZ

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

**1**



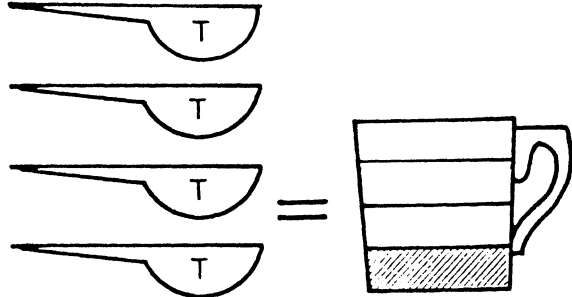
THREE  
make  
ONE

\_\_\_\_\_

\_\_\_\_\_

---

**2**




FOUR  
make  
ONE

\_\_\_\_\_

\_\_\_\_\_

---

**3**



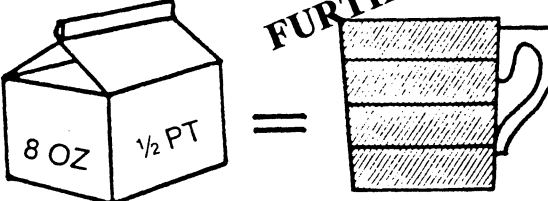
EIGHT  
make  
ONE

\_\_\_\_\_

\_\_\_\_\_

---

**4**



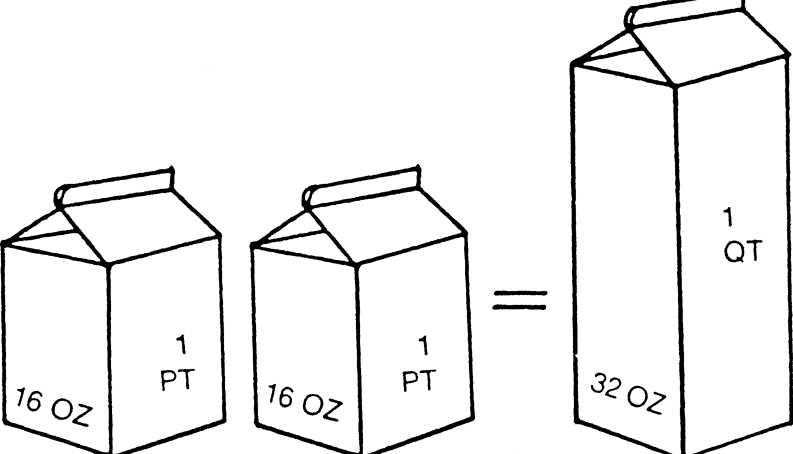
ONE  
makes  
ONE

\_\_\_\_\_

\_\_\_\_\_

---

**5**



TWO  
make  
ONE

\_\_\_\_\_

\_\_\_\_\_

also  
32

\_\_\_\_\_

**ECONOMICS PUZZLE FUN** by Susan Brendel.  
 Copyright 1984 J. Weston Walch, Publisher  
 FURTHER REPRODUCTION IS PROHIBITED!



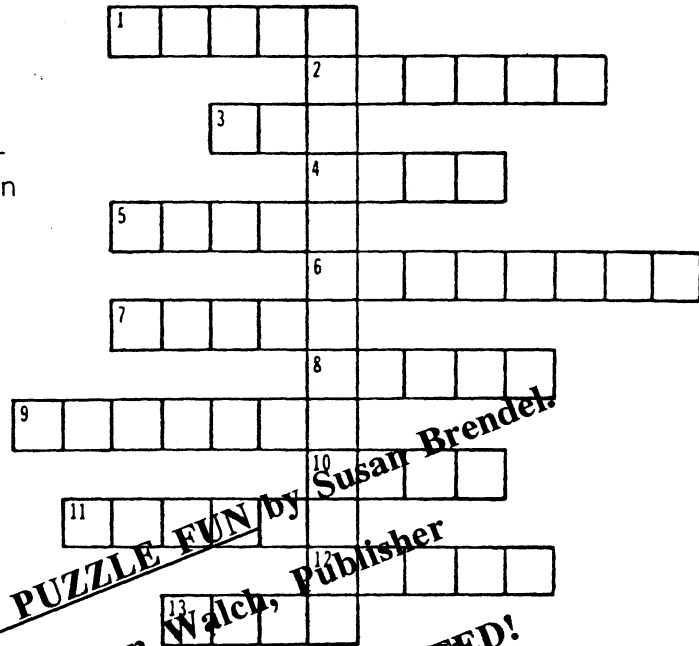
NAME \_\_\_\_\_ DATE \_\_\_\_\_

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    | fire   | play    |
| clean    | grease | spatula |
| cloth    | hot    | steam   |
| cord     | inward | tongs   |
| electric |        |         |



1. DO sweep up the pieces right away if you \_\_\_\_\_ something in the kitchen.
2. DO turn the handles of pots on the stove burners \_\_\_\_\_.
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 on the countertop (or, if you have Formica, around the edges) 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.

From HOME ECONOMICS PUZZLE FUN by Susan Brendel.  
Copyright 1984, J. Weston Walch, Publisher

FURTHER REPRODUCTION IS PROHIBITED!

NAME \_\_\_\_\_ DATE \_\_\_\_\_

**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 \_\_\_\_\_
- 10. NDRN KRF \_\_\_\_\_

**From HOME ECONOMICS PUZZLE FUN by Susan Brendel.**  
**Copyright 1984, J. Weston Walch, Publisher**  
**FURTHER REPRODUCTION IS PROHIBITED!**

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

