

Name \_\_\_\_\_

# Microwave Experiments

**Write a hypothesis of what is going to happen when cooking this marshmallow in the microwave:**

**Place a marshmallow on a large plate and put it on in the microwave for 1 minute. Watch closely and record what you see.**

Describe what happened when you microwaved the marshmallow?

**Remove the marshmallow from the microwave and examine the marshmallow after it was cooked for 1 minute.**

Describe what it looks like now.

What color is the outside of the marshmallow? \_\_\_\_\_

What color is the inside of the marshmallow? \_\_\_\_\_

What were the microwaves attracted to in the marshmallow? \_\_\_\_\_

What can we learn about how a microwave cooks from this marshmallow?

**Write a hypothesis of what is going to happen when cooking this whole hot dog in the microwave:**

**Place a hot dog on a large plate and put it on in the microwave for 1 minute. Watch closely and record what you see.**

**Remove the hot dog from the microwave and examine the hot dog after it was cooked for 1 minute.**

What were the microwaves attracted to in the hot dog? \_\_\_\_\_

Can you see the "hot spots" on the cooked hot dog? \_\_\_\_\_

What do the hot spots look like? \_\_\_\_\_

In your own words describe what your observations in cooking these 2 items in the microwave teach you about microwave cooking.

## Measuring Experiments

### EXPERIMENT #1

Experiment #1

How many Tablespoons should she use? \_\_\_\_\_

1. Which is bigger  $\frac{1}{4}$  cup or  $\frac{1}{2}$  cup? \_\_\_\_\_
2. 1 cup = \_\_\_\_\_ T
3.  $\frac{3}{4}$  cup = \_\_\_\_\_ T
4.  $\frac{1}{2}$  cup = \_\_\_\_\_ T
5.  $\frac{1}{4}$  cup = \_\_\_\_\_ T
6.  $\frac{1}{8}$  cup = \_\_\_\_\_ T
7. Which is bigger a Tbsp or tsp? \_\_\_\_\_

### EXPERIMENT #2

List the items needed when using the WATER DISPLACEMENT method.

- 1.
- 2.

### EXPERIMENT #3

Original	Doubled
1 $\frac{1}{2}$ cup flour	
$\frac{1}{8}$ cup sugar	
$\frac{1}{4}$ tsp salt	
$\frac{3}{4}$ tsp corn meal	

### EXPERIMENT #4

1. How many T are in a cube of butter? \_\_\_\_\_
2. How would you measure  $\frac{1}{4}$  cup using the butter wrapper?
3. How many cups are in a cube of butter? \_\_\_\_\_
4. How many cubes of butter are in a box? \_\_\_\_\_
5. 4 cubes = \_\_\_\_\_ lb of butter
6. If a recipe calls for 2 cups of butter how many cubes would you need? \_\_\_\_\_

### EXPERIMENT #5

1. How many teaspoons did you use? \_\_\_\_\_
2. List the four standardized measuring spoons and put them in order from smallest to largest.


**EXPERIMENT #6**

Original	Halved
2/3 cup water	
1/2 cup flour	
1/4 cup cornmeal	
1 1/2 cup sugar	

1. What did you use to measure a 1/8 of cup? \_\_\_\_\_
2. What measuring cups did you use to measure 3/4 cup of cup? \_\_\_\_\_ and \_\_\_\_\_

**EXPERIMENT #7**

1. Which is the correct method? (circle one)  
                     Firmly packed    or    scooped then leveled
2. If measured correctly the brown sugar will hold the \_\_\_\_\_ of the measuring cup.

**EXPERIMENT #8**

1. How many ounces did each guest get? \_\_\_\_\_
2. How many oz are in a cup? \_\_\_\_\_
3. How many oz are in a 1/2 cup? \_\_\_\_\_
4. How many cups are in 32 oz? \_\_\_\_\_

**Experiment #9**

1. How many T did you use? \_\_\_\_\_
2. \_\_\_\_\_ T = 1/8 cup
3. \_\_\_\_\_ T = 1/4 cup
4. \_\_\_\_\_ T = 3/4 cup
5. \_\_\_\_\_ T = 1 cup

Experiment #10

1. How many 1/4 tsp did you use? \_\_\_\_\_

What size of spoon is:

- 2. 1/4 tsp=Small Medium Large Big
- 3. 1/2 tsp=Small Medium Large Big
- 4. 1 tsp=Small Medium Large Big
- 5. 1 T=Small Medium Large Big

Experiment #11

- 1. How many cups water did you use? \_\_\_\_\_
- 2. 1 cup= \_\_\_\_\_ pints
- 3. \_\_\_\_\_ pints= 1 quart
- 4. \_\_\_\_\_ quarts=1 gallon

Experiment #12

1. How many 1/2 cups and 1/4 cups did you use?

1/2 cup \_\_\_\_\_                      1/4 cup \_\_\_\_\_

2. List the 4 standardized measuring cups from largest to smallest


Experiment #13

1. How many Tablespoon did you use? \_\_\_\_\_

2. When measuring liquid using measuring spoons do you need to: (circle)

Level off the measuring spoon?                      Yes    Or    No

Pack the ingredients?                                      Yes    Or    No

Pour ingredients directly into the measuring spoon?    Yes    Or    No

Experiment #14

1. What measuring tools did you use? \_\_\_\_\_

- 2. How many  $\frac{1}{4}$  tsp are in 1 tsp? \_\_\_\_\_
- 3. How many  $\frac{1}{2}$  tsp are in 1 tsp? \_\_\_\_\_
- 4. How many 1 tsp are in a T? \_\_\_\_\_

Know your Abbreviations and Equivalents

While waiting for the next experiment, write the correct term that is abbreviated.

1. T \_\_\_\_\_

2. Oz \_\_\_\_\_

3. C \_\_\_\_\_

4. tsp. \_\_\_\_\_

5. qt \_\_\_\_\_

6. lb. \_\_\_\_\_

7. pkg. \_\_\_\_\_

8. Tbs. \_\_\_\_\_

9. 10.gal \_\_\_\_\_

10. pt \_\_\_\_\_

11. Tbsp. \_\_\_\_\_

12. 1 Tbsp. = \_\_\_\_\_ tsp

13. 1 c = \_\_\_\_\_ Tbsp.

14.  $\frac{1}{3}$  c = \_\_\_\_\_ Tbsp.

15. 1 stick/cube butter = \_\_\_\_\_ c

16.  $\frac{1}{4}$  c = \_\_\_\_\_ Tbsp.

17. 16 Tbsp. = \_\_\_\_\_ c

19. 1 pt = \_\_\_\_\_ c

20.  $\frac{1}{8}$  c = \_\_\_\_\_ Tbsp.

21.  $\frac{1}{2}$  c = \_\_\_\_\_ Tbsp.

22. 12 Tbsp. = \_\_\_\_\_ c

23. 2 Tbsp. = \_\_\_\_\_ c

24. 16 Tbsp. = \_\_\_\_\_ c

25. 4 Tbsp. = \_\_\_\_\_ c

26. 2 pt = \_\_\_\_\_ qt

27. 1 gal. = \_\_\_\_\_ qt

28. 1 pt = \_\_\_\_\_ c

## Pancake Lab Experiment

### WHAT ROLE DOES EACH INGREDIENT PLAY IN MAKING QUICK BREADS

Follow the instructions and prepare **5** different pancakes and EVALUATE each.

- 1 c. flour
- 1 c. milk
- 1 egg
- 2 tsp. baking powder
- 1 T sugar
- ½ tsp salt
- 2 T oil

#### **STEP #1**

Combine flour and milk. Stir. Make one tiny pancake.

- Describe:
- Texture:
- Flavor:
- Color:
- Purpose:

#### **STEP #2**

Add egg. Stir. Make one tiny pancake.

- Describe:
- Texture:
- Flavor:
- Color:
- Purpose

#### **STEP #3**

Add baking powder. Stir. Make one tiny pancake.

- Describe:
- Texture:

- Flavor:
- Color:
- Purpose:

**STEP#4**

Add sugar and salt. Stir. Make one tiny pancake.

- Describe:
- Texture:
- Flavor:
- Color:
- Purpose

**STEP #5**

Add oil. Stir. Make one tiny pancake.

- Describe:
- Texture:
- Flavor:
- Color:
- Purpose:

**STEP #6**

Make the rest into pancakes and enjoy.

Word BANK

Describe	Flat, Perfect,
Texture	Gooney, Tough, Chewy, Soft,
Flavor	Bland, Sweet, Salty,





## Fiber Party!!

### Southwestern Eggs rolls (fiber style)

- 1 cup frozen corn (thawed)
- 1/2 Can of black beans, rinsed and drained
- 1/2 pkg frozen, chopped spinach (thawed and squeeze dry)
- 1/2 cup shredded Mexican cheese blend
- 1/2 can diced green chilies
- 1/2 tsp ground cumin
- 1/4 tsp chili powder
- 1/4 tsp black pepper
- 10 egg roll wrappers

Preheat oven to 425° F.

In a large mixing bowl, combine the first 8 ingredients

Place 1/4 C mixture in the center of one wrapper. (Keep remaining wrappers covered with a damp paper towel until ready to use) Fold bottom corner over filling. Fold sides toward the center over filling. Moisten remaining corner with water; roll up tightly to seal. Repeat until all egg rolls are made.

Place seam side down on a sprayed cookie sheet.

Spray tops of egg rolls with cooking spray. Bake 10-15 minutes or until lightly golden brown.

Mix cucumber dip while your egg rolls bake.

### Asian Salad

- 4 leaves of cabbage cut chiffonade style
- 1 green onions chopped
- 1 carrot shredded
- 2 stalks celery chopped
- 2 T slivered almonds
- 1 pkg ramen noodles chicken flavored
- 1/4 c olive oil
- 1 T sugar
- 1 1/2 T of white vinegar

In a large bowl, combine vegetables and almonds. Crush ramen noodles in the package then add to vegetables. Prepare dressing by whisking together the oil, sugar, vinegar and ramen flavor packet. Pour over cabbage mixture and mix well to coat. Refrigerate until ready to serve.

### Orange Fruit Slaw

- 4 leaves of cabbage cut chiffonade style
- 10 Mandarin Oranges
- 15 Grapes cut in half
- 1 stalk of celery washed and chopped
- 1 apple, cored and chopped (Leave the skins on)
- 1 (8 oz) carton orange yogurt
- 2 T toasted slivered almonds

Combine cabbage, orange sections, grapes, celery, and apple in a large bowl. Mix in orange yogurt. Place in fridge to chill while almonds are toasting. Spread almonds on a baking sheet and bake at 375 degrees for 5-8 minutes, flip almonds 4 minutes. Just before serving, garnish with toasted slivered almonds

### Oven Baked Parmesan French Fries

- 3 russet potatoes

- 3 T olive oil
- 1 T Salt
- 1/2 tsp pepper
- 1/2 cup grated parmesan

Preheat the oven to 400 degrees.

Using your best knife skills wash and cut potatoes into 1/4 inch sticks leaving as many skins on as you can. Add olive oil, salt, and pepper. Toss well and lay out onto a cookies sheet. Sprinkle with parmesan cheese and bake for 15 minutes fries should be browned and the cheese melted.

### Lab Evaluation

1. Circle all the foods that would be a good source of fiber:

Brown Rice	Hamburger	Oatmeal	Chicken	White Bread
Apple	White Rice	Seafood	Lettuce	Beans

2. The National Cancer Institute recommends \_\_\_\_\_ - \_\_\_\_\_ grams of daily fiber.
3. True or False Fiber may reduce the risks of diverticulosis, colon and rectal cancer.
4. Look over the 4 recipes and circle the 15 ingredients that contain fiber.

## Homemade Macaroni and Cheese

Even Groups Use Whole Wheat Pasta & Odd groups Use Refined grain pasta

## NOODLES

- 2 cup uncooked macaroni (elbow or shell)
- 1 ½ quarts water (how many cups? \_\_\_\_\_)

\*\*\*\*\*

## SAUCE

- 3 T margarine
- 3 T flour
- ¼ tsp. salt
- 1 ½ cups milk
- 4 oz. of grated sharp cheddar cheese

## NOODLES

1. Prepare the pasta according to the notes that were taken in class.
2. Add the macaroni and salt, and continue to boil until the macaroni is tender Drain using a colander.

## SAUCE

1. In a sauce pan melt the margarine. Remove from heat stir in the flour and salt, gradually add the milk.
2. Heat to a boil stirring constantly. Remove from heat.
3. Add the cheese and macaroni. Place in a serving bowl and enjoy.

## Lab Evaluation

1. What is the ratio formula for rice? \_\_\_\_:\_\_\_\_
2. 2 cups of uncooked pasta will yield? circle the answer  
1 cups      2 cups      4 cups      6 cups
3. \_\_\_\_\_ = firm to the bite
4. Do you cook pasta with the lid on or lid off?
5. Explain what type of flour is used to make a refined grain?

## Vegan Tacos

- 1 T. vegetable oil
- 1 potato
- 1 tsp. vegetable-herb seasoning
- 1 cube of tofu crumbled
- Salt and pepper to taste
- 4 taco shells

Wash and peel potato. With the cheese grater grated the potato. In the skillet add oil, shredded potato, seasoning and tofu. Sauté until golden brown. Add filling to shell and serve with your favorite vegan toppings.

Toppings: Lettuce                  Tomatoes                  Salsa

### Lab Evaluation

1. Why is cheese not a vegan topping?
2. Could you eat cheese on your taco if you were a lacto-vegetarian?  
Yes                                  No
3. What type of foods can an ovo- vegetarian eat?
4. What type of foods can a lacto- ovo- vegetarian eat?
5. What type of protein were the vegan tacos?  
Complete protein                          or    incomplete protein
6. List 2 functions of protein. ( note: do not use the same ones you used for the lasagna evaluation)
7. Incomplete proteins come from \_\_\_\_\_ sources.
8. \_\_\_\_\_ proteins are a grain combined with any nut, seed, or legume.
9. Eating beans and rice is an example of a \_\_\_\_\_ protein.
10. \_\_\_\_\_ is the only complete
11. protein from a plant source.



## Meatballs

- ½ lb ground beef
- 1 egg
- ½ tsp. salt
- ½ tsp. pepper
- 1 T water
- ¼ c bread crumbs
- 3 T parmesan cheese

In a bowl mix together all ingredients form into meatballs 1- inch diameter. Place on cooking racks then on cookie sheet. Bake at 350° for 15-20 minutes. While meatballs are cooking prepare sauce.

### Sauce

- ½ cup ketchup
- ¼ cup brown sugar
- 2 T seasoned vinegar
- 1 tsp. mustard

Place all ingredients into sauce and cook on med- high heat until warm. Remove the meatball from cookie sheet and place them in the sauce then serve.

## Puffed Pancakes

- ½ cup flour
- ¾ cup milk
- 2 large eggs
- 1/8 tsp salt

¼ cup powder sugar (topping)

Directions: Place a nonstick mini muffin pan in the oven and heat to 400° F. While oven is heating, place flour, milk, eggs, and salt in a BLENDER and blend until smooth. Carefully remove the pan from the oven (don't forget the pans are HOT!) and quickly spray the wells with non-stick spray. Fill muffin wells ½ full with batter. Bake 12-18 minutes, until batter puffed and slightly golden on top. Remove puffs and sprinkle with powder sugar.

## Cap'n Crunch French Toast Sticks

- ½ C milk
- 2 Eggs lightly beaten
- 1 T sugar
- 1 ½ C Cap'n Crunch cereal
- 4 slices of bread
- Pam cooking spray

In a large bowl, mix together milk, eggs, sugar and vanilla. Whisk until well combined.

Place cereal in a Ziploc bag and roll a rolling pin over it until the cereal becomes crumbs.

Moisten the bread in the milk mixture. Allow excess liquid to drip off bread, then coat the bread with the cereal crumbs to coat evenly. Set on a cookie sheet and repeat with the remaining slices.

Heat a large skillet over medium heat. Adding butter as needed, cook bread on both sides until it caramelizes about 6-8 minutes total.

Using your pizza cutter cut each slice of bread into 4 sticks.

## Vanilla Pudding

- ¾ cup sugar
- 3 T cornstarch
- ¼tsp salt
- 2 cup milk
- 3 slightly beaten egg YOLKS
- 1 T vanilla
- 16 vanilla wafers

In a sauce pan combine sugar, cornstarch, and salt. Gradually stir in milk. Use a whisk stir over medium high heat until it reaches a boil. In a bowl add the 3 egg yolks and ½ cup of hot liquid mix well. This is called Tempering and Egg. Immediately return to hot mixture; cook 2 minutes stirring constantly. Remove from heat and serve with vanilla wafers.



## Lab Evaluation

Which recipe was an example of?

	RECIPE	GIVE PROOF
Binder		
Coating		
Leavening Agent		
Thickener		

1. What two ingredients can eggs emulsify?

- 1.
- 2.

2. Circle all the methods of cooking eggs:

Hard Cooked

Poached

Broil

Scrambled

Soft Cooked Sauté

Fried

Puree

Blanched

3. If a recipe does not contain baking powder, baking soda, or yeast what other ingredient can make things rise?

4. Eggs are toughened by \_\_\_\_\_ or by long exposure to \_\_\_\_\_.

5. Why do they call the egg "The incredible edible egg"?

## Stuffed Shells

### Homemade Ricotta and Alfredo Sauce

Odd Groups=Alfredo Sauce and 8 Shells

Even Groups=Ricotta and 8 Shells

#### Alfredo Sauce

- 1/4 c Butter
- 2 T Flour
- 3/4 c Half-Half
- 1/2 c 2% MILK Milk
- 1/3 c Romano Cheese
- 1/4 tsp. salt

- 2 Sprigs Parsley minced
- 1/4 clove of garlic minced

1. In a medium saucepan, melt the butter over medium heat.
2. Add the garlic to the butter and stir to blend flavors.
3. Remove the pan from the heat. Add the flour to the butter mixture and stir to make a roux (thickening agent).
4. Whisk the milk, half -half, and spices (salt, parsley, and garlic) into the mixture. Place the pan back on the stove on medium heat. Bring the mixture to a slow boil. Whisk and heat through until the sauce thickens. Stir constantly to prevent SCORCHING.
5. Once the sauce is thickened. Remove from heat. Immediately add the cheese and whisk until the cheese is melted and sauce is smooth.

#### Prepare 8 Shells using your best pasta making skills

#### Ricotta

1 qt WHOLE milk = \_\_\_\_\_ cups

1/8 cup apple cider vinegar

2 Basil leaves (minced)

3 sprig of Italian parsley (minced)

1/4 clove of garlic minced

1. Bring milk to a rolling boil on medium heat stirring constantly to prevent SCORCHING. Remove from heat and stir into the apple cider vinegar.
2. The milk will coagulate
3. Pour the newly formed curd into a cheesecloth-lined colander. Press lightly with the back of a wooden spoon to promote draining.
4. Place the cheese in a bowl and add basil, parsley, garlic.
5. Spoon ricotta cheese into cooked shells.
6. Top with alfredo sauce.

*Prepare 8 Shells using your best pasta making skills*

Evaluation

1. What temperature do you cook milk on?
2. What two things should you do to prevent Scorching?
  - A.
  - B.
3. What word describes cooking milk at a high temperature to kill all the bacteria?
4. What is homogenized?
5. What does fortified mean?
6. Milk is fortified with what two vitamins
  - A.
  - B.
7. It is recommended that teens and adults get how many cups of milk?
8. Milk and Dairy Products are rich what minerals



## 6. Low fat Chocolate Chip Cookies

- 1 1/2 cup flour
- 3/4 tsp. soda
- 3/4 tsp. salt
- 1/2 cup sugar
- 1/2 cup brown sugar
- 2 T margarine
- 3/4 tsp. Vanilla
- 1 egg white
- 1/4 cup nonfat yogurt
- 1/2 cup chocolate chips

Preheat oven to 350. In a mixing bowl combine flour, soda, and salt. In the glass mixing bowl cream brown sugar, sugar, and margarine: add vanilla egg white and sour cream. That add the flour mixture beat until well combined. Stir in chocolate chips. Drop by teaspoons onto a cookie sheet. Bake for 10-12 minutes \*\*Note Bigger cookies take longer to bake.

### Lab Evaluation

1. What teaspoons do you use to get 3/4 tsp.?
2. Circle the ingredients contain fat in this recipe?
3. Does sugar contain fat?  Yes  No
4. What type of fat is butter? Saturated or unsaturated
5. What type of fat is vegetable oil? Saturated or Monounsaturated
6. List 2 functions of fat?
7. What other nutrient does fat help?
8. 1 gram of fat = \_\_\_\_\_ calories
9. LDL's and HDL's are the two types of \_\_\_\_\_
10. LDL's are the \_\_\_\_\_ cholesterol.
11. HDL's are the \_\_\_\_\_ cholesterol.
12. Cholesterol is only found in \_\_\_\_\_ products
13. Cook more with \_\_\_\_\_ than butter.
14. True or False Yogurt can be used to replace solid fats.
15. Olive oil and canola oil are examples of what type of fat?  
Monounsaturated or Polyunsaturated
16. Corn oil and soybean oil are examples of what type of fat?  
Monounsaturated or Polyunsaturated

Vitamin and mineral content evaluation by identifying the DV% of each Fruit or Vegetable in the Fruit Smoothies

Spinach

Vitamin Name	DV %	Water or Fat Soluble	Function of the Vitamin

Peaches

Vitamin Name	DV %	Water or Fat Soluble	Function of the Vitamin

Banana

Vitamin Name	DV %	Water or Fat Soluble	Function of the Vitamin

Kiwi

Vitamin Name	DV %	Water or Fat Soluble	Function of the Vitamin

Kale

Vitamin Name	DV %	Water or Fat Soluble	Function of the Vitamin

Grapes

Vitamin Name	DV %	Water or Fat Soluble	Function of the Vitamin

Apple

Vitamin Name	DV %	Water or Fat Soluble	Function of the Vitamin

## Super Hero Vitamin Save the Day Smoothies

### Outrageous Orange                      Kitchens 2 & 7

- ¼ C orange juice concentrate
- 1 carrot peeled and quartered
- 1 cup frozen peaches
- ½ C low fat strawberry yogurt
- 1 frozen banana

### Lean Green Vitamin Machine                      Kitchens 3 & 8

- 1 Cup packed spinach
- 1 kiwi peeled and quartered
- ½ C low fat vanilla yogurt
- 1 frozen banana
- 10-15 green grapes
- ½ C water
- 1 Cup ice cubes

### Whole Grain Goodness Smoothie                      Kitchens 4 & 9

- ½ oatmeal
- 1 cup lowfat vanilla yogurt
- 1 Cup peaches
- ¼ C. orange juice concentrate
- 1 frozen banana
- ½ Water
- 1 Cup ice

### Kale Apple-Berry Delight                      Kitchens 5 & 6

- ½ Cup orange juice concentrate
- ½ Cup vanilla yogurt
- 1 T honey
- 1 ½ Cup kale
- 1 c up frozen triple berries
- ½ apple cut into 4ths
- 1 frozen banana



### Smoothie Evaluation

1. Circle the Fat-Soluble vitamins

Vitamin A

Vitamin B

Vitamin C

Vitamin D

Vitamin E

Vitamin K

2. Circle the Water-Soluble Vitamins

Vitamin A

Vitamin B

Vitamin C

Vitamin D

Vitamin E

Vitamin K

3. How many "B" vitamins are there? \_\_\_\_\_

4. Which vitamin helps clot our blood?

5. Which vitamin helps our skin and helps prevent night blindness?

6. If your deficient in this vitamin you could have rickets?

7. If your deficient in this vitamin you could have scurvy?

8. This vitamin is know as the sunshine vitamin?

9. This vitamin helps heal wounds and increases your immune system?

10. What three colors of fruits and vegetables have the highest amount of vitamins and minerals?

1.

2.

3.

11. Spinal Bifida or Neural Tube defect is prevent by getting enough of which "B" Vitamin?

12. Which vitamin helps our red and white blood cells?

### Water Label Rubric

Center Portion of the Label	Create a Catching Phrase for your water label must be colored	10 pts _____
4 Functions of Water	While watching the video on water identify 4 functions or reasons why we need water. List the four functions on your label in the designated space. Use a different color marker for each function.	Functions #1 5 pts__ Functions #2 5 pts_ Functions #3 5 pts_ Functions #4 5 pts__ Colored 5 pts _____
Signs of Dehydration	While watching the video on water identify at least 2 signs of dehydration and list them on the designated space.	1 sign 5 pts _____ 2 <sup>nd</sup> sign 5 pts _____
Recommended Daily	While watching the video on water	5 pts _____

	identify the recommendation and list it on the designated space.	
TOTAL	50 points	<hr/>

Function #1		How Much Water Is Recommend Daily:
Function #2		Function #3
Signs of Dehydration		Function #4

Name:

Recipe Book

## Measuring Experiments

### EXPERIMENT #1

Experiment #1

How many Tablespoons should she use? \_\_\_\_\_

1. Which is bigger  $\frac{1}{4}$  cup or  $\frac{1}{2}$  cup? \_\_\_\_\_
2. 1 cup = \_\_\_\_\_ T
3.  $\frac{3}{4}$  cup = \_\_\_\_\_ T
4.  $\frac{1}{2}$  cup = \_\_\_\_\_ T
5.  $\frac{1}{4}$  cup = \_\_\_\_\_ T
6.  $\frac{1}{8}$  cup = \_\_\_\_\_ T
7. Which is bigger a Tbsp or tsp? \_\_\_\_\_

### EXPERIMENT #2

List the items needed when using the WATER DISPLACEMENT method.

- 1.
- 2.

### EXPERIMENT #3

Original	Doubled
1 $\frac{1}{2}$ cup flour	
$\frac{1}{8}$ cup sugar	
$\frac{1}{4}$ tsp salt	
$\frac{3}{4}$ tsp corn meal	

### EXPERIMENT #4

7. How many T are in a cube of butter? \_\_\_\_\_
8. How would you measure  $\frac{1}{4}$  cup using the butter wrapper?
9. How many cups are in a cube of butter? \_\_\_\_\_
10. How many cubes of butter are in a box? \_\_\_\_\_
11. 4 cubes = \_\_\_\_\_ lb of butter
12. If a recipe calls for 2 cups of butter how many cubes would you need? \_\_\_\_\_

### EXPERIMENT #5

3. How many teaspoons did you use? \_\_\_\_\_
4. List the four standardized measuring spoons and put them in order from smallest to largest.


**EXPERIMENT #6**

Original	Halved
2/3 cup water	
1/2 cup flour	
1/4 cup cornmeal	
1 1/2 cup sugar	

1. What did you use to measure a 1/8 of cup? \_\_\_\_\_
2. What measuring cups did you use to measure 3/4 cup of cup? \_\_\_\_\_ and \_\_\_\_\_

**EXPERIMENT #7**

3. Which is the correct method? (circle one)  
     Firmly packed    or    scooped then leveled
4. If measured correctly the brown sugar will hold the \_\_\_\_\_ of the measuring cup.

**EXPERIMENT #8**

1. How many ounces did each guest get? \_\_\_\_\_
2. How many oz are in a cup? \_\_\_\_\_
3. How many oz are in a 1/2 cup? \_\_\_\_\_
4. How many cups are in 32 oz? \_\_\_\_\_

**Experiment #9**

6. How many T did you use? \_\_\_\_\_
7. \_\_\_\_\_ T = 1/8 cup
8. \_\_\_\_\_ T = 1/4 cup
9. \_\_\_\_\_ T = 3/4 cup
10. \_\_\_\_\_ T = 1 cup

Experiment #10

6. How many 1/4 tsp did you use? \_\_\_\_\_

What size of spoon is:

- 7. 1/4 tsp=Small Medium Large Big
- 8. 1/2 tsp=Small Medium Large Big
- 9. 1 tsp=Small Medium Large Big
- 10. 1 T=Small Medium Large Big

Experiment#11

- 5. How many cups water did you use? \_\_\_\_\_
- 6. 1 cup= \_\_\_\_\_ pints
- 7. \_\_\_\_\_ pints= 1 quart
- 8. \_\_\_\_\_ quarts=1 gallon

Experiment #12

3. How many 1/2 cups and 1/4 cups did you use?

1/2 cup \_\_\_\_\_                      1/4 cup \_\_\_\_\_

4. List the 4 standardized measuring cups from largest to smallest


Experiment #13

3. How many Tablespoon did you use? \_\_\_\_\_

4. When measuring liquid using measuring spoons do you need to: (circle)

Level off the measuring spoon?                      Yes    Or    No

Pack the ingredients?                                      Yes    Or    No

Pour ingredients directly into the measuring spoon?    Yes    Or    No

Experiment #14

5. What measuring tools did you use? \_\_\_\_\_

6. How many  $\frac{1}{4}$  tsp are in 1 tsp? \_\_\_\_\_
7. How many  $\frac{1}{2}$  tsp are in 1 tsp? \_\_\_\_\_
8. How many 1 tsp are in a T? \_\_\_\_\_

### Know your Abbreviations and Equivalents

While waiting for the next experiment, write the correct term that is abbreviated.

- |                  |                                   |
|------------------|-----------------------------------|
| 12. T _____      | 12. 1 Tbsp. = _____ tsp           |
| 13. Oz _____     | 13. 1 c = _____ Tbsp.             |
| 14. C _____      | 14. $\frac{1}{3}$ c = _____ Tbsp. |
| 15. tsp. _____   | 15. 1 stick/cube butter = _____ c |
| 16. qt _____     | 16. $\frac{1}{4}$ c = _____ Tbsp. |
| 17. lb. _____    | 17. 16 Tbsp. = _____ c            |
| 18. pkg. _____   | 19. 1 pt = _____ c                |
| 19. Tbs. _____   | 20. $\frac{1}{8}$ c = _____ Tbsp. |
| 20. 10 gal _____ | 21. $\frac{1}{2}$ c = _____ Tbsp. |
| 21. pt _____     | 22. 12 Tbsp. = _____ c            |
| 22. Tbsp. _____  | 23. 2 Tbsp. = _____ c             |
|                  | 24. 16 Tbsp. = _____ c            |
|                  | 25. 4 Tbsp. = _____ c             |
|                  | 26. 2 pt = _____ qt               |
|                  | 27. 1 gal. = _____ qt             |
|                  | 28. 1 pt = _____ c                |

## Chocolate Chocolate Chip Cookies

- $\frac{3}{4}$  cup flour
- $\frac{1}{4}$  cup cocoa
- $\frac{1}{4}$  tsp. baking soda
- $\frac{1}{8}$  tsp baking powder
- $\frac{1}{8}$  tsp salt
- 3 T Margarine
- 1 T Shortening (Crisco)
- $\frac{1}{4}$  cup brown sugar
- $\frac{1}{4}$  cup sugar



- 1 egg
- 1/2 tsp vanilla
- 1/3 cup white chocolate chips

Preheat oven to 350°. In a small bowl, combine flour, cocoa, baking soda, baking powder, and salt. Mix thoroughly with a wire whisk. Set aside. In a glass mixing bowl CREAM the butter, shortening, brown sugar, and sugar and beat until well combined. Scrape sides with rubber spatula then beat in the egg and vanilla. Scrape again. Turn the mixer to low speed and mix in the flour mixture just until incorporated. Scrape. STIR in the chocolate chips. Using the portion scoop place 12 level scoops of dough evenly on prepared baking sheets. Bake for 10 minutes. The cookies will puff up and then settle down slightly when done. Let cool on the baking sheet 3 minutes before removing them from the cookie sheet.

#### Lab Evaluation

1. Underline all of the dry ingredients in the recipe.
2. Do \_\_\_\_\_ measure directly \_\_\_\_\_ the mixing bowl.
3. Use \_\_\_\_\_ for ingredients less than 1/4 cup.
3. What is the easiest way to measure margarine or butter?
4. How many T are in a cube of butter?
5. Brown sugar is \_\_\_\_\_ and leveled in dry measuring cups.
6. Shortening is \_\_\_\_\_ into dry measuring cups with a \_\_\_\_\_ spatula.
7. What is the abbreviation for:
  - Tablespoon \_\_\_\_\_
  - Tablespoon \_\_\_\_\_
  - Teaspoon \_\_\_\_\_
  - Teaspoon \_\_\_\_\_
  - Cup \_\_\_\_\_

## Mystery Recipe

- $\frac{3}{4}$  c. + 1 Tbsp + 1 tsp whole wheat flour
- $\frac{1}{2}$  c. sugar
- 1  $\frac{1}{2}$  tsp. pumpkin pie spice
- $\frac{1}{2}$  tsp. baking soda
- $\frac{1}{8}$  tsp. baking powder
- $\frac{1}{8}$  tsp. salt
- 1 egg
- $\frac{1}{2}$  c plain pumpkin
- 4 T. melted butter
- $\frac{1}{2}$  c chocolate chips

Preheat oven to 350°. Mix dry ingredients in large bowl (Flour, sugar, pumpkin pie spice, baking soda, baking powder, and salt.) In another bowl whisk: eggs, pumpkin and butter until well blended. Melt butter. Stir in chocolate chips to egg, pumpkin, and butter mixture. Make a "well" in the center of the dry ingredient mixture. Pour egg, pumpkin, butter, and chocolate chip mixture into well of dry ingredients and fold-in until just moistened. (Do not over mix!) Grease muffin tin or use paper baking cups. Fill muffin tins  $\frac{2}{3}$  full. Bake at 350° for 20 to 25 minutes.

### Lab Evaluation

1. What piece of equipment do you use to cream?

Wooden Spoon      Electric Mixer      Whisk      Pastry Blender

2. What type of motion is beat?

Gently Slow      Fast      Really Fast

3. Do you measure then sift or sift then measure?

4. What piece of equipment did you use to measure the milk?

Dry Measuring Cup      Measuring Spoons      Liquid Measuring Cup

5. What method did you use to measure your flour?

Spooned it in the DMC      Scooped it in using the DMC      Packed it in

6. What piece of equipment did you use to stir when cooking on a stove?

Wooden Spoon      Electric Mixer      Whisk      Pastry Blender

7. When mixing flour and fat (margarine) what piece of equipment did you use? This method is called \_\_\_\_\_.

Wooden Spoon      Electric Mixer      Whisk      Pastry Blender

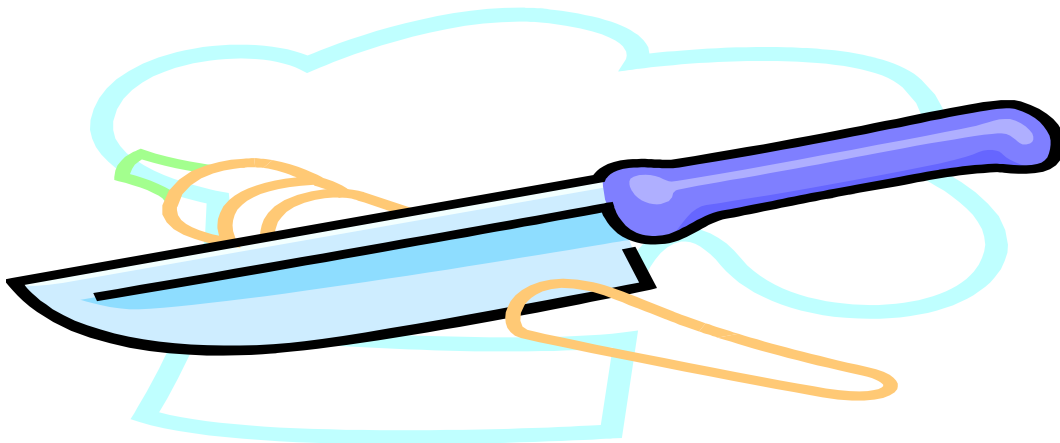
## Rosemary Potatoes

- 4 potatoes
- Sprig of Rosemary
- 2 T oil
- Ziploc Bag

Each member of your groups needs to small dice their potato. Remember to stabilize the cutting board. Once the potatoes are small diced, mince the rosemary. Put diced potatoes, minced rosemary and oil into the Ziploc bag. **Seal** the bag and toss. Empty the Ziploc bag into a large skillet and cook on medium high heat until tender.

### Lab Evaluation

1. Identify the parts of the knife.



2. What should you do with your non cutting hand?
3. What does cross contaminated mean?
4. What are the 3 appropriate methods for thawing frozen foods.
5. Dull knives are more \_\_\_\_\_ and less efficient than \_\_\_\_\_ knives.

### Breakfast Calzones with Country Gravy

- 1/4 lb sausage
- 3 eggs

- 1 tsp. oil
  - 4 refrigerated biscuits (grand)
  - 1 slice of cheese
  - 1 package country gravy mix (Odd Unit # only and share with Even # groups)
1. Preheat oven to 375. In a skillet brown the sausage until thoroughly cooked. Set aside
  2. In medium mixing bowl, combine eggs and salt and pepper to taste. Mix well using a whisk. In a skillet add oil eggs and cook until slightly undercooked. Set aside.
  3. Grate cheese
  4. Roll each biscuit into a flat circle. Place eggs, sausage and shredded cheese in each biscuit round. Fold over edges and press firmly. Do not fill it to full.
  5. Place on a greased baking sheet and bake for 12 minute or until golden brown.
  6. Make country gravy according to package directions.
  7. Serve each calzone by placing country gravy over calzone.

#### Lab Evaluation

1. What temperature should you cook? Ground Beef \_\_\_\_\_ Pork \_\_\_\_\_  
Chicken \_\_\_\_\_ Leftovers \_\_\_\_\_.
2. Washing your hands prevents what food-borne illness?
3. Undercooked eggs and poultry might contain what food-borne illness?
4. Danger zone temperature is between?
5. If you have an open sore on your hand what should you do?
6. Never store \_\_\_\_\_ under the kitchen sink and never mix \_\_\_\_\_ and bleach.
7. Circle all the kitchen ingredients you can use to put out a kitchen fire.

Flour

Baking Soda

Salt

Sugar

Water

## Strawberry Cinnamon Rolls

INGREDIENTS (FOR OVEN):

- 2 T margarine
  - 2 T cinnamon/sugar mixture
  - 2 T Strawberry Preserves
  - 5 refrigerated Biscuits
- 

#### INSTRUCTIONS:

Preheat oven 375\*

1. Melt margarine ( covered ) ( 10% power 30 sec )
  2. Dip top and sides of biscuits in margarine THEN in cinnamon/sugar Mixture
  3. Place on un-greased pizza tin ( covered with foil )
  4. With the end of a wooden spoon handle, make a deep indentation in the center of each biscuit
  5. Fill each biscuit with strawberry preserves
  6. Bake at 375\* for 15 minutes
  7. Cool 5 minutes ( preserves will be hot )
- 

#### INGREDIENTS (FOR MICROWAVE): DON'T BEGIN THIS RECIPE UNTIL THE OTHER RECIPE IS IN THE OVEN!

- 2 T Margarine
  - 2 T cinnamon/ sugar mixture
  - 1 T water
  - 2 T Strawberry preserves
  - 5 refrigerated Biscuits
1. Using the pizza cutter, CUT each biscuit into FOURTHS
  2. In the glass 9x9 square pan, combine cinnamon/ sugar mix, margarine and water (cover with paper towel) microwave on 70% power for 1 minute or until margarine is melted. Add preserves and stir until all is blended
  3. ADD THE CUT UP BISCUITS ON TOP OF MIXTURE
  4. Microwave at 50% for 2 minutes ( or until top is not sticky )
  5. TO SERVE: place a large plate on top of casserole dish and turn upside down.  
\*WATCH FOR HOT SPOTS\*

Lab Evaluation

1. COMPARE

STRAWBERRY CINNAMON ROLLS	Appearance Describe	Texture Tough/ tender	Flavor Good/ ok/ bad	Rate 1-10
Microwave				
Oven				

2. \_\_\_\_\_ and rotate foods for even cooking.

3. What three ingredients heat up faster in the microwave?

- 1.
- 2.
- 3.

4. \_\_\_\_\_ time is the time food continues to cook after the microwave has stopped.

5. Microwave causes molecules to \_\_\_\_\_. Vibration creates \_\_\_\_\_, which produces the heat that cooks the food.

6. \_\_\_\_\_ containers cook more evenly than \_\_\_\_\_ containers.

7. \_\_\_\_\_ foods holds in the \_\_\_\_\_ and helps foods to cook more evenly.

8. What materials should you cover foods with?

Plastic Wrap      Paper Towel      Tinfoil      Wax Paper      Lid

9. List 3 types of containers that are microwave safe?

- 1.
- 2.
- 3.

- 2 large apples 1 tsp lemon juice
- 1/2 cup oatmeal
- 1/4 cup flour
- 1/2 cup brown sugar
- 1 tsp cinnamon
- 1/4 tsp nutmeg
- 1/4 cup margarine

Core, PEEL and slice the apples into thin wedges. Place apples in a bowl with the 1 tsp lemon juice. Using a pastry blender cut in the margarine oatmeal, flour, brown sugar, cinnamon, nutmeg until the mixture is crumbly. In the square 9x9 place the apples then sprinkle mixture over the apples. Microwave at 70% for 8 minutes.

### Lab Evaluations

#### TRUE OR FALSE

1. \_\_\_\_\_ Microwaves cause molecules to vibrate which causes friction
2. \_\_\_\_\_ Metal is not okay to use in the microwave.
3. \_\_\_\_\_ Food cooked in a microwave cooks from the inside out.
4. \_\_\_\_\_ Square containers are the best kind of containers to use in the microwave.
5. \_\_\_\_\_ It is not possible to burn yourself on items cooked in the microwave.
6. \_\_\_\_\_ Microwaves are attracted to fat, water and muscle.
7. \_\_\_\_\_ Plastic wrap, paper towel and wax paper are okay to use in the microwave.
8. \_\_\_\_\_ The quantity of the food cooked in a microwave increases the standing time.
9. \_\_\_\_\_ Covering the food you cook in a microwave is good because it helps the food cook more evenly.
10. \_\_\_\_\_ It is a good idea to wear gloves if you have a cut or an open sore on your hand.
11. \_\_\_\_\_ You don't need to pull your hair back when working in the kitchen.
12. \_\_\_\_\_ It is a good idea to keep electrical appliances away from water.
13. \_\_\_\_\_ When taste testing food a clean spoon should be used and it should only be used once.

## Buttermilk Biscuits

- 1 cup flour
  - 1 ½ tsp. baking powder
  - ¼ tsp. salt
  - ¼ tsp. baking soda
  - ¼ cup shortening (Crisco)
  - ½ cup buttermilk
1. Preheat oven to 425°
  2. In a mixing bowl combine flour, baking powder, salt and baking soda.
  3. Using a pastry blender cut the shortening into the flour mixture until there are crumbs.
  4. Add the buttermilk mix until dough forms
  5. Lightly flour your counter and knead for 3 minutes
  6. With a rolling pin roll dough out ½ inch thick cut with biscuit cutter.
  7. Grease cookie sheet and bake for 12 minutes
  8. Serve with honey butter

### Lab Evaluation

1. Which ingredient does what?

Flavor	
Leavening Agent	
Structure	
Flaky and Tender	
Moistens	

2. How do you form gluten in biscuits?
3. Why is it important to cut in the shortening or fat?
4. What type of quick bread are biscuits?

Pour batter                  drop batter                  dough



## Orange Oatmeal Muffins

- 1/4 cup quick oats
- 1/4 cup orange juice
- 3/4 C Flour
- 1/4 C sugar
- 1/2 tsp baking powder
- 1/4 tsp. salt
- 1/8 tsp. baking soda
- 1/4 oil
- 1 egg
- 1/4 orange peel zested
- 1/4 C blueberries (Optional)

### Topping:

- 2 T brown sugar
- 1 T butter
- 1/2 tsp. Cinnamon

Preheat oven to 400°. In the blender, combine the oats, orange juice, egg and oil, press pulse 4 times. In a large bowl combine the flour, sugar, baking soda, baking powder, and salt. Make a well in the dry ingredients and pour the liquid ingredients in the well. Fold in blueberries and orange peel. Fill 1 muffin cup to the top and fill the rest 2/3 full. Cut in topping ingredients using the pastry blender. Sprinkle over batter.

Bake for 15 minutes.

### Lab Evaluation

1. Listed below are 6 functions of quick breads, identify which ingredient does what?

Ingredient	Function in a quick bread
	Moisture
	Provides flavor
	Provides tenderness, richness, and some flavor
	Make quick breads rise
	Structure and is the main ingredient
	Adds flavor and browning

2. Overmixing causes quick \_\_\_\_\_ to become tough and have \_\_\_\_\_.

3. What three things do you need to form gluten?



## Breadsticks

- 1 ¼ cup WARM water
  - 1 T yeast 1 T of Sugar
  - ¼ cup sugar
  - 1 tsp Salt
  - 3 Cups flour
1. In the 2 cup liquid measuring cup mix all the above ingredients EXCEPT for the flour and salt. Stir ingredients and cover with saran wrap and allow to sit until yeast starts working.
  2. Place 1 cup flour and salt into glass mixing bowl and add the yeast mixture and mix well. Add one more cup of flour and mix. Continue to add flour a little at a time mixing until dough pulls away from the side of the bowl.
  3. Spray counter with "pam" and roll out dough into a rectangle ½ inch thick
  4. Using a pizza cutter cut dough into 1 inch strips fold in half and twists.
  5. Place on greased cookie sheet
  6. Cover with a hand towel and let rise for approximately 15 minutes.
  7. Bake at 375° for 15 minute.
  8. Remove from oven. Using a pastry brush; brush with melted butter. Dip in pizza sauce.

### Lab Evaluation

1. What happens if the water is cold when you add the yeast?
2. What happens if the water is hot when you add the yeast?
3. What's yeast's favorite food?
4. What does kneading mean?
5. What do you form when you knead dough?

## Fiber Party!!

### Southwestern Eggs rolls (fiber style)

- 1 cup frozen corn (thawed)
- 1/2 Can of black beans, rinsed and drained
- 1/2 pkg frozen, chopped spinach (thawed and squeeze dry)
- 1/2 cup shredded Mexican cheese blend
- 1/2 can diced green chilies
- 1/2 tsp ground cumin
- 1/4 tsp chili powder
- 1/4 tsp black pepper
- 10 egg roll wrappers

Preheat oven to 425° F.

In a large mixing bowl, combine the first 8 ingredients

Place 1/4 C mixture in the center of one wrapper. (Keep remaining wrappers covered with a damp paper towel until ready to use) Fold bottom corner over filling. Fold sides toward the center over filling. Moisten remaining corner with water; roll up tightly to seal. Repeat until all egg rolls are made.

Place seam side down on a sprayed cookie sheet.

Spray tops of egg rolls with cooking spray. Bake 10-15 minutes or until lightly golden brown.

Mix cucumber dip while your egg rolls bake.

### Asian Salad

- 4 leaves of cabbage cut chiffonade style
- 1 green onions chopped
- 1 carrot shredded
- 2 stalks celery chopped
- 2 T slivered almonds
- 1 pkg ramen noodles chicken flavored
- 1/4 c olive oil
- 1 T sugar
- 1 1/2 T of white vinegar

In a large bowl, combine vegetables and almonds. Crush ramen noodles in the package then add to vegetables. Prepare dressing by whisking together the oil, sugar, vinegar and ramen flavor packet. Pour over cabbage mixture and mix well to coat. Refrigerate until ready to serve.

### Orange Fruit Slaw

- 4 leaves of cabbage cut chiffonade style
- 10 Mandarin Oranges
- 15 Grapes cut in half
- 1 stalk of celery washed and chopped
- 1 apple, cored and chopped (Leave the skins on)
- 1 (8 oz) carton orange yogurt
- 2 T toasted slivered almonds

Combine cabbage, orange sections, grapes, celery, and apple in a large bowl. Mix in orange yogurt. Place in fridge to chill while almonds are toasting. Spread almonds on a baking sheet and bake at 375 degrees for 5-8 minutes, flip almonds 4 minutes. Just before serving, garnish with toasted slivered almonds

### Oven Baked Parmesan French Fries

- 3 russet potatoes
- 3 T olive oil
- 1 T Salt
- 1/2 tsp pepper
- 1/2 cup grated parmesan

Preheat the oven to 400 degrees.

Using your best knife skills wash and cut potatoes into 1/4 inch sticks leaving as many skins on as you can. Place the potatoes into a saucepan with water. Bring up to a gentle boil and simmer until a paring knife tip goes through easily. Drain carefully and put fries in a bowl. Add olive oil, salt, and pepper. Toss well and lay out onto a cookies sheet. Sprinkle with parmesan cheese and bake for 6-7 minutes fries should be browned and the cheese melted.

### Lab Evaluation

2. Circle all the foods that would be a good source of fiber:

Brown Rice	Hamburger	Oatmeal	Chicken	White Bread
Apple	White Rice	Seafood	Lettuce	Beans

2. The National Cancer Institute recommends \_\_\_\_\_ - \_\_\_\_\_ grams of daily fiber.
3. True or False Fiber may reduce the risks of diverticulosis, colon and rectal cancer.
4. Look over the 4 recipes and circle the 15 ingredients that contain fiber.

## Ingredients

- ½ cup rice
- 1 ½ cup water

In a saucepan place water and bring to a boil. Add rice, COVER the pan and reduce heat to a simmer. Simmer for 10-12 minutes until water is absorbed. After the rice is cooked measure the cooked rice. How much rice did it YIELD\_\_\_\_\_.

## Stir fry ingredients

- 1 T vegetable oil (for vegetables)
- 1 tsp oil (for egg)
- 2 slices of ham (diced)
- 1 scallion (sliced)
- 1 piece of ginger (minced)
- ½ cup medley frozen corn, peas, and carrots
- 1 egg
- 1 T soy sauce
- ½ cup cooked Brown rice

In the large skillet add 1 T of oil and sauté the diced ham until lightly brown. Add the sliced scallions and ginger to pan cook for 2 minutes. Add frozen vegetables; cook until no longer frozen. In the small skillet add the oil and the whipped egg. Cook on medium heat until egg is cooked. Add the brown and white rice, egg and soy sauce to the large skillet and mix well.

1. What is the ratio formula for rice? \_\_\_\_:\_\_\_\_ 2 cups of uncooked rice will yield? \_\_\_\_\_
2. Do you cook rice covered or uncovered?
3. Circle the rice that is precooked and then dehydrated.

Short Grain                  Brown Rice                  Long Grain                  Instant Rice

4. Circle the rice that is know as "sticky rice".

Short Grain                  Brown Rice                  Long Grain                  Instant Rice

5. Circle the rice that stays dry and fluffy.

Short Grain                  Brown Rice                  Long Grain                  Instant Rice

## Homemade Macaroni and Cheese

Even Groups Use Whole Wheat Pasta & Odd groups Use Refined grain pasta

## NOODLES

- 2 cup uncooked macaroni (elbow or shell)

- 1 1/2 quarts water (how many cups? \_\_\_\_\_)

\*\*\*\*\*

SAUCE

- 3 T margarine
- 3 T flour
- 1/4 tsp. salt
- 1 1/2 cups milk
- 4 oz. of grated sharp cheddar cheese

NOODLES

3. Prepare the pasta according to the notes that were taken in class.
4. Add the macaroni and salt, and continue to boil until the macaroni is tender Drain using a colander.

SAUCE

4. In a sauce pan melt the margarine. Remove from heat stir in the flour and salt, gradually add the milk.
5. Heat to a boil stirring constantly. Remove from heat.
6. Add the cheese and macaroni. Place in a serving bowl and enjoy.

Lab Evaluation

6. 1. What is the ratio formula for rice? \_\_\_\_:\_\_\_\_
7. 2 cups of uncooked pasta will yield? circle the answer  
1 cups      2 cups      4 cups      6 cups
8. \_\_\_\_\_ = firm to the bite
9. Do you cook pasta with the lid on or lid off?
10. Explain what type of flour is used to make a refined grain?

Peanut Butter and Milk Chocolate Chip Fudge

- 3/4 cup sugar
- 1/3 cup evaporated milk
- 1 T Butter
- 3/4 cup MINIATURE marshmallows
- 1/4 cup peanut butter chips
- 1/2 cup MILK chocolate chips

- 1 tsp. vanilla

Line the square glass 9x9 pan with tin- foil. Make sure you cover all the sides. Spray with pam. Combine the sugar, evaporated milk, and butter in a medium sauce pan. Heat over MEDIUM LOW heat (3 or 4). Stir with a wooden spoon constantly until mixture reaches a boil. Boil for 5 minutes. Remove from heat: stir in marshmallows, all chips and vanilla. Pour into prepared pan- let cool until the clean -up bell rings.

#### Lab Evaluation

1. List all of the ingredients that contain a carbohydrate
  2. What type of carbohydrate are these ingredients?
  3. What type of energy do you get from these carbohydrates?
  4. Simple carbohydrates are made of 5 \_\_\_\_\_
  5. 1 gram of carbohydrates= \_\_\_\_\_ calories
5. Words ending in \_\_\_\_\_ are sugars.
- |               |                |
|---------------|----------------|
| _____ Sucrose | A. Milk Sugar  |
| _____ Lactose | B. Blood Sugar |
| _____ Glucose | C. Table Sugar |

### Apple Bran Cake with Caramel Syrup

#### Cake:

- 1 cup flour
- 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1/4 tsp salt
- 1/4 cup margarine



- 1/2 cup white sugar
- 1/4 C plus 2 T apple butter
- 1/2 tsp vanilla
- 2 T bran cereal
- 2 T wheat germ
- 1/2 plain yogurt
- 1 eggs

### Topping:

- 1/2 cup brown sugar
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg

### CARAMEL SYRUP

- 1/2 cup+ 2T granulated sugar
- 1/4 cup + 2T buttermilk
- 1/4 cup butter
- 1 T corn syrup
- 1/2 tsp. baking soda
- 1 tsp. vanilla extract

In 4-quart saucepan stir together all ingredients except vanilla. Bring to a boil, stirring often. Cook for 7 minutes on medium high, stirring occasionally. Remove from heat; stir in vanilla.

Preheat the oven to 350° F and grease the square glass pan.

Prepare the topping in a small mixing bowl by cutting in the fat and spices using your pastry blender

Stir together the flour, baking powder, baking soda, and salt. CREAM butter and sugar together in a large bowl with an electric mixer until light fluffy; add egg thoroughly beating egg into the butter mixture. Add apple butter, vanilla, and wheat germ and bran cereal to cream ingredient. Then add dry ingredients and yogurt mix well.

Pour half of the batter into the prepared pan; sprinkle half of the topping over the batter. Pour remaining batter into pan and top with the rest of the topping.

Bake for 40 minutes.

Serve warm with caramel sauce!

## EVALUATION

1. What type (s) of carbohydrates do you get from the apple bran cake?

Simple

Complex

Fiber

2. What ingredients would be an example of a Simple carbohydrate?

3. What ingredients would be an example of a Complex carbohydrate?

4. What ingredients would be an example of a Fiber?

5. Complex carbohydrates are also called S\_\_\_\_\_.

4. The primary function of carbohydrates is to provide \_\_\_\_\_.

5. Carbohydrates provide \_\_\_\_\_ calories per gram.

6. Circle all the good sources of complex carbohydrates.

Whole Grains

Soda

Pasta

Cookie

Sucker

Rice

Beans

7. Draw the Wheat Kernel

6. Circle all the whole grains

Oatmeal

Popcorn

Whole Wheat Flour

White Flour

White Rice

Brown Rice

White Pasta

Whole Wheat Pasta

Low fat Chocolate Chip Cookies

- 1 1/2 cup flour
- 3/4 tsp. soda
- 3/4 tsp. salt
- 1/2 cup sugar
- 1/2 cup brown sugar
- 2 T margarine
- 3/4 tsp. Vanilla
- 1 egg white
- 1/4 cup nonfat yogurt
- 1/2 cup chocolate chips

Preheat oven to 350. In a mixing bowl combine flour, soda, and salt. In the glass mixing bowl cream brown sugar, sugar, and margarine: add vanilla egg white and sour cream. Then add the flour mixture beat until well combined. Stir in chocolate chips. Drop by teaspoons onto a cookie sheet. Bake for 10-12 minutes \*\*Note Bigger cookies take longer to bake.

### Lab Evaluation

16. What teaspoons do you use to get 3/4 tsp.?
17. Circle the ingredients contain fat in this recipe?
18. Does sugar contain fat?  Yes  No
19. What type of fat is butter? Saturated or unsaturated
20. What type of fat is vegetable oil? Saturated or Monounsaturated
21. List 2 functions of fat?
22. What other nutrient does fat help?
23. 1 gram of fat = \_\_\_\_\_ calories
24. LDL's and HDL's are the two types of \_\_\_\_\_
25. LDL's are the \_\_\_\_\_ cholesterol.
26. HDL's are the \_\_\_\_\_ cholesterol.
27. Cholesterol is only found in \_\_\_\_\_ products
28. Cook more with \_\_\_\_\_ than butter.
29. True or False Yogurt can be used to replace solid fats.
30. Olive oil and canola oil are examples of what type of fat?  
Monounsaturated or Polyunsaturated
16. Corn oil and soybean oil are examples of what type of fat?  
Monounsaturated or Polyunsaturated

### Eggs Benedict

- 4 slices Canadian bacon
- 2 English muffins, split

- 2 teaspoons white vinegar
- 4 eggs
- Salt and pepper, to taste
- Hollandaise sauce Packet (Margarine)

Fill a saucepan half full of water. Add white vinegar to the cooking water. This will make the egg white cook faster so it does not spread. Bring to a slow boil. Gently break 1 of the eggs into the water taking care not to break it. Repeat with remaining eggs. Reduce the heat to a gentle simmer. Cook 3 1/2 minutes until the egg white is set and yolk remains soft. Remove with a slotted spoon, allowing the egg to drain. Brown the bacon in a medium skillet and toast the English muffins, cut sides up, on a baking sheet under the broiler.

#### Hollandaise Sauce Packet

Follow the instructions on the packet.

To assemble: Lay a slice of Canadian bacon on top of each muffin half, followed by a poached egg. Season with salt and pepper. Spoon hollandaise sauce over the eggs. Garnish with chopped parsley. Yield: 4 servings

#### Lab Evaluation

1. Draw and Label the 4 parts of an egg.
2. Explain if poaching an egg is healthy or unhealthy way to eat an egg.
3. What temperature should you cook eggs at?
4. Where and how should you store eggs?
5. Eggs are toughened by \_\_\_\_\_ heat or by long exposure to heat.

#### Meatballs

- 1/2 lb ground beef
- 1 egg

- 1/2 tsp. salt
- 1/2 tsp. pepper
- 1 T water
- 1/4 c bread crumbs
- 3 T parmesan cheese

In a bowl mix together all ingredients form into meatballs 1- inch diameter. Place on cooking racks then on cookie sheet. Bake at 350° for 15-20 minutes. While meatballs are cooking prepare sauce.

### Sauce

- 1/2 cup ketchup
- 1/4 cup brown sugar
- 2 T seasoned vinegar
- 1 tsp. mustard

Place all ingredients into sauce and cook on med- high heat until warm. Remove the meatball from cookie sheet and place them in the sauce then serve.

## Puffed Pancakes

- 1/2 cup flour
- 3/4 cup milk
- 2 large eggs
- 1/8 tsp salt

1/4 cup powder sugar (topping)

Directions: Place a nonstick mini muffin pan in the oven and heat to 400° F. While oven is heating, place flour, milk, eggs, and salt in a BLENDER and blend until smooth. Carefully remove the pan from the oven (don't forget the pans are HOT!) and quickly spray the wells with non-stick spray. Fill muffin wells 1/2 full with batter. Bake 12-18 minutes, until batter puffed and slightly golden on top. Remove puffs and sprinkle with powder sugar.

## Cap'n Crunch French Toast Sticks

- 1/2 C milk
- 2 Eggs lightly beaten

- 1 T sugar
- 1 1/2 C Cap'n Crunch cereal
- 4 slices of bread
- Pam cooking spray

In a large bowl, mix together milk, eggs, sugar and vanilla. Whisk until well combined.

Place cereal in a Ziploc bag and roll a rolling pin over it until the cereal becomes crumbs.

Moisten a the bread in the milk mixture . Allow excess liquid to drip off bread, then coat the bread with the cereal crumbs to coat evenly. Set on a cookie sheet and repeat with the remaining slices.

Heat a large skillet over medium heat. Adding butter as needed, cook bread on both sides until it caramelizes about 6-8 minutes total.

Using your pizza cutter cut each slice of bread into 4 sticks.

## Vanilla Pudding

- 3/4 cup sugar
- 3 T cornstarch
- 1/4tsp salt
- 2 cup milk
- 3 slightly beaten egg YOLKS
- 1 T vanilla
- 16 vanilla wafers

In a sauce pan combine sugar, cornstarch, and salt. Gradually stir in milk. Use a whisk stir over medium high heat until it reaches a boil. In a bowl add the 3 egg yolks and 1/2 cup of hot liquid mix well. This is called Tempering and Egg. Immediately return to hot mixture; cook 2 minutes stirring constantly. Remove from heat and serve with vanilla wafers.

Lab Evaluation

Which recipe was an example of?

	RECIPE	GIVE PROOF
Binder		
Coating		
Leavening Agent		
Thickener		

2. What two ingredients can eggs emulsify?
  - 1.
  - 2.
2. Circle all the methods of cooking eggs:
 

Hard Cooked      Poached      Broil      Scrambled      Soft Cooked      Sauté  
                          Fried           Puree           Blanched
3. If a recipe does not contain baking powder, baking soda, or yeast what other ingredient can make things rise?
4. Eggs are toughened by \_\_\_\_\_ or by long exposure to \_\_\_\_\_.
5. Why do they call the egg "The incredible edible egg"?

Lasagna

- 1/2 lb. ground beef
- 1/4 tsp. pepper
- 1/4 tsp. salt
- 8 oz. tomato sauce
- 1/2 cup spaghetti sauce
- 1 tsp. Italian seasoning
- 1 tsp. Parsley
- 5 cooked lasagna noodles
- 1 slice of mozzarella cheese
- 1/4 cup ricotta cheese
- 1/4 cup parmesan cheese

Preheat oven to 350°. In a skillet brown the ground beef with salt and pepper. Add tomato sauce, spaghetti sauces, and spices. Simmer for five minutes. In the glass square dish cover the bottom with a layer of noodles. Add meat mixture; spread ricotta cheese and parmesan over meat. Cover with the remaining noodles and top with the mozzarella cheese. Bake for 7 minutes.

### Lab Evaluation

1. How many amino acids make 1 protein? \_\_\_\_\_
2. Is the ground beef a complete protein or incomplete protein?
3. How many amino acids does our body make? \_\_\_\_\_
4. Circle all the foods that are a complete protein:  

Hamburger	Beans	Chicken	Rice	Milk
Cheese	Nuts	Seafood	Orange	Broccoli
5. Underline all the food preparation terms in the recipe.
6. Which nutrient do we get from the lasagna noodles? \_\_\_\_\_
7. List 2 of the 4 functions of protein.
  - 1.
  - 2.
8. 1 gram of protein = \_\_\_\_\_ calories
9. Complete proteins come from \_\_\_\_\_ sources.
10. \_\_\_\_\_ are the building blocks of protein.

### Vegan Tacos

- 1 T. vegetable oil
- 1 potato



- 1 tsp. vegetable-herb seasoning
- 1 cube of tofu crumbled
- Salt and pepper to taste
- 4 taco shells

Wash and peel potato. With the cheese grater grated the potato. In the skillet add oil, shredded potato, seasoning and tofu. Sauté until golden brown. Add filling to shell and serve with your favorite vegan toppings.

Toppings: Lettuce                  Tomatoes                  Salsa

#### Lab Evaluation

- Why is cheese not a vegan topping?
- Could you eat cheese on your taco if you were a lacto-vegetarian?  
Yes                          No
- What type of foods can an ovo- vegetarian eat?
- What type of foods can a lacto- ovo- vegetarian eat?
- What type of protein were the vegan tacos?  
Complete protein                  or    incomplete protein
- List 2 functions of protein. ( note: do not use the same ones you used for the lasagna evaluation)
- Incomplete proteins come from \_\_\_\_\_ sources.
- \_\_\_\_\_ proteins are a grain combined with any nut, seed, or legume.
- Eating beans and rice is an example of a \_\_\_\_\_ protein.
- \_\_\_\_\_ is the only complete protein from a plant source.

## Super Hero Vitamin Save the Day Smoothies

### Outrageous Orange                      Kitchens 2 & 7

- ¼ C orange juice concentrate
- 1 carrot peeled and quartered
- 1 cup frozen peaches
- ½ C low fat strawberry yogurt
- 1 frozen banana

### Lean Green Vitamin Machine                      Kitchens 3 & 8

- 1 Cup packed spinach
- 1 kiwi peeled and quartered
- ½ C low fat vanilla yogurt
- 1 frozen banana
- 10-15 green grapes
- ½ C water
- 1 Cup ice cubes

### Whole Grain Goodness Smoothie                      Kitchens 4 & 9

- ½ oatmeal
- 1 cup lowfat vanilla yogurt
- 1 Cup peaches
- ¼ C. orange juice concentrate
- 1 frozen banana
- ½ Water
- 1 Cup ice

### Kale Apple-Berry Delight                      Kitchens 5 & 6

- 1/2 Cup orange juice concentrate
- 1/2 Cup vanilla yogurt
- 1 T honey
- 1 1/2 Cup kale
- 1 c upfrozen triple berries
- 1/2 apple cut into 4ths
- 1 frozen banana

### Smoothie Evaluation

11. Circle the Fat-Soluble vitamins

Vitamin A

Vitamin B

Vitamin C

Vitamin D

Vitamin E

Vitamin K

12. Circle the Water-Soluble Vitamins

Vitamin A

Vitamin B

Vitamin C

Vitamin D

Vitamin E

Vitamin K

13. How many "B" vitamins are there? \_\_\_\_\_

14. Which vitamin helps clot our blood?

15. Which vitamin helps our skin and helps prevent night blindness?

16. If your deficient in this vitamin you could have rickets?

17. If your deficient in this vitamin you could have scurvy?

18. This vitamin is know as the sunshine vitamin?

19. This vitamin helps heal wounds and increases your immune system?

20. What three colors of fruits and vegetables have the highest amount of vitamins and minerals?

1.

2.

3.

11. Spinal Bifida or Neural Tube defect is prevent by getting enough of which "B" Vitamin?

12. Which vitamin helps our red and white blood cells?

Stuffed Shells

## Homemade Ricotta and Alfredo Sauce

Odd Groups=Alfredo Sauce and 8 Shells

Even Groups=Ricotta and 8 Shells

### Alfredo Sauce

- 1/4 c Butter
  - 2 T Flour
  - 3/4 c Half-Half
  - 1/2 c **2% MILK** Milk
  - 1/3 c Romano Cheese
  - 1/4 tsp. salt
  - 2 Sprigs Parsley minced
  - 1/4 clove of garlic minced
7. In a medium saucepan, melt the butter over medium heat.
  8. Add the garlic to the butter and stir to blend flavors.
  9. Remove the pan from the heat. Add the flour to the butter mixture and stir to make a roux (thickening agent).
  10. Whisk the milk, half-half, and spices (salt, parsley, and garlic) into the mixture. Place the pan back on the stove on medium heat. Bring the mixture to a slow boil. Whisk and heat through until the sauce thickens. Stir constantly to prevent SCORCHING.
  11. Once the sauce is thickened. Remove from heat. Immediately add the cheese and whisk until the cheese is melted and sauce is smooth.

### Prepare 8 Shells using your best pasta making skills

#### Ricotta

1 qt **WHOLE** milk = \_\_\_\_\_ cups

1/8 cup apple cider vinegar

2 Basil leaves (minced)

3 sprig of Italian parsley (minced)

1/4 clove of garlic minced

7. Bring milk to a rolling boil on medium heat stirring constantly to prevent SCORCHING. Remove from heat and stir into the apple cider vinegar.
8. The milk will coagulate
9. Pour the newly formed curd into a cheesecloth-lined colander. Press lightly with the back of a wooden spoon to promote draining.
10. Place the cheese in a bowl and add basil, parsley, garlic.
11. Spoon ricotta cheese into cooked shells.
12. Top with alfredo sauce.

Prepare 8 Shells using your best pasta making skills

Evaluation

7. What temperature do you cook milk on?
8. What two things should you do to prevent Scorching?
  - A.
  - B.
9. What word describes cooking milk at a high temperature to kill all the bacteria?
10. What is homogenized?
11. What does fortified mean?
12. Milk is fortified with what two vitamins
  - A.
  - B.
7. It is recommended that teens and adults get how many cups of milk?
8. Milk and Dairy Products are rich what minerals

## Chicken Noodle Stir-Fry

- 1 pkg. chicken flavor ramen noodles
- 1 chicken breast
- 2 T. vegetable oil
- 1 T. soy sauce
- Broccoli bunch
- 2 vegetables of your choice

### Noodles

Set aside seasoning packet from noodles, you will use it later. In a saucepan cook noodles according to package directions. Drain water from noodles and set aside.

### Chicken

Cut chicken into squares place in the skillet with 1 T. oil: cook until no longer pink.

### Vegetables

Wash and slice vegetable into bite size pieces. In a skillet add 1 T. oil and sliced vegetables. Stir-fry until vegetables are tender.

### Putting it together

In a serving bowl add the noodles (no water), chicken, vegetables, soy sauce, and ramen noodles chicken flavor seasoning packet. Stir together until well mixed.

### Lab Evaluation

1. Circle the type of method you uses to cook the vegetables:

Microwave

Bake

Steam

Stir-Fry

Simmer

Sauté

2. Put a checkmark the ways you can preserve nutrient loss in fruits and vegetables:

\_\_\_ Use a large amount of water

\_\_\_ Cook in larger rather than smaller pieces when possible

\_\_\_ Save the cooking liquid to use in soups or gravies

\_\_\_ Select fruits and vegetables, free from decay & free from bruising

3. When most fresh fruit is cut, the surface will turn brown.

This is called \_\_\_\_\_.

4. What are 2 advantages to buying fruit when they are in season?

## Hawaiian Pizza

- 1 box Jiffy Pizza Crust
- $\frac{3}{4}$  cup pizza sauce
- 10 Canadian bacons
- 4 pineapple rings
- 1 slice of mozzarella cheese

In a mixing bowl combine  $\frac{1}{2}$  cup HOT water with jiffy pizza crust. Stir with spoon until moistened. Knead for 2 Minutes on a lightly floured counter. Place dough on a lightly greased pizza pan. With a rolling pin roll pizza crust the size of the pan or the thickness of crust you would like. Bake for 10 more minutes. Cut into slices with pizza cutter serve and enjoy.

### Lab Evaluation

1. Draw the MyPlate and place each ingredient in the proper group.
2. Drink water instead of \_\_\_\_\_ drinks
3. Circle all the types of food you should cut back or reduce intake

FIBER	SOLID FATS	SODIUM	1% MILK	WHOLE GRAINS
SUGARS		CAKES	COOKIES	BROWN RICE
BACON	WHITE RICE		HOT DOGS	CANDIES
WHOLE WHEAT BREAD				

## Brown Bread

- 1 cups Whole Wheat Flour
- 1 cups Brown Sugar
- $\frac{1}{4}$  cup margarine
- $\frac{1}{2}$  tsp. soda

- 1 1/2 tsp. warm water
- 1 Beaten Egg
- 1/2 Cup Milk + 1 1/2 tsp. Vinegar
- 1/2 tsp salt

Mix flour, brown sugar, and margarine. Remove 1/2 cup of mixture set aside. Dissolve soda and water. Add soda, egg, buttermilk, and salt. Mix until well combined. Pour into 9x9 square glass pan. Sprinkle reserve mixture over top Bake at 350 ° for 30 minutes.

### Lab Evaluation

1. The Dietary Guidelines address people who might be at risk for \_\_\_\_\_.
2. The dietary guidelines are revised every \_\_\_\_\_ years.
3. Why are the dietary guidelines revised?
4. How many dietary guidelines are there for 2010–2015? \_\_\_\_\_
5. According to the Dietary Guidelines an average American diet as more f\_\_\_\_\_, s\_\_\_\_\_, s\_\_\_\_\_, and c\_\_\_\_\_.
6. According the the Dietary Guidelines an Average American diet is low in f\_\_\_\_\_, w\_\_\_\_\_, g\_\_\_\_\_, f\_\_\_\_\_, and v\_\_\_\_\_.
7. Circle all the PROCESSED FOODS?

CHEETOS    ORANGE    HOT POCKET    OREOS    CELERY  
 FRENCH FRIES    FROZEN BURRITO    CANNED SOUP

8. Circle all the foods that would be an EMPTY CALORIE and underline the nutrient dense foods.

APPLE    DR PEPPER    DOUGHNUT    ICE CREAM    CHERRIOS  
 MILK    PASTA    BAKED POTATO    FRENCH FRIES

### Orange Julius

- 1 cup milk
- 1 cup water
- 1/4 cup sugar
- 1 tsp. vanilla



- 6oz frozen orange juice
- 2 cups of ice

Combine milk, water, sugar, and vanilla in a blender on low speed. Add frozen juice blend until mixed. Add 2 cups of ice a little at a time. Blend until smooth.

### Lab Make-Up Sheet

Date: \_\_\_\_\_

Food Prepared: \_\_\_\_\_

1. Did the product turn out?      Yes       No
2. Did you complete missed lab evaluation?      Yes       No
3. List two things you learned from preparing this food:

- a. \_\_\_\_\_
- b. \_\_\_\_\_

4. Parent Signature: \_\_\_\_\_ or email picture to laycee.johnson@washk12.org

Lab Make-Up Sheet

Date: \_\_\_\_\_

Food Prepared: \_\_\_\_\_

- 1. Did the product turn out? Yes  No
- 2. Did you complete missed lab evaluation? Yes  No
- 3. List two things you learned from preparing this food:
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_

4. Parent Signature: \_\_\_\_\_ or email picture to laycee.johnson@washk12.org

Lab Make-Up Sheet

Date: \_\_\_\_\_

Food Prepared: \_\_\_\_\_

- 1. Did the product turn out? Yes  No
- 2. Did you complete missed lab evaluation? Yes  No
- 3. List two things you learned from preparing this food:
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_

4. Parent Signature: \_\_\_\_\_ or email picture to laycee.johnson@washk12.org

