**Kitchen Equipment** (Ch. 26; Pg. 419-433)

1. **Measuring Utensils:**
   - Dry Measuring Cups:
     - Measure dry ingredients
   - Liquid Measuring Cups:
     - Measure liquid
   - Measuring Spoons:
     - Measure dry or liquid ingredients, but for measuring smaller amounts. (1/4 tsp, ½ tsp, 1 tsp, 1 TBSP)

2. **Mixing Utensils:**
   - Mixing Bowls:
     - Hold ingredients that you mix; come in different sizes.
   - Plastic/Rubber Scrapers:
     - Used to scrape bowls and mix ingredients together. They have a wide, flexible rubber blade.
   - Sifter:
     - Sift and mix dry ingredients together as they pass through a mesh screen.
   - Pastry blender:
     - Cut shortening into flour for pie crusts and biscuits.
   - Wire whisk:
     - Used for beating and blending. Good for combining liquid ingredients and to beat eggs.

3. **Other Kitchen Utensils:**
   - Cutting Boards:
     - A base for your cutting work; keeps knife blades sharp and counters in good shape.
   - Grater:
To shred and grate vegetables and cheeses.

- **Kitchen shears:**
  
  Used for cutting vegetables, pastry, poultry, and meat. Wash with hot soapy water.

- **Vegetable peeler:**
  
  Pare vegetables and fruits.

- **Colander:**
  
  Bowls with holes for draining large amounts of food (cooked pasta).

- **Strainer:**
  
  Wire mesh baskets with handles used to strain liquids from solids (steamed vegetables).  

- **Slotted spoon:**
  
  Lift solid food from liquid, like vegetables from cooking juices, or to test pasta noodles.

- **Metal spatula:**
  
  Level dry ingredients.

- **Turner:**
  
  Used to lift and turn foods, such as pancakes or hamburgers.

- **Tongs:**
  
  Grasp or hold foods, like chicken or corncobs.

- **Ladle:**
  
  Help spoon out hot soup and stews.

- **Cooling rack:**
  
  Allows air to circulate around hot baked products so that they cool evenly.

4. **Small Kitchen Appliances:**

   - Perform specific tasks that can speed up your cooking time. Powered by electricity, are portable, and provide you with different options.

5. **Cookware and Bake ware:**
Made of metal, glass or plastic. Includes pots, pans, and other containers for use on the range, in the oven, or in the microwave.

**Safety & Sanitation** (Ch. 27; Pg. 435-447)

6. **Foodborne illness** is an illness caused by eating harmful bacteria.

7. **Bacteria** are one-celled living organisms so small that they can be seen only with a microscope.

8. **Cross-contamination** occurs when harmful bacteria are transferred from one food or surface to another.
   
   Example: Raw meat cut on a cutting board can cross-contaminate a salad if the cutting board is not washed thoroughly before it’s used as a cutting surface for salad vegetables.

9. **Sanitize** - or clean to get rid of bacteria – it is the 1st step in preventing foodborne illness.

10. **Sanitation in the Kitchen:**

    - Wipe lids of cans before opening them, and wash your can opener after each use.
    - Keep sponges clean. Put them in the dishwasher, washing machine or boil them in water.
    - Use clean, covered containers to store food.
    - Run the garbage disposal immediately after placing food it in to keep it from rotting food.
    - Wash knives, utensils, and countertops with hot, soapy water after each use.
    - Wash cutting boards in hot, soapy water after each use, particularly after cutting raw meat or poultry.
    - Use a clean spoon every time you taste food during cooking.
    - Dishtowels and dishcloths provide a safe haven for unsafe bacteria. Make sure you wash your dishtowels and dish cloths often in the washing machine’s hot cycle.

11. **Personal Cleanliness:**
• Wash hands in hot soapy water for at least _30_ seconds.

• Turn your face away from food to __sneeze or cough__.

• Tying back your _hair_ if it's long, having clean __nails__, and not touching your hair while working in the kitchen are also important.

12. **Safe Food Preparation:**

- Wash produce thoroughly (fruits and veggies) – they're dirty from where they grow and many people touch them before they go into your mouth!

- Wait before tasting

- ___Thaw food safely__________________.
  i. On plate in refrigerator = most proper method for thawing/defrosting food
  ii. In microwave on defrost setting
  iii. In sink of cold water

- Cook food until done.

- ___Finish cooking once you start________.

- Heat leftovers properly.

13. **Cooking Safely with a Range:**

- Mind cooking food. Don’t leave food cooking in the kitchen without watching it. Leaving food unattended is the main cause of kitchen fires.

- ___Keep appliances clean (grease and food left on surfaces can catch on fire)__. 

- Keep pot hands _inward_. If sticking out they can cause injury.

- Use a _potholder_. Make sure it is dry. Dishtowels do not work.

- Wear proper clothing. _Avoid wearing dangling jewelry or loose-fitting clothes that can become tangled on cookware handles or catch on fire__.

- Keep _flammables away from the range___. This includes dishcloths, towels, paper, cookbooks, and curtains.

- Use utensils properly.

- Open covers carefully. ___Remove a pan cover by tilting the cover away from you so that the steam flows away from you____.
• Fry foods with caution.

• Use cookware properly. Don’t put glass on hot burners or heating elements.

14. Cooking Safely with a Microwave:
• Safe microwave cooking begins with the proper cookware.
  i. Choose ”microwave safe” plastic containers or cookware made of glass, microwave cookware, and microwaves dishware to heat food in the microwave.____.

• When microwaving plastic containers and pouches, puncture or _vent__ them to keep _steam from building__.

• Never microwave metals, which includes aluminum foil.

15. Using Small Appliances Safely:
• Use _caution with blades____.

• Keep cords under control.

• Make sure _your hands are dry

• Unplug with care. Pull on the plug, not the cord when unplugging.

• Keep __utensils out of toasters__.

16. How to Store Food Safely:
• Clean storage spaces _often__.

• Store food in _cool__ dry places.

• Follow storage directions on the __food package_____.

• Keep track of foods _in the freezer____.

• Keep cold items _cold____.

• Set the right temperature. Refrigerator is set to _40 degrees F__ or cooler and the freezer is _0 degrees F_ or below.

Recipe Measuring & Cooking Terms (Ch. 28; Pg. 449-463)
17. **Selecting a recipe:**
- A recipe _is a set of directions used in preparing food_.
- Most important questions to ask yourself when selecting a recipe:
  i. How long will it take to prepare the recipe? Do I have enough _time_?
  ii. Do I have all the _equipment_ and _ingredients_ to prepare the recipe?
  iii. Do I understand all of the _directions_? Do I have the skills needed?

18. **Measuring Ingredients:** _Label how you would measure the following ingredients (dry or liquid measuring cup):_
- Salt _Dry__________
- Brown sugar _____Dry________
- Oil ___Liquid___________
- Cut vegetables __Dry________
- Tomato sauce _Liquid________
- Baking powder __Dry________
- Milk _Liquid____
- Nuts _Dry____
- Vanilla ___Liquid________
- Water ___Liquid________

19. **Write the abbreviations for the following:**
- Teaspoon _tsp or t________
- Tablespoon _TBSP or T________
- Fluid ounce ___fl. oz.____________
- Cup ___c.____________
- Pint ___pt.____________
- Quart ___qt.____________
- Gallon ___gal.____________
- Ounce _____oz.___________
- Pound ___lb.____________

20. **Equivalents:**
- 1 Tbsp. = ___3 tsp.__________
- 1 c. = ___16 ____Tbsp.
- ½ c. = ___8____ Tbsp.
• ¼ c. = ___4____ Tbsp.
• 16 oz. = _________1 lb.________
• 1 c. (liquid) = ___8____ fl. oz.

21. **Mixing Terms:** Write in the correct term for the following:

• _Fold_________ Use a rubber scraper to gently combine ingredients in a delicate mixture, such as adding a lighter ingredient to a heavier one. This keeps air in the mixture.
• _Beat_________ This technique adds air to foods. A wire whisk is often used.
• _Whip_______ This rapid movement adds air and makes foods fluffy.
• _Cut in_______ Use a pastry blender to mix solid fat with dry ingredients, like fat and flour for piecrust or biscuits.
• _Stir _______ Use a spoon to make circular or figure eight motions.
• _______Blend____ To stir two or more ingredients together thoroughly using a spoon.
• ___Cream____Combining ingredients until soft and creaming using a spoon, beater or mixer.

22. **Cutting Terms:** Write the cutting term next to the picture you feel best fits the description:

• _Chop______________
• _Mince______________
• _Cube______________
• _Dice______________
• _Pare______________

23. **Other Cooking Terms:** Write in the correct term for the following:

• _Drain__________ Placing food in a colander or strainer to remove excess liquid.
• _Grease_______Using fats, such as oil, butter margarine or shortening, by lightly rubbing on cookware or bake ware.
• _Baste____ This adds flavor, helps keep food moist, and prevents them from drying out.
- **Brush** Lightly covering the surface of one food with another using a brush.
- **Season** Adding flavor to food such as salt, pepper, herbs, or spices.

### 24. Altering Recipes:

- **Yield** - is the amount of food or number or servings a recipe makes.

### 25. Practice the following recipe alterations:

**DOUBLE the following Measurements**

- 4 c. _____ 2 cups of flour
- 3 tsp. _____ 1 ½ teaspoons sugar
- 1 TBSP _____ ½ tablespoon salt
- 1 ½ c. _____ ¾ cup sugar
- 1/2 c. _____ ¼ cup chocolate chips

**Cut the following Measurements in HALF**

- 1/2 c. _____ 1 cup water
- 1/4 tsp. _____ ½ teaspoon vanilla
- 1/8 c. _____ ¼ cup flour
- 1/2 T = 1 ½ tsp. _____ 1 tablespoon cinnamon
- 3/4 c. _____ 1 ½ cups sugar

### More Math Practice!! 😊

**Conversions and Recipe Math**

<table>
<thead>
<tr>
<th>Halved</th>
<th>Ingredient</th>
<th>Doubled</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 c.</td>
<td>1 C flour</td>
<td>2 c.</td>
</tr>
<tr>
<td>1/8 t.</td>
<td>1/2 t. salt</td>
<td>1 1/2 t.</td>
</tr>
<tr>
<td>1/3 c.</td>
<td>2/3 C sugar</td>
<td>1 1/3 c.</td>
</tr>
<tr>
<td>1 T</td>
<td>2 T. milk</td>
<td>4 T</td>
</tr>
<tr>
<td>----------</td>
<td>---------------</td>
<td>----------</td>
</tr>
<tr>
<td>½ t.</td>
<td>1 ½ t. baking soda</td>
<td>3 t.</td>
</tr>
<tr>
<td>1/8 c.</td>
<td>¼ C chopped pecans</td>
<td>½ c</td>
</tr>
</tbody>
</table>

**Equivalents**

Complete each statement.

1. 1 Gallon = __8____ Pints  
6. 16 Tablespoons = __1____ Cup(s)
2. 1 Gallon = __4____ Quarts  
7. 6 Cups = __1 ½____ Quarts
3. ¼ C = __4____ Tablespoons  
8. 3 Teaspoons = __1____ Tablespoon
4. ½ C = __8____ Tablespoons  
9. 1 Quart = __2____ Pints
5. 1 C = __1/2____ Pint  
10. ½ Gallon = __2____ Quarts

11. You are making a pie crust and the recipe calls for 1 TBS of water. How many teaspoons of water would that be?  
   A. 1 teaspoon  
   B. 3 teaspoons  
   C. 6 teaspoons  
   D. none…a teaspoon is larger than a tablespoon

12. You are making cherry turnovers. The recipe calls for 1 cup of cherry pie filling. How many fluid ounces of cherry pie filling would you need?  
   A. 4 oz.  
   B. 8 oz.  
   C. 10 oz.  
   D. 16 oz.

13. A cake recipe calls for 2 eggs, 1 cup of milk, 2 cups of butter, 2/3 cup sugar, 1 tablespoon baking soda, and a pinch of salt. How much sugar is needed?  
   A. 1 tablespoon  
   B. 2/3 cup  
   C. 1 cup  
   D. 2 cups
14. You are making chicken pot pie for your family. There are 6 people in your family. Each pie can serve 2 people. How many pies do you need to make for dinner?
   A. 2 pies
   B. 3 pies
   C. 4 pies
   D. 5 pies

15. A recipe you are making calls for $\frac{1}{2}$ cup of sugar but you only have measuring spoons. How many times would you need to use the 1 TBS measuring spoon to measure $\frac{1}{2}$ cup of sugar?
   A. 1 time
   B. 3 times
   C. 8 times
   D. 16 times

16. Jacob decides to make his mom a homemade cake for her birthday. The recipe calls for 1 cup of oil. How many ounces of oil will he need to buy?
   A. 4oz
   B. 6oz
   C. 8oz
   D. 10oz