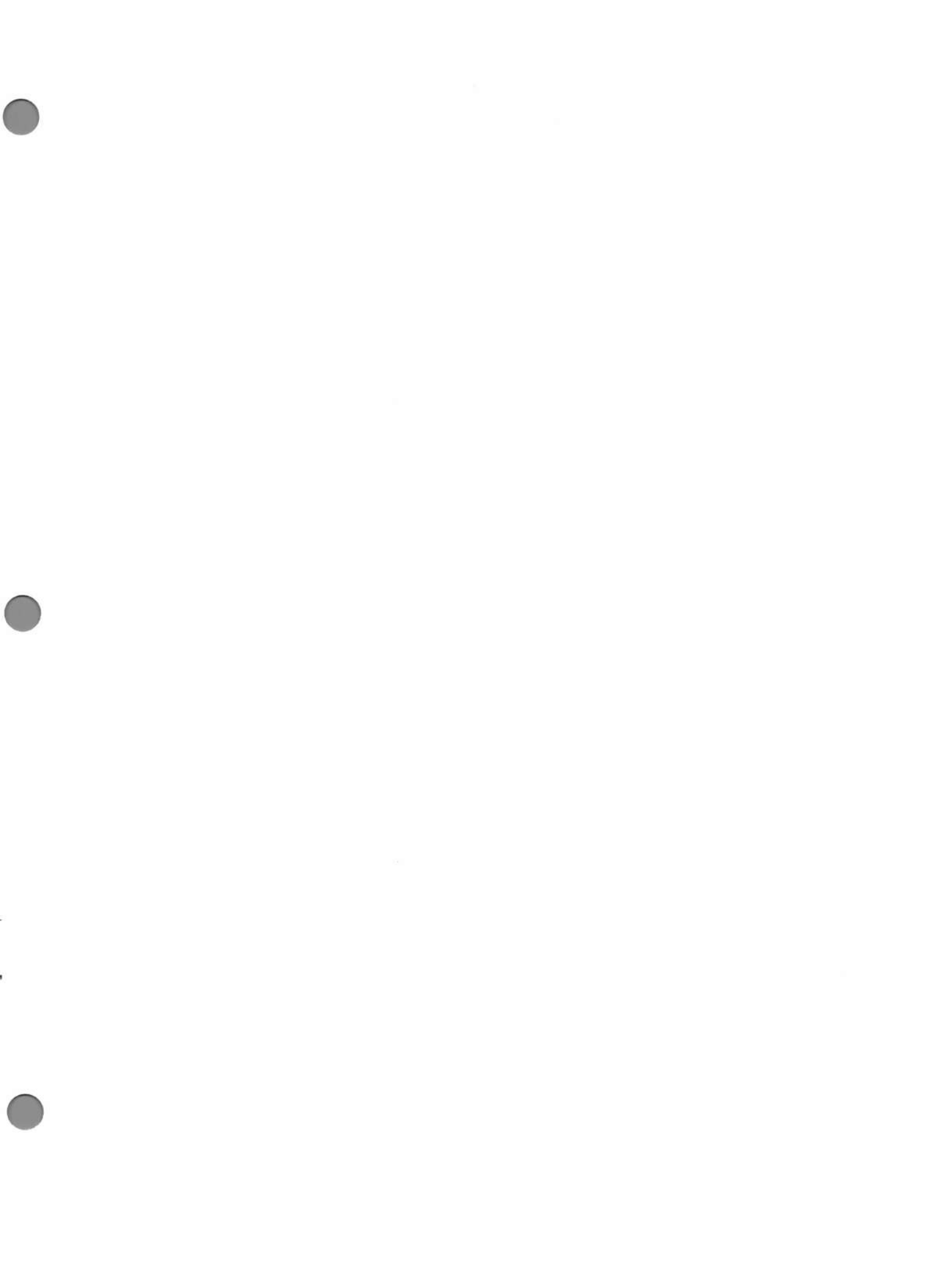




8th Grade Foods and Nutrition
The Cook's Tools - Chapter 7
Recipes - Blueprints for Food - Chapter 10

Name _____

Period _____



The Cook's Tools – Chapters 7 and 10

Objectives – after reading this chapter, you will be able to:

- Identify kitchen tools and small appliances
- Decide which kitchen tools are best for the recipe needs
- Describe how to care for tools and small appliances
- Describe the parts of a recipe
- Measure ingredients accurately

New Terms

Small appliances	Electrical tools that can be moved easily
Saucepans	Cookware with one handle
Pots	Cookware with two handles
Recipe	Tells you what to do to make the food
Ingredients	The names of the foods needed to make the recipe
Directions	The steps to follow for the recipe
Yield	The number and size of portions a recipe will make
Cooking terms	Recipe vocabulary that tells you what to do with the food

Almost every job in the kitchen requires some sort of tool. Tools make cooking faster, safer, and easier. Cooks use many tools. That's because there are many types of jobs in the kitchen. To get ready to cook, you might measure, cut, or mix ingredients. During cooking, you may need to lift, turn, or drain foods. When you are finished cooking, you'll need to serve the foods. After the meal, it's time to clean up. Tools can help you do all of these jobs. The following is a list of tool categories needed for food preparation.

1. **Small appliances** – are electrical tools that make cooking faster and easier. Mixers, blenders, food processors, and toasters are just a few examples of small appliances. Always read and follow the safety precautions contained in the manual for each appliance.
2. **Measuring tools** are used because recipes call for a specific amount of each ingredient. Ingredients are measured using dry measuring cups, liquid measuring cups, and measuring spoons. To obtain the most accurate measurement, ingredients should be level with the top of the cup or spoon [dry measuring cups / spoons] or level with the marking on the side of the liquid measuring cup.



3. **Cutting and spreading tools** – knives, vegetable peelers, cutting boards, graters, kitchen shears, cookie cutters, can openers, and metal spatulas are used for many cutting and spreading tasks.
4. **Mixing tools** - are used to make many foods. Tools in this category include: wooden spoons, mixing bowls, pastry blender, rubber scraper, and sifter.
5. **Lifting and turning tools** – move food from one place to another. Tools used in class include: pancake turner and tongs.
6. **Draining and straining tools** – are used to separate liquid and solid foods. The colander and strainer are in this group.
7. **Baking and cooking tools** – some tools are used before, during, or after baking and cooking. Tools used to prepare some baked foods include a rolling pin and pastry brush. Pot holders, timers, and thermometers are used during cooking and baking. Cooling racks are used after cooking.
8. **Special tools** – are usually used for only one or two jobs. The special tool used in class is the pizza cutter.
9. **Cookware and bakeware** – these tools are used for stovetop, oven and microwave cooking. Tools found in this category include the following: saucepans, pots, double boilers, skillets [frying pans], woks, cookie or baking sheets, cake pans, muffin pans, loaf pans, brownie pans, pie pans, and casserole dishes.
10. **Cleanup tools** – help to make the kitchen a clean, safe place. Tools in this group include: rubber gloves, scouring pads, dish rags, dish towels, dish drainers, scrub brushes, mops, brooms, dust pans, and stepladders.

Caring for Kitchen tools

Kitchen tools last longer and perform better when they receive proper care. Use and care manuals often come with appliances. If you carefully follow the advice in the manual the tools will last longer. Clean electrical appliances with a damp cloth. Don't immerse them in water unless the manufacturer's directions say you can.

Glass, metal, and plastic tools can be washed in warm, soapy water. Steel wool pads and scouring powder will scratch glass, metal, and plastic tools. They also damage nonstick finishes on frying pans.

Wash and dry wooden tools as soon as you are finished with them. Soaking them may cause them to crack or warp.



Equipment/Utensils for Cooking

Dry measuring cups:

To measure flour, sugar, cereal, all dry ingredients.



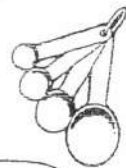
Liquid measuring cup:

To measure milk, water, juices, oils and other liquids.



Measuring spoons:

To measure small amounts of ingredients.



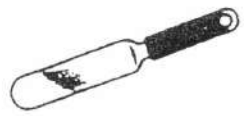
Mixing Bowls:

To mix or hold ingredients for a recipe.



Spatula:

Remove cake or cookies from a pan; to level flour, sugar, etc. when measuring.



Pancake Turner:

To turn pancakes and hamburgers.



Rubber Scraper:

To clean batter from sides of a bowl.



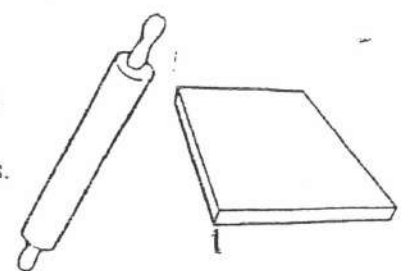
Pastry Blender:

To mix flour with fat for muffins, biscuits and pie crusts.



Rolling Pin and Bread Board:

To roll biscuits and pie crusts.



Grater:

To shred cheese, grate lemon rind, slice potatoes.



Paring Knife:

To peel fruits and vegetables.



French Cutting Knife:

To chop, mince or slice foods.



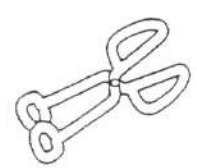
Custard Cup:

To bake egg custard in oven; to break an egg into it and for general use during cooking.



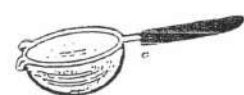
Tongs:

To pick up or turn foods.



Strainer/Sieve:

To hold food so that liquid may be drained from it. Also powdered sugar, etc., can be sifted through it.



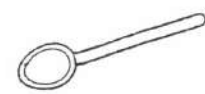
Egg/Rotary Beater:

To beat eggs, whip cream, etc.



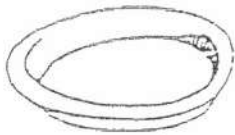
Wooden Spoon:

To stir hot foods that are cooking.



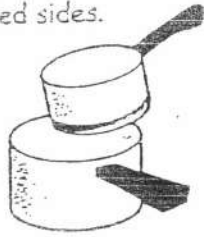


Pie Pan:



To bake pies. It has slanted sides.

Saucepan:



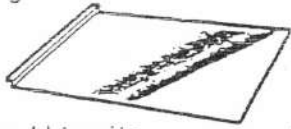
To cook vegetables, fruit,

Rectangular baking dish:



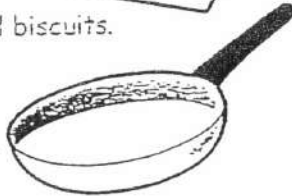
To bake cakes, pan cookies, coffee cakes, lasagna.

Baking sheet:



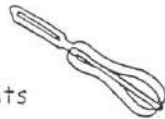
To bake cookies and biscuits.

Frying pan/Skillet:



To pan fry meat or vegetables.

Vegetable Peeler:



To peel skin from fruits and vegetables.

Flour sifter:



To sift flour or powdered sugar.

Double boiler:

To cook, over water, food that requires a low temperature such as milk, puddings, or foods high in sugar content.

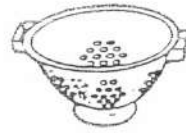


Carving Fork:

To secure meat when carving; to pick up meat as from a barbecue

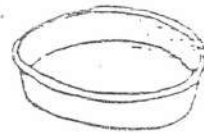


Colander:



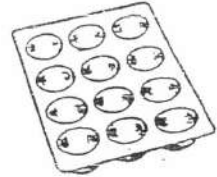
To drain water, etc. from foods.

Cake Pan:



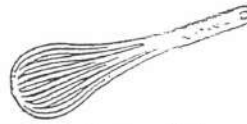
To bake cakes. Sides are straight up & down.

Muffin pan:



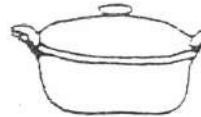
To bake muffins and cupcakes.

Whisk:



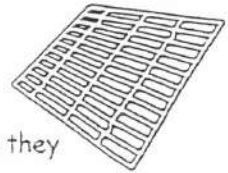
To beat eggs or mix liquid ingredients. To whip cream.

Casserole Dish:



To bake a mixture of meat and vegetables in a sauce.

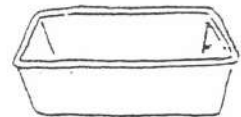
Wire Cooling Rack:



To cool cakes, cookies and pies when they come from the oven.

Loaf pan:

To bake cakes and quick breads.



Biscuit & cookie cutter:

To cut biscuit & cookie dough into different shapes.




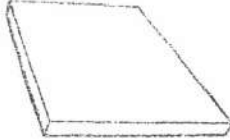

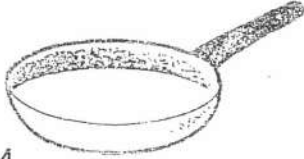

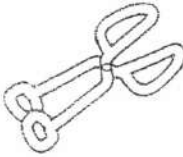
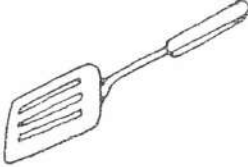
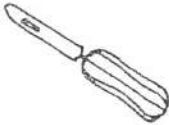

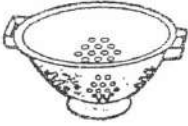
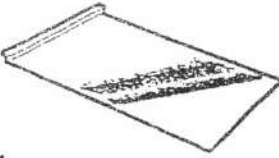


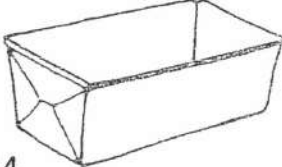
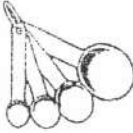
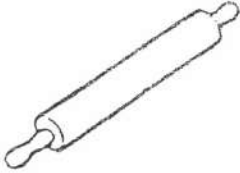










Name _____

Period _____

Name That Cooking Tool

Using the attached paper, write the number of the tool shown below that corresponds with the tool's name and function in the kitchen.

1. 	2. 	3. 	4. 
5. 	6. 	7. 	8. 
9. 	10. 	11. 	12. 
13. 	14. 	15. 	16. 
17. 	18. 	19. 	20. 
21. 	22. 	23. 	24. 



Name That Cooking Tool

Write the number of the tool [shown on the previous page] that corresponds with the tool's name listed below.

- | | | | | | |
|-------|----|---------------------|-------|----|----------------------|
| _____ | a. | Measuring spoons | _____ | m. | Tongs |
| _____ | b. | Whisk | _____ | n. | Liquid Measuring Cup |
| _____ | c. | Colander | _____ | o. | Dry Measuring Cups |
| _____ | d. | Vegetable Peeler | _____ | p. | Rolling Pin |
| _____ | e. | Biscuit Cutter | _____ | q. | Rubber Scraper |
| _____ | f. | Pastry Blender | _____ | r. | Pancake Turner |
| _____ | g. | Frying pan/skillet | _____ | s. | Muffin Pan |
| _____ | h. | Wooden Spoon | _____ | t. | Baking/cookie sheet |
| _____ | i. | Grater | _____ | u. | Spatula |
| _____ | j. | Egg/rotary Beater | _____ | v. | French/Chef Knife |
| _____ | k. | Bread/Cutting Board | _____ | w. | Wire Cooling Rack |
| _____ | l. | Loaf Pan | _____ | x. | Strainer/Sieve |

Write the number of the tool [shown on the previous page] that corresponds with the tool's function listed below.

- | | | |
|-------|-----|--|
| _____ | y. | Used to mix flour with fat as for biscuits and piecrusts. |
| _____ | z. | Used to cut biscuit and cookie dough into different shapes. |
| _____ | aa. | Used to measure dry ingredients, i.e., flour, sugar, and rice. |
| _____ | bb. | Used to bake cookies and biscuits |
| _____ | cc. | Used to pan fry meat or vegetables. |
| _____ | dd. | Used to cool baking sheets when removed from the oven. |
| _____ | ee. | Used to clean batter from the sides of a bowl. |
| _____ | ff. | Used to level dry ingredients when measuring. |
| _____ | gg. | Used to measure liquid ingredients, i.e., milk, water, and oils. |
| _____ | hh. | Used to bake muffins and cupcakes. |
| _____ | ii. | Used to shred cheese, grate lemon rind, and slice potatoes. |
| _____ | jj. | Used to turn pancakes and lift foods from cookie sheet. |
| _____ | kk. | Used to pick up or turn foods. |
| _____ | ll. | Used to chop, mince, or slice foods. |
| _____ | mm. | Used to stir ingredients in a mixing bowl. |
| _____ | nn. | Protects the counter when cutting foods or kneading dough. |



Equivalents - By the Spoonful

Teaspoons	Tablespoons	Cups	Fluid Ounces (to measure liquids)
3 teaspoons	1 Tablespoon		1/2 fluid ounce
6 teaspoons	2 Tablespoons	1/8 cup	1 fluid ounce
12 teaspoons	4 Tablespoons	1/4 cup	2 fluid ounces
16 teaspoons	5 Tablespoons plus 1 teaspoon	1/3 cup	
18 teaspoons	6 Tablespoons	1/3 cup plus 2 teaspoons	3 fluid ounces
24 teaspoons	8 Tablespoons	1/2 cup	4 fluid ounces
32 teaspoons	10 Tablespoons plus 2 teaspoons	2/3 cup	
36 teaspoons	12 Tablespoons	3/4 cup	6 fluid ounces
48 teaspoons	16 Tablespoons	1 cup	8 fluid ounces

Equivalents - By the Cupful

2 cups = 16 fluid ounces = 1 pint

4 cups = 2 pints = 1 quart

2 quarts = 1/2 gallon or approximate size of 2 liter bottle of soda

4 quarts = 1 gallon

Abbreviations - Many recipes use abbreviations to save room. An abbreviation is a short way of naming something. You should know these abbreviations.

t. or tsp.	Teaspoon
T. or tbsp.	Tablespoon
c.	Cup
oz.	Ounce

lb. or #	Pound
pt.	Pint
qt.	Quart
gal.	Gallon

To measure butter just count the lines and cut.

1 stick = 8 tablespoons = 1/2 cup

4 sticks = 1 pound of butter = 16 oz.



A dash = about 1/16 of a teaspoon [fill a 1/8 teaspoon halfway]

A pinch = the amount you can grab between your fingertip and thumb



Name _____

Changing a Recipe

Chapter 15

Read the recipe below, and answer each question as it pertains to increasing or decreasing the recipe.

Baking Powder Biscuits (makes about 16)

2 cups sifted all-purpose flour

1/4 cup shortening

2 1/2 teaspoons baking powder

2/3 cup milk

1/2 teaspoon salt

1. How many cups of flour would you need to double this recipe?

_____ cups flour

2. How many teaspoons of baking powder would you use if you were making 8 biscuits?

_____ tsp. baking powder

3. How much milk would you use if you were multiplying the recipe times 4?

_____ cups milk

4. How many teaspoons of salt are needed to make about 16 biscuits?

_____ tsp. salt

5. If you needed about 48 biscuits, how much shortening would you use?

_____ cup shortening



Measuring Ingredients

Success with recipes depends on **accurate** measurements. If the measurements are off, even the best recipe won't look and taste good. Ingredient amounts listed in recipes are based on level not heaping measurements.

Measuring Dry Ingredients - Dry ingredients are measured using measuring spoons or dry measuring cups. Here's how to measure dry ingredients:

1. Fill the measuring cup or spoon with the ingredient until **heaping**.
2. Level using the straight edge of a metal spatula over the cup/spoon.



Some ingredients need special treatment, i.e., flour, brown sugar, solid fats.

Flour – there are two ways to fill a measuring cup with flour. You can gently place spoonfuls of flour into the measuring cup with a large spoon then level with a spatula. The other way is to sift the flour then measure into the cup. Your recipe will tell you which method to use. **Powdered sugar** is measured in the same way as flour.

Dipping the cup into flour causes the flour to pack down. You will end up with more flour than the recipe calls for – your food will be too dry or tough. Shaking causes packing.

White sugar – can be scooped, then leveled. Sugar does not have to be sifted.

Brown Sugar – spoon the brown sugar into the measuring cup. Pack it down and add more. Keep adding until the measuring cup is full and level. When you empty the brown sugar out of the cup, it should hold the shape of the cup.



Solid Fats – Shortening and butter/margarine are solid fats. Measure solid fat by using the back of the spoon to press it into the measuring cup and level it. Use a rubber scraper to get the shortening out. There is another way to measure shortening. If you need 1/2 cup shortening, fill a liquid measuring cup with cold water to the 1/2 cup mark. Then put shortening into the water until the water reaches the 1-cup mark; pour off the water. You will have 1/2 cup shortening. To measure **butter**, use the markings on the wrapper. Count the number of tablespoon markings, then cut on the line with a knife.

Measuring Liquid Ingredients – Liquid ingredients are measured using a liquid measuring cup. Small amounts are measured with measuring spoons. Here's how to measure liquid ingredients:

1. Place the liquid measuring cup on a level surface.
2. Bend down and identify the needed measurement on the side of the cup. Pour the liquid into the measuring cup until you have the amount you need. Read the measurement at eye level.
3. To measure liquids in a spoon, pour until level.





Measuring Ingredients

Directions: write the letter that indicates the name of the equipment and the procedure you would use in the space provided for each of the ingredients.

Equipment	Procedure
A. measuring spoons	E. spoon and level
B. dry measuring cup	F. spoon and pack down
C. liquid measuring cup	G. pour and read at eye level
D. knife	H. pour until level
	I. cut on the line.

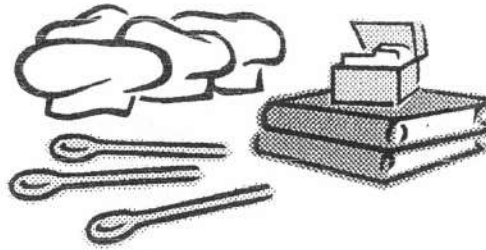
Ingredient	Equipment	Procedure
1. flour		
2. peanut butter [cookies]		
3. vanilla		
4. brown sugar		
5. milk		
6. salt		
7. shortening		
8. butter/margarine		
9. cooking oil		
10. baking powder		



Learning

about

Recipes



You can find recipes in many places. Cookbooks are the best place. There are many good cookbooks that you can buy, or you can check them out of your school or city library. You can find recipes in some magazines and newspapers. Sometimes grocery stores give out free recipes. Cooking shows on the television give recipes, too. And the internet is another resource for finding a good recipe. Your family may have recipes that are passed down to each generation.

There are three parts to most recipes: ingredients, directions, and yield.

1. Ingredients - a list of the foods you need.
2. Directions - how to put the ingredients together and cook them, step by step. The directions will use cooking terms that tell you what to do with the food. This section also tells you how hot the stove or oven should be and how long the food is cooked.
3. Yield - the size of the portions and how many people the recipe will serve.

Before using a new recipe, read it carefully. Make sure you have all the ingredients you need. Be sure you know how to follow the directions. Check to see if you have the right utensils. Everything should be ready before you begin. This is called *mise en place* [everything in its place].

Follow the recipe carefully, step by step.

PANCAKES

- 2 cups all-purpose flour
- 3 tsp. Baking powder
- 1 Tbsp. Sugar
- 2 eggs, well beaten
- 1-1/2 cups milk
- 2 Tbsp. Vegetable oil

1. Measure flour, baking powder, and sugar and place into large mixing bowl; stir thoroughly to combine the ingredients.
2. Break eggs into small mixing bowl, beat with whisk.
3. Measure milk.
4. Add beaten eggs and milk to large mixing bowl and blend until smooth.
5. Measure 2 Tbsp. of vegetable oil and stir into the batter.
6. Turn burner on medium and place large frying pan on the burner. *To test to see if the pan is hot enough, sprinkle several drops of water in the pan; it is ready when they sputter and dance about.*
7. Using the 1/2-cup measuring cup, dip the cup into the batter then pour batter into the pan.

When pancakes look puffy and slightly dry around the edge, bubbles cover the top, and the underside is golden, flip them over with a pancake turner. Bake a few minutes more, or until bottoms are brown.

Makes 8 pancakes

1. Find at least three cooking terms used in the pancake recipe. Write the terms in the blanks on the left. On the right, tell what the terms mean.

_____	_____
_____	_____
_____	_____
_____	_____

2. What ingredients do you need to make the pancakes?

_____	_____
_____	_____
_____	_____



3. Name at least three cooking utensils/equipment needed to make this recipe.

4. Circle the correct answer that indicates how you know if the pan is hot enough to bake the pancakes.

- a. Spit in the pan and when it sputters and dances about the pan is ready.
- b. When the electric coils are glowing red it is ready.
- c. Sprinkle several drops of water in the pan; it is ready when they sputter and dance about.
- d. When the pan begins to smoke it is hot enough to bake pancakes.

5. I will know when the pancakes are ready to turn over when:

- a. When pancakes look puffy and slightly dry around the edge, bubbles cover the top, and the underside is golden, they are ready to flip over with a pancake turner.
- b. The pancakes look dry and stiff.
- c. You see smoke rising from the edges of the pancakes.
- d. Your teammate tells you it is time to turn them.

6. How many eggs do you need for this recipe? _____

7. Approximately how many pancakes does this recipe make? _____

8. How much milk do you need for this recipe? _____

9. What tool is used to measure the milk for the recipe? _____



Recipes – Blueprints for Food

Chapter 10

In the Know

True/False: Circle *T* if the statement is true or *F* if the statement is false.

- T F 1. Recipes easiest to use list the ingredients in the order used.
- T F 2. When measuring flour, pack it down into the measuring cup.
- T F 3. Three tablespoons equal one teaspoon.
- T F 4. There are 16 tablespoons in one cup.
- T F 5. Two cups equal one quart.
- T F 6. Liquid / dry ingredients can be measured with a liquid measuring cup.
7. The ingredient list tells you _____
- a. the method of measuring ingredients
 - b. how to combine ingredients
 - c. the amount of food needed for the recipe
 - d. the yield
8. The _____ is the number and size of portions a recipe will make.
9. It is best to use _____ to level ingredients in a dry measuring cup.
- a. the straight edge of a spatula
 - b. your finger
 - c. a spoon
 - d. none of the above
10. One cube of butter equals _____ tablespoons.
11. One pound of butter equals _____ cubes.
12. One pound equals _____ ounces.



13. If you order a Quarter Pounder from McDonalds, how much meat is in your sandwich?
- a. four ounces
 - b. eight ounces
 - c. one pound
 - d. two ounces
14. Circle the correct answer for each statement
- a. A heaping cup is (more, less) than a level cup.
 - b. Four cubes of butter is (the same as, more than) a pound of butter
 - c. A half gallon of milk is (more, less) than three quarts
 - d. One-third ($\frac{1}{3}$) cup is (more, less) than one-fourth ($\frac{1}{4}$) cup.
 - e. One-half pint of milk is (more than, the same as) an eight ounce cup.
15. One gallon equals _____ quarts.

What would you do?

Your friend wants you to help him make brownies. He has the recipe and all of the ingredients sitting on the counter. He gets out a coffee cup and iced tea spoon to measure the ingredients. You suggest that he should use measuring cups and spoons. He tells you that being a little off in the amounts won't matter. What advice would you give him?
