

Pre Heat Questions

Why is the Universal Design (UD) Law important?





kitchen basics

Ms. Makuta





Learning the Basics

Unit Objectives:

- 1. Identify the importance of an effective kitchen design.**
- 2. Identify and determine the difference between major appliance, minor appliances, and various kitchen equipment.**

Learning the Basics

What you need to know in order to be successful in the kitchen:

- **Know Your Kitchen**
 - “Work Centers”
- **Know Your Kitchen Tools**
 - Major Appliances
 - Minor Appliance
 - Kitchen Equipment



Know Your Kitchen

Knowing your kitchen and tools **helps you work efficiently** and **successful**:

- “Work Centers” for kitchen activities:
 - **Food Preparation and Storage:**
 - Counter for preparing food.
 - Refrigerator and cabinets for storing utensils and food.
 - **Cooking and Serving:**
 - Stovetop and oven for cooking and baking.
 - Cabinets and counter for tools and utensils.
 - **Clean Up:**
 - Sink and dishwasher.
 - Cabinets for storing dishes, tools, and utensils.
 - **Today’s Kitchens:**
 - May also have a planning work center with a computer, bookshelves and desk.



Kitchen “Work Centers”

Some kitchen floor plans are much better than others because they allow the work to flow more smoothly.

- The more that the range, refrigerator and sink are located so that each is at the point of a triangle, the better.
- This is called the **Work Triangle**.

In food preparation the work flows from refrigerator to cabinet, to the cleaning food if necessary, to preparing, to cooking and serving.

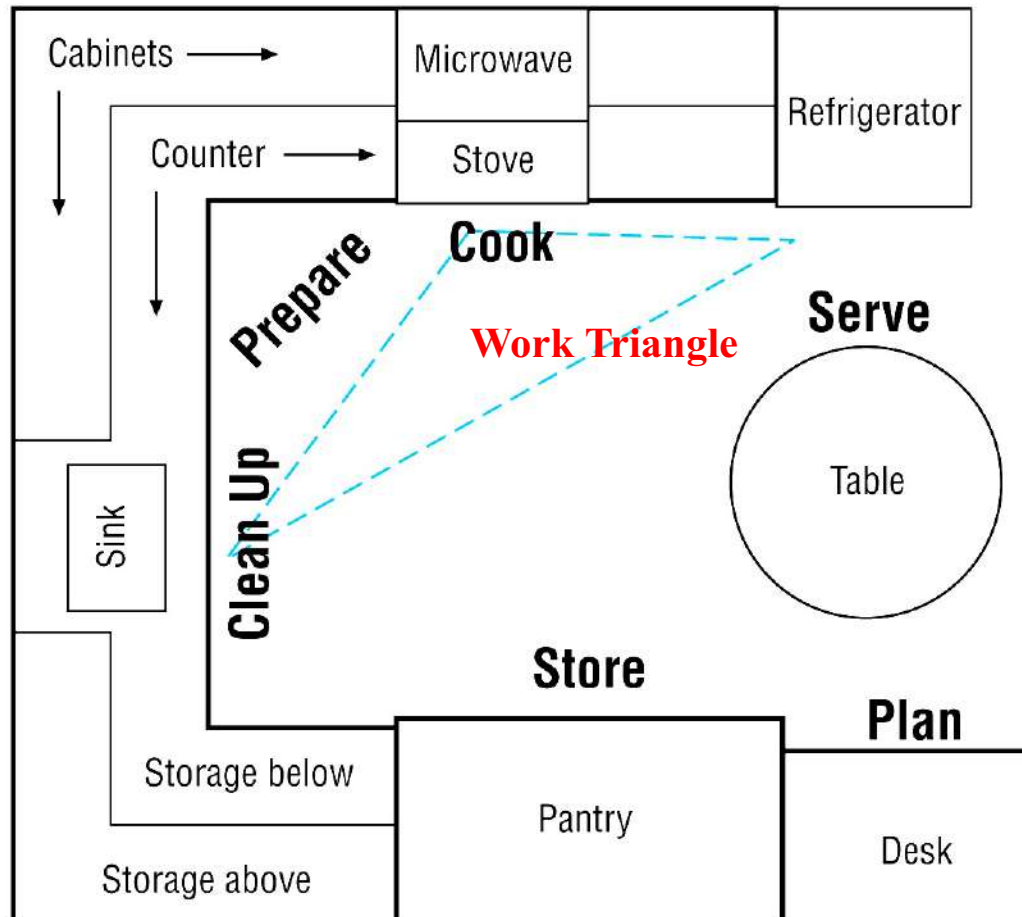
- Ideally, the sink should be between refrigerator and range.
- You don't want people walking through the kitchen to get from one area to another – that causes confusion/congestion/accidents.





Kitchen "Work Centers"

What do we do in the kitchen?



Food uses of the kitchen:

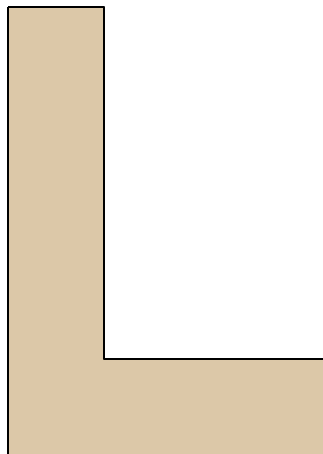
- Storage
- Preparation
- Cooking
- Serving
- Clean up
- Planning



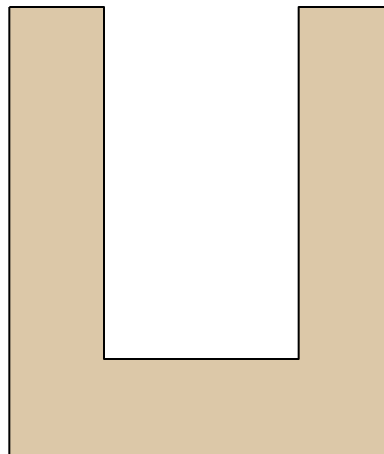
Kitchen Designs

The **goal** to a good kitchen design is to **create the an efficient kitchen.**

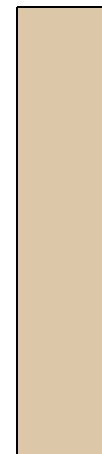
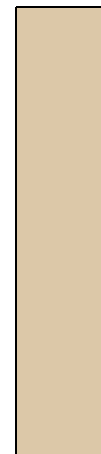
- Learn the centers in your kitchen.
- Keep tools in the center where they are first used.
- Can you identify the shapes of the kitchens below?
- Where would each center be located?



L-Shape



U-Shape



or

One Wall or Two Walls

(popular in apartments)

Centers:

- Storage
- Preparation
- Cooking
- Serving
- Clean up
- Planning

Think about it question...

What is the major difference between a cooking appliance (such as a stove) and a kitchen tool such as a (baking dish)?



Cooking Appliances

Cooking appliances are any kitchen tool that requires electricity. Various cooking methods are accomplished in the kitchen and everyone has their favorite!

Cooking Method	Gas photo	Electric photo
Cooktop Cooking surface.	Heats up instantly. High is very hot.	Takes a few minutes. Temperature settings.
Bake In the oven by dry heat.	Needs to preheat. 2-3 minutes/100 degrees F.	Needs to preheat. Timer goes off when ready.
Broil Cooking by direct heat.	Very hot - open flame. Adjust broiler pan accordingly. Close door/watch carefully.	Hot top coils. Adjust racks accordingly. Keep door ajar.
Convection Bake Circulates air/fast baking.	Adjust time accordingly.	Adjust time accordingly.

Small Appliances

Have you used the following?

Waffle Iron

Rice Cooker

Bread Maker

Blender

Griddle

Slow Cooker

Toaster

Deep Fryer

Pressure Cooker

Electric Mixer

Food Processor

How many more can you name?



Major Appliances

Have you used the following?

Oven Stove Range Refrigerator Freeze

Dishwasher Microwave

Let's look at the difference...



Major Appliances



Oven



Stove



Range



Microwave



Refrigerator



Freeze



Dishwasher



Kitchen Equipment

Cooking and baking tools and utensils save time and energy.

- Make sure all utensils are durable and are easy to clean.

Learn how to use these tools for best results:

- Cutting and serving
- Mixing
- Baking - in the oven
- Cooking - on the stovetop

Cutting & Serving Tools



knives



grater



ladle



tongs



vegetable peeler



can opener



serving



Mixing Tools and Measuring Tools

Pancake Turner/Spatula

Wooden Spoon

Wire Whisk

Rubber Scraper

Rotary Beater

Pastry Blender

Rolling Pin

Mixing Bowls

Strainer/Colander

Dry Measuring Cups

Liquid Measuring Cups

Measuring Spoons



Baking Tools



muffin pan



bread/loaf pan
cake pan
cookie sheet



10" X 15"
baking pan



9" X 13"
rectangular



pie pan

Cooking Tools



saucepan



3-4 qt saucepan



stock pot



small fry pan



large fry pan



**stir fry pan
(wok)**



roaster



casserole dishes





Kitchen Basics Review

Answer the following questions:

1. Name three work centers in a kitchen.
2. What is the major difference between kitchen appliances and kitchen tools?
3. Identify a major appliance and a minor appliance.
3. Name the two main types of cooking that are done with the stove.
4. Give two examples of how you can prevent accidents in the kitchen?

Online Resources

Suggested web sites appropriate for the Kitchen Basics:

- <http://consumerreports.org>
 - Detailed information and comparisons on appliances.
- <http://allrecipes.com>
 - Recipes.
- <http://www.bettycrocker.com>
 - Details on equipment, terms, reading a recipe, food safety as well as many other kitchen aids.
- <http://ichef.com>
 - Recipes.
- <http://www.agr.state.us/cgber/kidswrld/foodsafte>
 - Information for kids on food safety, games to play, on line quizzes and links to nutrition web sites.

Please note that web sites are constantly changing and being updated.

