Identify the following pieces of Kitchen equipment and the drawer number you can find it in at your HMS kitchen.

|  |  |  |
| --- | --- | --- |
| Name  Drawer # | Name  Drawer # | Name    Drawer # |
| Name    Drawer # | Name    Drawer # | Name    Drawer # |
| Name  Drawer # | Name  Drawer # | Name  Drawer # |
| Name  Drawer # | Name    Drawer # | Name    Drawer # |
| Name  Drawer # | Name  Drawer # | Name  Drawer # |

Cooking Terms

**Chop:** to cut into small pieces

**Cream:** to work sugar and fat together until the mixture is soft and fluffy

**Cut-In:** to cut fat into flour with a pastry blender or two knives

**Dice:** to cut into very small cubes

**Dredge:** to coat food heavily with flour, breadcrumbs or cornmeal

**Flour:** to sprinkle or coat with a powdered substance, often with crumbs of seasonings

**Fold-In:** to mix ingredients by gently turning one part over another

**Grate:** to finely divide food in various sizes by rubbing it on surface with sharp projections

**Knead:** to work dough to further mix the ingredients and develop the gluten

**Mince:** to cut or chop food as finely as possible

**Peel:** to remove or strip off the skin or rind of some fruits and vegetables

**Sauté:** to brown or cook foods with a small amount of fat using low to medium heat

**Simmer:** to cook just below the boiling point

**Steam:** to cook by the vapor produced when water is heated to the boiling point

**Whip:** to beat rapidly to introduce air bubbles into food

Measurement Experiments

THE FOLLOWING ITEMS SHOULD BE ON YOUR TRAY WHEN MOVING FROM EACH EXPERIMENT:

* 2 MIXING BOWLS

WHEN COMPLETING THESE EXPERIMENTS PLEASE PLACE ALL MEASURED DRY INGREDIENTS INTO ONE BOWL AND ALL LIQUID INGREDIENTS INTO DIFFERENT BOWL.

**EXPERIMENT #1**

1. Which measuring cups did you use?



1. Why should you spoon flour into your measuring cup?
2. What are the abbreviations for:

Cup=\_\_\_\_\_\_\_\_\_\_\_ Ounce=\_\_\_\_\_\_\_\_\_\_\_\_\_ Hour=\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. How many ½ cups are in 1 cup\_\_\_\_\_\_\_\_\_\_\_.
2. How many ¼ cups are in 1 cup\_\_\_\_\_\_\_\_\_\_\_\_.
3. How many 1/3 cups are in 1 cup\_\_\_\_\_\_\_\_\_\_\_\_.

**EXPERIMENT #2**

1. How do you determine which measuring spoon is a Tablespoon?
2. Complete the following equivalents:

1/8 cup=\_\_\_\_\_\_\_T ¾ cup=\_\_\_\_\_\_\_\_\_T

¼ cup=\_\_\_\_\_\_\_\_T 1 cup=\_\_\_\_\_\_\_\_\_T

½ cup=\_\_\_\_\_\_\_\_ T

1. Which is bigger a Tbsp or tsp?\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. What are the abbreviations for:

Teaspoon\_\_\_\_\_\_\_\_ teaspoon\_\_\_\_\_\_\_\_\_\_ Tablespoon\_\_\_\_\_\_\_\_

Tablespoon\_\_\_\_\_\_\_\_\_ Hour\_\_\_\_\_\_\_\_\_\_\_\_ pound\_\_\_\_\_\_\_\_\_\_\_

**EXPERIMENT #3**

1. When measuring baking powder what type of measuring tool should you use?

Liquid Measuring Cup Measuring Spoons Dry Measuring Cups

1. Why shouldn’t you measure directly over the mixing bowl?
2. List the four standardized measuring spoons a put them in order from smallest to largest.

\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_

1. If your recipe calls for ¾ teaspoon what two measuring spoons would be the most effective:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_

**EXPERIMENT #4**

1. How many \_\_\_\_\_\_\_\_\_\_teaspoons=1 Tablespoon
2. How many ¼ teaspoons are in 1 teaspoon? \_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. How many ½ teaspoons are in 1 teaspoon? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. What tools should you use if the ingredient is less than ¼ cup.

**EXPERIMENT #5**

1. Why is it important to put your liquid measuring cup on a flat service when measuring liquid?
2. If a recipe calls for 32 oz of milk how many cups would you need?\_\_\_\_\_\_\_\_ cups
3. What do these abbreviations stand for?

\_\_\_\_\_\_\_\_pt \_\_\_\_\_\_\_\_qt \_\_\_\_\_\_\_\_gal

1. List two advantages of using a liquid measuring cup when measuring liquid.
   * + 1. 2.

**EXPERIMENT #6**

Look at the wrapper and answer the following questions.

1. How many T are in a cube of butter? \_\_\_\_\_

2. How many cups are in a cube of butter? \_\_\_\_\_

3. How many cubes of butter are in a box? \_\_\_\_\_\_

4. List the 3 cup measurements that are on the wrapper.

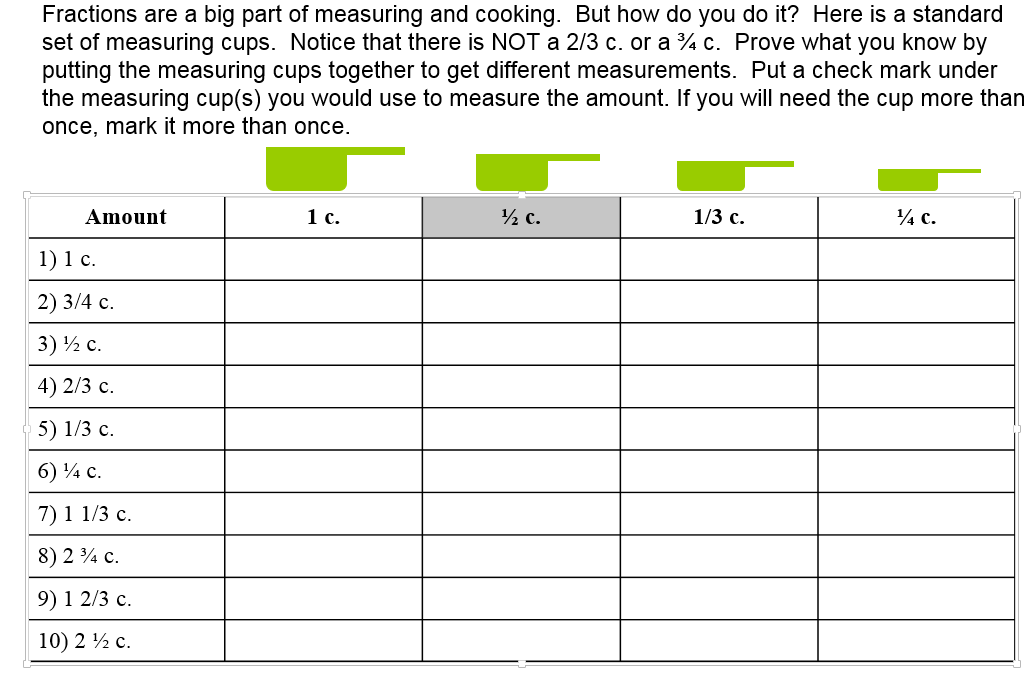
1. \_\_\_\_\_\_
2. \_\_\_\_\_\_
3. \_\_\_\_\_\_

5.If a recipe calls for 2 cups of butter how many cubes would you need?\_\_\_\_\_\_\_\_

6. Four cubes=\_\_\_\_\_\_\_\_\_\_lb butter

**EXPERIMENT #7**

Fractions are a big part of measuring and cooking. Put a checkmark under the **IDEAL** measuring cups you would need on your red tray if you had to measuring the following amounts:



**EXPERIMENT #8**

QUICK EXPERIMENT ……HOW MANY CUPS ARE IN THE FOLLOWING:

Using your 1 cup liquid measuring cup fill the pint jar, quart jar, and ½ gallon with water and determine how many cups it took.

1 pint=\_\_\_\_\_\_\_\_\_\_\_\_\_cups

1 quart=\_\_\_\_\_\_\_\_\_\_\_\_cups

½ gallon=\_\_\_\_\_\_\_\_\_\_\_cups

USING YOUR DATA ANSWER THE FOLLOWING QUESTIONS

How many pints are in a quart\_\_\_\_\_\_\_\_.

How many quarts are in a gallon\_\_\_\_\_\_\_\_\_.

How many cups are in a gallon\_\_\_\_\_\_\_\_.

ONCE YOU HAVE COMPLETED ALL 8 EXPERIMENTS GO BACK TO YOUR ASSIGNED UNIT AND FOLLOWING THE DIRECTIONS TO MAKE DELICIOUS CREPES.

1. Using a whisk mix your liquid ingredients then add to your dry ingredients.
2. Using your electric mixer mix the dry and liquid ingredients. Heat 2 skillets over medium heat then spray with cooking spray.
3. For each crepe, pour slightly less than ¼ cup batter into skillet. Immediately tilt and rotate skillet so thin layer of batter covers bottom. Cook until light brown.
4. Run wide spatula around edge to loosen; turn and cook other side until light brown. Repeat with remaining batter, spraying skillet as needed.

You should have enough batter to make 2 crepes per person. Once your crepes are done place them on a plate and come to the supply table and choose a filling and topping of your choice. ENJOY!

CREPES

* 1 1/2 cup flour
* 1 T sugar
* 1/2 tsp baking powder
* 1/2 tsp salt
* 2 cups milk
* 2 T butter (melted)
* 1/2 tsp vanilla
* 2 eggs

1. Using a whisk mix your liquid ingredients then add to your dry ingredients.
2. Using your electric mixer mix the dry and liquid ingredients. Heat 2 skillets over medium heat then spray with cooking spray.
3. For each crepe, pour slightly less than ¼ cup batter into skillet. Immediately tilt and rotate skillet so thin layer of batter covers bottom. Cook until light brown.
4. Run wide spatula around edge to loosen; turn and cook other side until light brown. Repeat with remaining batter, spraying skillet as needed.

You should have enough batter to make 2 crepes per person. Once your crepes are done place them on a plate and come to the supply table and choose a filling and topping of your choice. ENJOY!

**Chocolate Crackled Cookies**

* ½ C brown sugar
* ¼ C shortening
* 1 tsp vanilla
* 1 egg
* 1 C flour
* ¼ C margarine
* 3 T cocoa
* ¼ tsp salt
* ¼ C sugar
* ¼ 1/8 tsp soda
* 1/3 C chocolate chips

Don’t add this to the dough!!

* ½ C powdered sugar

Preheat oven to 375©. In a medium bowl, combine flour, cocoa, baking soda, baking powder, and salt. Mix thoroughly with a wire whisk. Set aside. In a large 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 bowl. STIR in the chocolate chips. Using the portion scoop place 12 level scoops of dough and roll each one in the powdered sugar. Place evenly on prepared baking sheets. Bake for 8-10 minutes. Let cool on the baking sheet 2 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 ¼ cup.

4. What is the easiest way to measure margarine or butter?

5. How many T are in a cube of butter?

6. Brown sugar is \_\_\_\_\_\_\_\_\_\_\_ and leveled in dry measuring cups.

7. Shortening is \_\_\_\_\_\_\_\_\_\_ into dry measuring cups with a \_\_\_\_\_\_\_\_\_\_\_ spatula.

8. What is the abbreviation for:

Tablespoon \_\_\_\_\_\_\_\_\_\_

Tablespoon \_\_\_\_\_\_\_\_\_\_

Teaspoon \_\_\_\_\_\_\_\_\_\_\_\_

Teaspoon \_\_\_\_\_\_\_\_\_\_\_\_

Cup \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Mystery Recipe**

* ¾ c. + 1 Tbsp + 1 tsp whole wheat flour
* ½ c. sugar
* ½ tsp. cinnamon
* ½ tsp. baking soda
* 1/8 tsp. baking powder
* 1/8 tsp. salt
* 1 egg
* ½ c. plain pumpkin
* 4 T. melted butter
* ½ c. chocolate chips

Preheat oven to 350º. Mix dry ingredients in large bowl (Flour, sugar, cinnamon, baking soda, baking powder, and salt.) In a medium mixing bowl melt butter then add eggs, and pumpkin whip together. 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 2/3 full. Bake at 350º 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 whip?

Gently Slow Fast Really Fast

3. What type of motion is fold-in?

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 Pack 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. Applying direct pressure would be the first step in taking care of what type of kitchen accident?

4. What type of first aid should you do for a first degree burn?

5. Dull knives are more \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and less efficient than \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ knives.

6. Cleaning supplies should be stored \_\_\_\_\_\_\_\_\_\_ from food.

**Breakfast Calzones with Country Gravy**

* ¼ 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. Circle the two cleaning products that should never mix together.

Clorox (Bleach) Dishsoap Ammonia Mr Clean Windex

1. Circle all the kitchen ingredients you can use to put out a kitchen fire.

Flour Baking Soda Salt Sugar Water

**Microwave Experiments**

|  |  |  |  |
| --- | --- | --- | --- |
| **Experiment #1** | **Your Hypothesis about what will happen when you microwave this food.** | **Results… document What Happened?** | **The molecules that the microwave were attracted to in this food are…** |
| **On a small plate microwave 1 marshmallow for 1 minute.** |  |  |  |
| **On a plate microwave a hot dog for 1 minutes** |  |  |  |
| **In a custard cup crack an egg. Then microwave for 1 minute.** |  |  |  |

**Word bank: hot spots, sugar, water, fat, explode**

**Strawberry Cinnamon Rolls**

INGREDIENTS (FOR OVEN):

* 2 T margarine
* 2 T cinnamon/sugar mixture
* 2 T Strawberry jam
* 5 refrigerated Biscuits Directions:

Preheat oven 375\*

1. Using the pizza cutter, CUT each biscuit into FOURTHS
2. In the square glass dish, combine cinnamon/ sugar mix, margarine (cover with paper towel) microwave on 30 seconds until margarine is melted. Add jam and stir until all is blended
3. ADD THE CUT UP BISCUITS stir to coat with jam mixture.
4. Bake for 10-12 minutes.
5. TO SERVE: place a large plate on top of square glass dish and turn upside down.

INGEREDIENTS (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 jam
* 5 refrigerated Biscuits

1. Using the pizza cutter, CUT each biscuit into FOURTHS
2. In the ROUND casserole dish, 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 |  |  |  |  |

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

**Microwave Vanilla Cake**

* ½ C of margarine
* ½ C of Sugar
* 2 Eggs
* 1 Cup All-Purpose Flour
* ¼ C milk
* 1 tsp baking powder
* ½ tsp vanilla
* 4 paper cups
* Plastic wrap
* Whipped topping

Melt butter in microwave in your large glass measuring bowl. Then add sugar, whisk together until well combined. Add the eggs, baking powder, flour, vanilla and milk. Whisk it like CRAZY!! Make sure the batter is smooth. Spray the inside of 4 paper cups with cooking spray. Divide the cake batter evenly into the 4 paper cups and cover with plastic wrap with edge unsealed so that some steam can escape. Microwave each cake individually for 40-60 seconds. Pop cake out onto a plate and serve with whipped topping.

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.

.

**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 ½ c. buttermilk
* 2 egg
* 1 tsp. baking soda
* 1 T sugar
* ½ tsp salt
* 2 T oil

Word BANK

|  |  |
| --- | --- |
| Purpose | * Flavor * Browning * Made Rise * Makes Tender * Structure |
| Describe | Flat, Perfect, |
| Texture | Gooey, Tough, Chewy, Soft, |
| Flavor | Bland, Sweet, Salty, |
| Color | Lightly Brown, Brown, Black |

**STEP #1**

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

* Purpose:
* Describe:
* Texture:
* Flavor:
* Color:

***STEP #2***

Add baking soda. Stir. Make one tiny pancake.

* Purpose:
* Describe:
* Texture:
* Flavor:
* Color:

**STEP#3**

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

* Purpose:
* Describe:
* Texture:
* Flavor:
* Color:

**STEP #4**

Add oil. Stir. Make one tiny pancake.

* Purpose:
* Describe:
* Texture:
* Flavor:
* Color:

**STEP #5**

Add eggs. Stir. Make one tiny pancake.

* Purpose:
* Describe:
* Texture:
* Flavor:
* Color:

Make the rest into pancakes and enjoy.

**Buttermilk Biscuits**

* 1 cup flour
* 1 ½ tsp. baking powder
* ¼ tsp. salt
* ¼ tsp. baking soda
* ¼ cup shortening (Crisco)
* ½ cup buttermilk

Honey butter for topping

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. With a rolling pin roll dough out ½ inch thick cut with biscuit cutter.
6. Grease cookie sheet and bake for 12 minutes
7. Serve with honey butter

Lab Evaluation

1. Which ingredient does what?

|  |  |
| --- | --- |
| Flavor |  |
| Leavening Agent |  |
| Structure |  |
| Flaky and Tender |  |
| Moistens |  |

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

Pour batter drop batter dough

**Orange Oatmeal Muffins**

* ¼ cup quick oats
* ¼ cup orange juice
* ¾ C Flour
* ¼ C sugar
* ½ tsp baking powder
* ¼ tsp. salt
* 1/8 tsp. baking soda
* 1/4 oil
* 1 egg
* ¼ orange peel zested
* ¼ C blueberries (optional)

Topping:

* 2 T brown sugar
* 1/2 tsp. Cinnamon

Preheat oven to 400º. 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. Using your portion scoop fill each muffin cup with 2 scoops. Mix topping ingredients with a fork and sprinkle over the top of the muffins

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 .What three things do you need to form gluten?

3. Quick breads do not use what leavening agent?

4. Over-mixing muffins causes the muffin to be \_\_\_\_\_\_\_\_\_\_\_ and have large \_\_\_\_\_\_\_\_\_.

5. Muffin Competition

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| UNIT | Golden  brown | Cauliflower  Top | Peaked Top | Flat  Top | Small  Tunnels | Large  Tunnels | Tender  Or  Tough | Type of muffin |
| 1 |  |  |  |  |  |  |  |  |
| 2 |  |  |  |  |  |  |  |  |
| 3 |  |  |  |  |  |  |  |  |
| 4 |  |  |  |  |  |  |  |  |
| 5 |  |  |  |  |  |  |  |  |
| 6 |  |  |  |  |  |  |  |  |
| 7 |  |  |  |  |  |  |  |  |
| 8 |  |  |  |  |  |  |  |  |

**Yeast Experiments**

1. What does it look like? Word bank: Bubbly, Muddy, Clear, Murky.
2. Did it Rise?
3. Is the Yeast Alive?

|  |  |
| --- | --- |
| **Experiment #1=Kitchen 1**  Ingredients  1 T Yeast  ¼ cup warm water  Mix all ingredients in the 2 cup liquid measuring cup. Cover with saran wrap. | **Results, What Happened?** |
| **Experiment #2=Kitchen 2**  Ingredients  1 T Yeast  ¼ cup of cold water (use ice cubes)  Mix all ingredients in the 2 cup liquid measuring cup. Cover with saran wrap. | **Results, What Happened?** |
| **Experiment #3=Kitchen 3**  Ingredients  1 T dry yeast  1 tsp. sugar  ¼ cup Warm Water  Mix all ingredients in the 2 cup liquid measuring cup. Cover with saran wrap. | **Results, What Happened?** |
| **Experiment #4=Kitchen 4**  Ingredients  1 T dry yeast  1 tsp. sugar  ¼ Cup Cold Water (Use an Ice Cube)  Mix all ingredients in the 2 cup liquid measuring cup. Cover with saran wrap. | **Results, What Happened?** |

|  |  |
| --- | --- |
| **Experiment #5=Kitchen 5**  Ingredients  1 T yeast  1 tsp. Salt  ¼ Cup Warm Water  Mix all ingredients in the 2 cup liquid measuring cup. Cover with saran wrap. | **Results, What Happened?** |
| **Experiment #6=Kitchen 6**  Ingredients  1 T dry yeast  ¼ Cup Boiling Water  Mix all ingredients in the 2 cup liquid measuring cup. Cover with saran wrap. | **Results, What Happened?** |
| **Experiment #7=Kitchen 7**  Ingredients  1 T dry yeast  1 tsp. Sugar  ¼ Cup Flour  ¼ Cup Very Hot Water  Mix all ingredients in the 2 cup liquid measuring cup. Cover with saran wrap. | **Results, What Happened?** |
| **Experiment #8=Kitchen 8**  Ingredients  1 T yeast  ¼ Cup Oil  Mix all ingredients in the 2 cup liquid measuring cup. Cover with saran wrap. | **Results, What Happened?** |

Evaluation

1. According to your experiments, what environment does Yeast like the very best?
2. What happens to the Yeast if the water is too hot?
3. What happens to the Yeast if the water is too cold?
4. What is Yeast’s favorite food?

**Breadsticks**

* + 1 cup WARM water
  + 1 T yeast 1 T of Sugar
  + ¼ cup sugar
  + 1 tsp Salt
  + 1 T oil
  + 3 ½ Cups flour

1. In the 2 cup liquid measuring cup mix warm water and yeast and 1 T sugar. Stir ingredients and allow to sit until yeast is activated.
2. Place flour ¼ C sugar and salt into Bosch mixing bowl mix on setting 1.
3. Add oil to active yeast mixture.
4. With the lid on the Bosch mixer, gradually add liquid mixture to dry ingredients on setting 2.
5. Once dough pulls from the side of the bowl to form a ball turn up Bosch to setting 3 and “knead” for 3 minutes. Watch closely mixer will be rockin’.
6. Spray counter with “pam” and roll out dough into a rectangle ½ inch thick
7. Using a pizza cutter cut dough into 1 inch strips then using your creative skills shape your bread sticks.
8. Place on greased cookie sheet
9. Allow to rise for 15 minutes. (complete yeast experiment while waiting)
10. Bake at 375º for 15 minute.
11. Top with cinnamon & sugar or parmesan cheese.

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 C frozen, chopped spinach (thawed and squeeze dry)
* ½ cup shredded Mexican cheese blend
* ½ can diced green chilies
* ½ tsp ground cumin
* ¼ tsp chili powder
* ¼ tsp black pepper
* 10 egg roll wrappers

Preheat oven to 425º F.

In a large mixing bowl, combine the first 8 ingredients

Place ¼ 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.

**Popcorn**

* ½ C popcorn
* 3 T margarine
* ¼ bunch of cilantro washed and minced
* ½ tsp salt

Melt margarine and combine with minced cilantro. Using the air popper pop all popcorn (2 batches ¼ c each) top each batch with half the melted margarine and cilantro mixtures. Stir to coat. Sprinkle with salt.

**Orange Fruit Slaw**

* ¼ head of cabbage thinly sliced
* ½ can of Mandarin Oranges
* 15 Grapes cut in half
* 1 stalk of celery washed and chopped
* 1 apple, cored and chopped (Leave the skins on)
* 1 (6 oz) carton orange yogurt
* 2 T toasted slivered almonds

Wash all produce, After thinly slicing the cabbage chop into smaller pieces. 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 (leave skin on)
* 3 T olive oil
* ½ T Salt
* ½ tsp pepper
* ½ cup grated parmesan

Preheat the oven to 425 degrees.

Using your best knife skills wash and cut potatoes into ¼ inch sticks leaving as many skins on as you can. Put cut fries in a bowl and add olive oil, salt, and pepper. Toss well and lay out onto a cookies sheet. Sprinkle with parmesan cheese and bake for 20-25 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 14 ingredients that contain fiber.

**Fried Rice**

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 known 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**

NOODLES

* 1 cup uncooked refined grain macaroni (elbow or shell)
* 1 cup uncooked whole grain pasta
* 1 ½ quarts water (how many cups?\_\_\_\_\_\_\_\_\_\_\_\_\_\_)
* ½ tsp salt

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

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 and cooking time according to the box of pasta.
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. 1. What is the ratio formula for pasta? \_\_\_\_:\_\_\_
2. 2 cups of uncooked pasta will yield? circle the answer

1 cups 2 cups 4 cups 6 cups

1. \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_ = firm to the bite
2. Do you cook pasta with the lid on or lid off?
3. Explain what type of flour is used to make a refined grain?

**CARBOHYDRATES CARBOHYDRATE WHO CAN FIND THE CARBOHYDRATES IN OUR MEALS?**

**I can Find the SIMPLE Carbohydrate?**

**I can Find the Complex Carbohydrate**

**BREAKFAST**

Granola Bars

* 2 cups of pumpkin seed cereal
* 2 T margarine

* ½ cup sugar
* ¼ cup karo syrup

Place the 2 cups of cereal in the red bowl set aside. In a saucepan melt butter on low then add sugar, and karo syrup and bring to a boil. Pour over cereal mix well. Spray the glass pan with pam and spread cereal. Let cool then cut into 12 small squares. Place on the buffet line

**LUNCH**

Tortilla Roll Ups

* 2 oz cream cheese
* 1/4 cup sour cream
* 1 T taco seasoning
* ½ can of refried beans
* 4 whole wheat tortillas
* 1 slice of cheese
* ¼ cup of frozen corn
* 1 T of green chilies

Place cream cheese and sour cream in a bowl and mix with electric mixer until smooth. Fold in taco seasoning, corn, and chilies. Grate cheese set aside. . In the center of each tortilla spread the sauce, making sure to get to the edges. Then place a strip of refried beans and sprinkle with cheese. Place in skillet and warm flat then roll up and slice in half.

**SNACK**

Caramel Popcorn - Odd numbered group

* 2 bags of microwave popcorn
* 13 large marshmallows
* ½ cup brown sugar
* ½ cup butter
* 1/8 tsp. baking soda

Pop the popcorn into a large mixing bowl and set aside. In the medium saucepan melt the butter on low. Then add the brown sugar and marshmallows and bring to a boil. Once mixture comes to bowl remove from heat and add the baking soda. Stir for 1 minute. Pour the caramel mixture over the popped popcorn and stir together with the rubber spatula until evenly coated. Divide mixture into 4 parts and place on 4 paper plates and give it to 3 other units for a snack while waiting.

**DINNER**

Spaghetti with Marina Sauce

Spaghetti- **4 & 6 Make pasta for everyone (times the recipe by 4)**

* Nickel size of white spaghetti
* Dime size of whole wheat spaghetti

Using your large saucepan and bring the water to boil (fill half full of water) Then add the pasta and cook to al dente. Drain and keep warm. While waiting for the water to boil prepare the marina Sauce.

Marina Sauce  **Kitchen 2 & 8 make the sauce**

* 2 tsp. Olive oil
* 4 basil leaves (chiffonade)
* ¼ onion minced (without crying)
* ½ tsp oregano
* 1 clove of garlic minced
* ½ tsp Italian Seasoning
* 1 (15 oz) can crushed tomatoes
* 1 T sugar
* 1 (6 oz) can tomato paste
* ¼ tsp salt
* 1 (6.5 oz) tomato sauce
* ¼ tsp pepper
* ½ cup water

In the skillet with high sides and lid add the olive oil, onion and garlic. Sautè on medium heat until the onions are soft and translucent (clear). Stir often to keep the onions from sticking to the bottom of the pan. Add the crushed tomatoes, tomatoes paste, tomato sauce, and water. Stir until all ingredients are smooth and well combined. Stir in the basil, oregano, Italian seasoning, sugar, salt and pepper. All the sauce to simmer on medium heat for about 10 minutes, stirring occasionally to prevent sticking.

When ready to eat place noodles in a serving bowl with tongs and the sauce in a serving bowl with a ladle. Place on the buffet line.

EVALUATION

1. For Breakfast which ingredients were:

SIMPLE COMPLEX

1. For Lunch which ingredients were:

SIMPLE COMPLEX

1. For the snack which ingredients were:

SIMPLE COMPLEX

1. For Dinner which ingredients were:

SIMPLE COMPLEX

1. Simple carbohydrate come primarily from what key ingredient?
2. Examples of Complex carbohydrate are rice, pasta, items made from flour, and other grains. These ingredients are made up of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ which makes them a complex carbohydrate.
3. Were there any example of a Fiber in today’s lab?

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

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

10. Circle all the good sources of complex carbohydrates.

Whole Grains Soda Pasta Cookie Sucker Rice Beans

11.Circle all the whole grains

Oatmeal Popcorn Whole Wheat Flour White Flour White Rice

Brown Rice White Pasta Whole Wheat Pasta

What Type of Fatty Acids are found in the following Ingredients

Olive Oil

|  |  |  |
| --- | --- | --- |
| Serving Size: Measurement Healthy/Unhealthy | | |
| Saturated Fat | Grams |  |
| Trans Fat | Grams |  |
| Polyunsaturated | Grams |  |
| Monounsatured | Grams |  |
| Cholesterol | MG |  |

Crisco

|  |  |  |
| --- | --- | --- |
| Serving Size: Measurement Healthy/Unhealthy | | |
| Saturated Fat | Grams |  |
| Trans Fat | Grams |  |
| Polyunsaturated | Grams |  |
| Monounsatured | Grams |  |
| Cholesterol | MG |  |

Butter

|  |  |  |
| --- | --- | --- |
| Serving Size Measurement Healthy/Unhealthy | | |
| Saturated Fat | Grams |  |
| Trans Fat | Grams |  |
| Polyunsaturated | Grams |  |
| Monounsatured | Grams |  |
| Cholesterol | MG |  |

Margarine

|  |  |  |
| --- | --- | --- |
| Serving Size Measurement Healthy/Unhealthy | | |
| Saturated Fat | Grams |  |
| Trans Fat | Grams |  |
| Polyunsaturated | Grams |  |
| Monounsatured | Grams |  |
| Cholesterol | MG |  |

Cheese

|  |  |  |
| --- | --- | --- |
| Serving Size Measurement Healthy/Unhealthy | | |
| Saturated Fat | Grams |  |
| Trans Fat | Grams |  |
| Polyunsaturated | Grams |  |
| Monounsatured | Grams |  |
| Cholesterol | MG |  |

Heavy Whipping Cream

|  |  |  |
| --- | --- | --- |
| Serving Size Measurement Healthy/Unhealthy | | |
| Saturated Fat | Grams |  |
| Trans Fat | Grams |  |
| Polyunsaturated | Grams |  |
| Monounsatured | Grams |  |
| Cholesterol | MG |  |

Food #1 Cosmic Brownies

|  |  |  |
| --- | --- | --- |
| Serving Size Measurement Healthy/Unhealthy | | |
| Saturated Fat | Grams |  |
| Trans Fat | Grams |  |
| Polyunsaturated | Grams |  |
| Monounsatured | Grams |  |
| Cholesterol | MG |  |

Food #2

|  |  |  |
| --- | --- | --- |
| Serving Size Measurement Healthy/Unhealthy | | |
| Saturated Fat | Grams |  |
| Trans Fat | Grams |  |
| Polyunsaturated | Grams |  |
| Monounsatured | Grams |  |
| Cholesterol | MG |  |

Which item is highest in saturated fats?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Which item is highest in polyunsaturated fats?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and lowest in monounsaturated fats?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Low fat Chocolate Chip Cookies**

* 2 cup flour
* ½ cup sugar
* ½ cup brown sugar
* ¼ cup nonfat yogurt
* ½ cup chocolate chips
* 2 T margarine
* ¾ tsp. baking soda
* ¾ tsp. salt
* ¾ tsp. Vanilla
* 1 egg white

Preheat oven to 350. In a mixing bowl combine flour, soda, and salt. In a large mixing bowl CREAM brown sugar, sugar, and margarine: add vanilla egg white and yogurt. Then add the flour mixture beat until well combined. Stir in chocolate chips. Using the portion scoop place dough on 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 ¾ 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 Polyunsaturated
6. List 2 functions of fat?
7. We need fat to use fat soluble vitamins, list the 4 fat soluble vitamins:
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. Cook more with \_\_\_\_\_\_\_ than butter.
13. True or False Yogurt can be used to replace solid.
14. Olive oil and canola oil are examples of what type of fat? (circle one)Monounsaturated or Polyunsaturated

16. Corn oil and soybean oil are examples of what type of fat? (circle one)

Monounsaturated or Polyunsaturated

**Eggs Benedict**

* 4 slices Canadian bacon
* 2 English muffins, split
* 2 teaspoons white vinegar
* 4 eggs
* Salt and pepper, to taste

Fill a skillet 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 (teacher makes)

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. Yield: 4 servings

Lab Evaluation

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

**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 about 1- inch diameter, make 18 meatballs. Place on cooking racks then on cookie sheet. Bake at 350º for 15-20 minutes. While meatballs are cooking prepare sauce.

Sauce

* 1/2 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.

**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
* ½ tsp vanilla
* Pam cooking spray

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

Place cereal in the blender and hit pulse until crumbs form.

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.

## Angel Food Cupcakes

* ½ C plus 2 T  sugar *divided*
* ¼ C plus 2 T  cake flour
* ¼ tsp salt
* 4 large egg whites *at room temperature*
* 3 tsp warm water
* 1/2 tsp vanilla extract or a couple drops of almond extract
* 1/2 tsp cream of tartar

1. Preheat your oven to 350°F and line cupcake pan with 6 liners.
2. Into a medium bowl, sift together ¼ C and 1 tablespoons of the sugar, the flour, and salt.
3. In a medium bowl, combine remaining sugar, egg whites, water, vanilla, and cream of tartar and whisk until foamy. With a handheld electric mixer, beat on high until medium peaks form, 2 to 3 minutes--eggs should be white and glossy, and when the beaters are lifted straight up, peaks should stand on their own and curl over at the tip.
4. Sift 1/3 of the flour mixture over the top of the egg whites and use a silicone spatula to fold flour into the egg mixture until just incorporated. Repeat twice more, being careful not to overmix and deflate the eggs.
5. Fill your prepared mini cupcake cups about 50% of the way full and smooth tops (discard any extra). Bake for 7-9 minutes, until cupcakes have pulled away from the edges of the cupcake pan, are very lightly golden, and a toothpick inserted into the center of the cupcakes comes out clean.
6. Cupcakes can cool in the pan. If desired, once cooled, pipe a circle of whipped cream around the top of the cooled cupcake and fill with chopped fruit. Enjoy!

**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; add vanilla and cook 2 minutes stirring constantly. Remove from heat and serve with vanilla wafers.

Lab Evaluation

Which recipe was an example of?

|  |  |
| --- | --- |
|  | RECIPE |
| 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 Saute

Fried Puree Blanched

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

1. Eggs are toughened by \_\_\_\_\_\_\_\_\_ or by long exposure to \_\_\_\_\_\_\_\_\_\_\_\_\_.
2. Draw an egg and label air sac, chalaze, yolk, thick white, thin white.

**Bean and Rice Burrito**

**Rice**

* 1 cups water
* 1 chicken bouillon cube
* 1 clove. garlic-minced
* 3 sprigs cilantro
* 1 Tbs. salsa verde
* 1/2 cup rice

Directions:

Mince cilantro, and garlic. Bring water to boil and add all ingredients, simmer covered 15 minutes.

**Homemade Refried Beans**

* 1 C cooked Pinto beans
* 2 T oil
* ¼ of an onion-finely chopped

Heat the oil in a large skillet and cook diced onions until are clear. Add beans to the skillet and mash them until they’re the consistency you want. Stir and cook until heated.

**Burritos**

* 4 tortillas
* 1 cube of cheddar cheese

Heat tortillas in a large skillet until golden brown. Grate cheese.

Assemble burritos with 1.4 c beans and ¼ C rice and top with cheese. Fold tortillas into burritos and top with salsa.

Lab Evaluation

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

Hamburger Beans Chicken Rice Milk

Cheese Nuts Seafood Orange Broccoli

1. List 2 of the 4 functions of protein.

1.

2.

1. 1 gram of protein =\_\_\_\_\_\_\_\_\_calories

6. \_\_\_\_\_\_\_\_\_\_\_\_\_ sources are always Complete proteins.

7. \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_ are the building blocks of protein.

8. When beans and rice are eaten together they are called a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ protein.

9. Circle all of the Incomplete proteins:

Rice Whole Wheat Milk Bread Beans Steak Nuts Seeds Peanut Butter Cheese Poultry

10. Complementary Protein are a combination of a grain plus any n\_\_\_\_\_\_\_\_\_, s\_\_\_\_\_\_\_\_\_\_ or legume.

**Vegan Recipe Day**

**Berry Green Salad and Citrus Vinaigrette** Kitchens 1 & 5

head Romaine lettuce chopped

8 strawberries

2 T slivered almonds

Wash and chop lettuce add to large bowl. Slice strawberries and place on top of the lettuce then sprinkle with almonds.

Dressing Ingredients

1 lime

1 orange

¼ C sugar

2/3 C oil

Zest both the orange and lime and set aside. Cut both lime and orange in half and squeeze all the juice into a bowl. Add sugar, oil and citrus zest to the bowl and whisk together. Refrigerate and add to salad just before serving.

**Red Pepper Hummus w/ Corn chips** Kitchens 2 & 6

1 can garbanzo beans

1 T olive oil

1 red pepper, Cut into ½ inch pieces

1 T tahini

1 lime, juiced

1 ½ T water

½ tsp salt

¼ tsp Ground black pepper

¼ garlic powder

½ bag Tortilla chips

Place all ingredients in the blender. Blend until smooth. Serve with tortilla chips

**Peach Sorbet** Kitchens 3 & 7

2 peaches

½ tsp vanilla extract

¼ C plus 2 T sugar

2 C ice cubes

Place all ingredients into blender and secure the lid. Blend.

**Spicy Roasted Soybeans (edamame)** Kitchens 4 & 8

1 ¼ C Frozen shelled edamame thawed

2 tsp olive oil

½ tsp chili powder

¼ tsp dried basil

¼ tsp onion powder

¼ tsp ground cumin

1/8 tsp paprika

1/8 tsp ground black pepper

Preheat Oven to 375 degree F

Place the thawed edamame into a mixing bowl, drizzle with olive oil, then sprinkle on the spices. Toss until the edamame are evenly coated with the oil and spices. Spread onto a foil lined cookie sheet.

Bake uncovered for 12-15. Stir once after 7 minutes of cooking time.

**Vegetarian Questions**

1. Why is cheese not a vegan topping?
2. Could you eat cheese on your nachos if you were a lacto-vegetarian?

Yes No

1. What type of foods can an ovo- vegetarian eat?
2. What type of foods can a lacto- ovo- vegetarian eat?
3. What type of protein were the vegan tacos?

Complete protein or incomplete protein

1. List 2 functions of protein. ( note: do not use the same ones you used for the burrito evaluation)
2. Incomplete proteins come from \_\_\_\_\_\_\_\_\_ sources.
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ proteins are a grain combined with any nut, seed, or legume.
4. Eating beans and rice is an example of a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ protein.
5. \_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_are the only complete proteins from a plant source.

**Calories and Nutrients**

**Experiment**

Using the food scale weigh the ingredient in GRAMS and then determine how many calories are found in the following Carbohydrates.

|  |  |
| --- | --- |
| 1 GRAM OF CARBOHDRATES=\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_CALORIES | |
| ½ cup flour | Calories\_\_\_\_\_\_\_\_\_\_ |
| ½ sugar | Calories\_\_\_\_\_\_\_\_\_\_ |
| ½ cup of oats | Calories\_\_\_\_\_\_\_\_\_\_ |

1. Using the food scale weigh the ingredient in GRAMS and then determine how many calories are found in the following examples of fat.

|  |  |
| --- | --- |
| 1 GRAM OF FAT=\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_CALORIES | |
| ½ cup butter (1 cube leave wrapper on) | Calories\_\_\_\_\_\_\_\_\_\_ |
| ½ cup of oil | Calories\_\_\_\_\_\_\_\_\_\_ |

1. Using the food scale weigh the ingredient in GRAMS and then determine how many calories are found in the following examples of Protein.

|  |  |
| --- | --- |
| 1 GRAM OF PROTEIN=\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_CALORIES | |
| 1 egg cracked into a custard cup | Calories\_\_\_\_\_\_\_\_\_\_ |
| ¼ cup of almonds | Calories\_\_\_\_\_\_\_\_\_\_ |

**Calcium Packed Milkshake**

* 2 cups of 1 % milk
* 1 bag of mixed berry fruit
* 1 frozen banana
* ¼ cup sugar
* 1 cup of ice cream

Place the 5 ingredients in the blender and choose smoothie setting. Enjoy your calcium packed smoothie.

EVALUATION

1. Circle what type of nutrient calcium is:

Carbohydrate Protein Mineral Vitamin

2. Calcium is found in what part of our body?

3. If your deficient in calcium what disease could you get?

4. Explain how our bones work like a savings account.

5. Besides milk what are two other food sources.

**Super Hero Vitamin & Mineral Smoothies**

**Outrageous Orange Odd Kitchens**

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

**Lean Green Vitamin Machine      Even Kitchens**

* + 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

**Smoothie Evaluation**

1. Circle the Fat-Soluble vitamins

Vitamin A Vitamin B Vitamin C Vitamin D

Vitamin E Vitamin K

1. Which vitamin helps clot our blood?
2. Which vitamin helps our skin and helps prevent night blindness?
3. If your deficient in this vitamin you could have rickets?
4. This vitamin is know as the sunshine vitamin?
5. Which vitamin helps our red and white blood cells?
6. Circle the Water-Soluble Vitamins

Vitamin A Vitamin B Vitamin C Vitamin D

Vitamin E Vitamin K

1. How many “B” vitamins are there? \_\_\_\_\_\_\_\_\_
2. If your deficient in this vitamin you could have scurvy?
3. Spinal Bifida or Neural Tube defect is prevent by getting enough of which “B” Vitamin?
4. What three colors of fruits and vegetables have the highest amount of vitamins and minerals?

1.

2.

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

**Brown Bread**

* 1 cup Whole Wheat Flour
* 1 cup Brown Sugar
* ~~¼ cup margarine~~

Replace solid fats with \_\_\_\_\_\_\_\_\_

* ¼ cup oil
* 1/2 tsp. baking soda
* 1 ½ tsp. warm water
* 1 Beaten Egg
* ½ Cup Milk + 1 ½ tsp. Vinegar
* ½ tsp salt

Mix flour, brown sugar, and margarine. Remove ½ 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 º for 30 minutes.

Lab Evaluation

1. The dietary guidelines are revised every \_\_\_\_\_\_\_\_\_\_\_\_\_ years.
2. Circle all the PROCESSED FOODS?

CHEETOS ORANGE HOT POCKET OREOS CELERY

FRENCH FRIES FROZEN BURRITO CANNED SOUP

1. 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

1. Circle the current 5 dietary guidelines:
   1. Follow a healthy eating pattern across the life span.
   2. Limit calories from added sugars and saturated fats and reduce sodium intake.
   3. Increase your empty calories to increase energy
   4. Build healthy eating patterns that meet nutritional needs over time at an appropriate calorie level
   5. Foods to increase vegetables, fruits, whole grains, milk, seafood, and use oils in place of solid fats.
   6. Focus on variety, nutrient density, and amount
   7. Support healthy eating patterns for all
   8. Include physical exercise as a part of a healthy eating patterns. 6-17 year olds should be active 60 minutes or more each day.
   9. Enjoy your food in large portions
   10. Shift to healthier food and beverage choices

**Electrolyte Sports Drink**

* ¼ C sugar
* ¼ tsp salt
* ¼ C HOT water
* 1/2 C concentrated orange juice
* 2 Tbs lemon juice
* 1 C ice
* 3 C COLD water

1. What is the #1 thing Electrolytes do in the body? Maintain f\_\_\_\_\_\_\_\_\_\_ b\_\_\_\_\_\_\_\_\_\_\_\_.

2. Circle the reasons you would need to replenish your electrolytes:

diarrhea watching a movie vomiting kissing exercising for more than 3 hours In the sun for longer than an hour

3. If an Athlete is trying to replace sodium, then some \_\_\_\_\_\_\_\_\_\_\_ foods are ok.

4. Label reading is a good way to identify which foods have high amounts of \_\_\_\_\_\_\_\_\_\_.

5. Dark Leafy green vegetables are high in vitamins but also in what macro mineral? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

6. What is the deficiency in Iron? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

7. What is the deficiency in Calcium? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**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 methods that could prevent nutrient loss in vegetables:

Microwave Bake Steam Stir-Fry Simmer Sauté

1. 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

1. When fresh fruit are cut, the surface will turn brown.

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

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

**Forms of Fruit Cost and Nutrient Analysis**

**Frozen Fruit**

|  |  |
| --- | --- |
| **Serving Size** |  |
| **Calories** |  |
| **Carbohydrates** |  |
| **Sugars** |  |
| **Vitamin C** |  |

**Canned Fruit**

|  |  |
| --- | --- |
| **Serving Size** |  |
| **Calories** |  |
| **Carbohydrates** |  |
| **Sugars** |  |
| **Vitamin C** |  |

**Fresh Fruit**

|  |  |
| --- | --- |
| **Serving Size** |  |
| **Calories** |  |
| **Carbohydrates** |  |
| **Sugars** |  |
| **Vitamin C** |  |

Which fruit is the most cost effective when pineapple is in season?

**Frozen Canned Fresh**

Which fruit is the most cost effective when pineapple isn’t in season?

**Frozen Canned Fresh**

Cheese Experiment

**Homemade Ricotta Cheese**

Ricotta

2 C ***WHOLE*** milk

1 T apple cider vinegar

2 Basil leaves (chiffonade)

3 sprig of Italian parsley (minced)

¼ clove of garlic minced

¼ red pepper minced

16 crackers

Cheesecloth

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 strainer resting atop your large mixing bowl. Press lightly with the back of a wooden spoon to promote draining.
4. Save ALL liquid to complete your cheese experiment & weigh your cheese.

**COMPLETE THE EXPERIMENT BEFORE ADDING ADDITIONAL INGREDIENTS AND EATING.**

Measure liquid drained from cheese experiment.

Weigh cheese and answer the following:

|  |  |  |
| --- | --- | --- |
| Yield after coagulation | Milk Solids and Fat | Weight of solids |
| 2 C. milk **–** liquid drained\_\_\_\_\_\_\_\_\_\_ =  Milk solids and fat |  | grams  The solids that make cheese are an example of what kind of fat? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Recipe Continued

1. Place the cheese in a bowl and add basil, parsley, garlic and red pepper.
2. Spoon ricotta cheese onto crackers.

Evaluation

1. What temperature do you cook milk on?
2. What two things should you do to prevent Scorching?

A.

B.

1. What word describes cooking milk at a high temperature to kill all the bacteria?
2. What is homogenized?
3. What does fortified mean?
4. 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 contain what macro minerals?

1-

2-

3-

9. Based on your experiment findings how many calories are in the cheese you made today? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ grams of fat x \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ calories per gram = \_\_\_\_\_\_\_\_\_\_

# Chicken Street Tacos with Homemade Corn Tortillas

Taco Filling: Pico de Gallo: Corn Tortillas:

1 chicken breast 1 Roma tomato 1 ½ c. instant corn masa flour

1 Tbsp. vegetable oil 1/8 small onion 1 ¼ c. water

1/4 tsp. cayenne powder 1/8 bunch cilantro 12-16 paper towels

1/2 tsp. cumin 1/2 lime, juiced

1/2 tsp. garlic powder 1/8 tsp. salt

1/2 tsp. onion powder 1/8 tsp. pepper Side of Fruit

1/4 tsp. salt 1/8 tsp. minced garlic 1/8 bag of grapes

1/4 tsp. pepper

2/3 c. frozen corn

To Make the Filling:

1. Cut the chicken breast into very small bite-sized pieces. Put 1 Tbsp. vegetable oil in a large skillet/frying pan on the stove top and place chicken into the skillet/frying pan.
2. Mix the cayenne powder, cumin, garlic powder, onion powder, salt and pepper together in a custard cup.
3. Sprinkle the seasonings over the chicken and use a wooden spoon to coat the chicken pieces evenly.
4. Cook the chicken on medium-high heat until completely cooked through.
5. When the chicken is completely cooked, add the corn to the skillet and cook until heated through.
6. Keep the chicken mixture warm until ready to serve.

To Make the Pico de Gallo:

1. Wash and dice the Roma tomato into small pieces. Dice the onion and chop the cilantro until it is finely minced.
2. Combine the chopped tomato, diced onion, cilantro, lime juice, salt, pepper and minced garlic. Stir until all ingredients are evenly combined.

To Make the Corn Tortillas:

1. Put the corn flour and water into the white bowl of the Bosch mixer. Using the dough hook attachment, mix together the flour and water until combined. Set a timer and mix the dough for 1 minute.
2. After one minute of mixing, remove the dough from the Bosch and roll into a ball. Divide the dough into 6 to 8 small pieces and roll them into balls. Place the dough balls on a plate.
3. Open the tortillas press and place a paper towel on the tortillas press. Place one of the dough balls in the center of the tortilla press and flatten slightly with your hand. Place another paper towel on top of the dough.
4. Press the top of the tortilla press over the dough and flatten the tortilla.
5. Carefully peel the parchment circles from the tortilla and place the tortilla on the skillet on medium high. Cook the tortilla for about 1 minute, or until golden brown. Then, flip the tortilla over and cook for an additional minute or until golden brown.
6. Repeat the process with all of the dough balls until all of the tortillas are cooked. Keep them on a plate under a couple of paper towels to keep them warm.

To Assemble the Tacos:

1. Fill the tortillas with the chicken mixture and top with the pico de gallo. Eat them warm and enjoy!
2. Serve with washed grapes to complete your MyPlate meal!

Lab Evaluation

1. Drink water instead of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ drinks
2. 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

1. Place the correct MyPlate food group after the following key consumer messages:

(See next page)

Make ½ your plate Fruits and vegetables \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Eat more Red, Orange and dark Green vegetables \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Make half your Grains whole \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Keep meat and poultry portions small and lean \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Switch to low fat or fat free dairy\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Choose 100% whole grains cereal, bread crackers, rice and pasta \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

In place of some meat and poultry choose 8 oz of seafood per week\_\_\_\_\_\_\_\_\_\_\_

Get your calcium rich foods \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Choose whole or cut up fruits more often than 100 % juice \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Reward Lab Day Pizza**

Dough Ingredients Topping Ingredients

2 3/4 C flour ¼ C Pizza Sauce

1 tsp salt 1 C shredded mozzarella cheese

1 tsp sugar 20 slices pepperoni

1 T Yeast + 1 T sugar 10 pineapple tidbits

1 C **warm water** 5 olives

1 T vegetable oil

Directions:

1. Preheat oven to 450°.
2. In the 2 cup liquid measuring cup add the **warm water**, yeast, and 1 T sugar. \*\*Stir ingredients just enough to incorporate them and let sit for 5 minutes to activate the yeast. It should look cloudy and foamy.
3. Put flour, 1 tsp sugar and salt into the Bosch mixing bowl (with dough hook attached) and turn it on to 1.
4. After the 5 minutes, add oil to the active yeast mixture.
5. With the lid on the mixing bowl, gradually add the liquid to the dry ingredients and change the dial to 2. This will speed it up a little bit.
6. When the dough starts to pull away from the sides of the bowl and a dough ball forms, turn the speed up to 3 and “knead” it for 3 minutes. It is normal for the machine to be rockin’ a bit.
7. After it’s kneaded, allow the dough to rest and rise for 15 minutes.
8. After rising, punch the dough down and place it on a greased pizza pan. Roll the dough out and then push the dough with your hands out to the edges to look like a pizza dough.
9. Spread pizza sauce around on the pizza dough and then top with pizza toppings.
10. Bake for 15 minutes or until it is golden brown. Remove it from the oven and cut pieces with the pizza cutter and Enjoy!

**Cinnamon Dessert Pizza**

15 Rhodes Rolls thawed and risen or 1 batch of pizza crust from previous page

1 ½ T butter or margarine

3 ½ T cinnamon and sugar mixture

Topping

¼ C flour

3 T cinnamon and sugar mixture

2 T cold butter or margarine

1 tub of vanilla frosting

a ziploc bag

Spray pan lightly with non stick cooking spray. Combine rolls and roll into a circle on the 12-inch pizza pan.

Brush dough with melted butter. Combine sugar and cinnamon and sprinkle over the butter.

Combine dry topping ingredients well and cut in butter until crumbly. Sprinkle topping over pizza.

Bake at 450°F 10-13 minutes.

While the pizza is baking, place frosting in a ziploc bag and cut a small corner off to be able to decorate with the pizza. Remove pizza from oven and let cool a few minutes. Drizzle with frosting and serve warm..



Orange Julius

* 1 cup milk
* 1 cup water
* ¼ 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:
   1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_or email picture to kelli.bringhurst@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:
   1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_or email picture to kelli.bringhurst@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:
   1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_or email picture to [kelli.bringhurst@washk12.org](mailto:kelli.bringhurst@washk12.org)