

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?

- 
- 

2. Why should you spoon flour into your measuring cup?

3. What are the abbreviations for:

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

4. How many 1/2 cups are in 1 cup\_\_\_\_\_.

5. How many 1/4 cups are in 1 cup\_\_\_\_\_.

6. 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

3/4 cup=\_\_\_\_\_T

1/4 cup=\_\_\_\_\_T

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

1/2 cup= \_\_\_\_\_ T

3. Which is bigger a Tbsp or tsp? \_\_\_\_\_

4. 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

2. Why shouldn't you measure directly over the mixing bowl?

3. List the four standardized measuring spoons a put them in order from smallest to largest.

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

4. If your recipe calls for 3/4 teaspoon what two measuring spoons would be the most effective:

\_\_\_\_\_

### EXPERIMENT #4

1. How many \_\_\_\_\_teaspoons=1 Tablespoon

2. How many 1/4 teaspoons are in 1 teaspoon? \_\_\_\_\_

3. How many 1/2 teaspoons are in 1 teapoon? \_\_\_\_\_

4. What tools should you use if the ingredient is less than 1/4 cup.

**EXPERIMENT #5**

- 1. Why is it important to put your liquid measuring cup on a flat surface 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
- 4. 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. But how do you do it? Here is a standard set of measuring cups. Notice that there is NOT a  $\frac{2}{3}$  c. or a  $\frac{3}{4}$  c. Prove what you know by putting the measuring cups together to get different measurements. Put a check mark under the measuring cup(s) you would use to measure the amount. If you will need the cup more than once, mark it more than once.

| Amount                 | 1 c. | $\frac{1}{2}$ c. | $\frac{1}{3}$ c. | $\frac{1}{4}$ c. |
|------------------------|------|------------------|------------------|------------------|
| 1) 1 c.                |      |                  |                  |                  |
| 2) $\frac{3}{4}$ c.    |      |                  |                  |                  |
| 3) $\frac{1}{2}$ c.    |      |                  |                  |                  |
| 4) $\frac{2}{3}$ c.    |      |                  |                  |                  |
| 5) $\frac{1}{3}$ c.    |      |                  |                  |                  |
| 6) $\frac{1}{4}$ c.    |      |                  |                  |                  |
| 7) $1 \frac{1}{3}$ c.  |      |                  |                  |                  |
| 8) $2 \frac{3}{4}$ c.  |      |                  |                  |                  |
| 9) $1 \frac{2}{3}$ c.  |      |                  |                  |                  |
| 10) $2 \frac{1}{2}$ c. |      |                  |                  |                  |

**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  $\frac{1}{2}$  gallon with water and determine how many cups it took.

1 pint= \_\_\_\_\_ cups

1 quart= \_\_\_\_\_ cups

$\frac{1}{2}$  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  $\frac{1}{4}$  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 Chocolate Chip Cookies

- 1 1/2 cup flour
- 1/4 cup cocoa
- 1/4 tsp. baking soda
- 1/8 tsp baking powder
- 1/8 tsp salt
- 3 T Margarine
- 1 T Shortening (Crisco)
- 1/4 cup brown sugar
- 1/4 cup sugar
- 1 egg
- 1/2 tsp vanilla
- 1/3 cup white chocolate chips

Preheat oven to 350°. 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. STIR in the chocolate chips. Using the portion scoop place 12 level scoops of dough evenly on prepared baking sheets. Bake for 10 minutes. The cookies will puff up and then settle down slightly when done. Let cool on the baking sheet 3 minutes before removing them from the cookie sheet.

### Lab Evaluation

1. Underline all of the dry ingredients in the recipe.
2. Do \_\_\_\_\_ measure directly \_\_\_\_\_ the mixing bowl.
3. Use \_\_\_\_\_ for ingredients less than 1/4 cup.
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

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

Preheat oven to 350°. Mix dry ingredients in large bowl (Flour, sugar, 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  $\frac{2}{3}$  full. Bake at 350° for 20 to 25 minutes.

### Lab Evaluation

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

Wooden Spoon      Electric Mixer    Whisk    Pastry Blender

2. What type of motion is 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      Packed it in

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

Wooden Spoon      Electric Mixer    Whisk      Pastry Blender

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

Wooden Spoon      Electric Mixer      Whisk      Pastry Blender

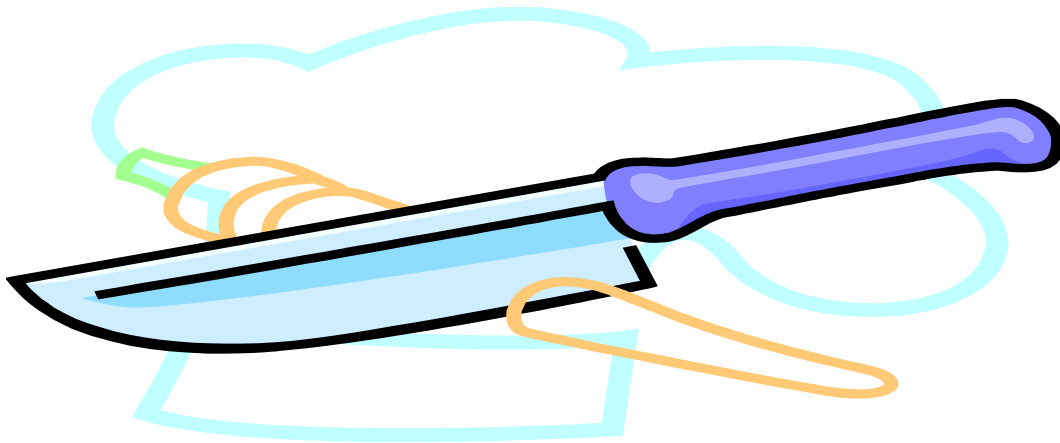
## Rosemary Potatoes

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

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

### Lab Evaluation

1. Identify the parts of the knife.



2. What should you do with your non cutting hand?
3. 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
7. Circle all the kitchen ingredients you can use to put out a kitchen fire.

Flour

Baking Soda

Salt

Sugar

Water

## Microwave Experiments

| <u>Experiment #1</u>  | 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.

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

- 2 T Margarine
  - 2 T cinnamon/ sugar mixture
  - 1 T water
  - 2 T Strawberry 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<br>CINNAMON<br>ROLLS | Appearance<br>Describe | Texture<br>Tough/ tender | Flavor<br>Good/ ok/ bad | Rate 1-10 |
|---------------------------------|------------------------|--------------------------|-------------------------|-----------|
| Microwave                       |                        |                          |                         |           |
| Oven                            |                        |                          |                         |           |

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

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

1.

2.

3.

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

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

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

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

8. What materials should you cover foods with?

Plastic Wrap

Paper Towel

Tinfoil

Wax Paper

Lid

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

1.

2.

3.

## Apple Crisp

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

Core, PEEL and slice the apples into thin wedges. Set aside. Using a pastry blender cut in the margarine oatmeal, flour, brown sugar, cinnamon, nutmeg until the mixture is crumbly. In the ROUND glass dish place the apples then sprinkle mixture over the apples. Microwave at 70% for 8 minutes.

### Lab Evaluations TRUE OR FALSE

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

## Pancake Lab Experiment

WHAT ROLE DOES EACH INGREDIENT PLAY IN MAKING QUICK BREADS

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

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

### Word BANK

|          |  |
|----------|--|
| Purpose  | <ul style="list-style-type: none"> <li>• Flavor</li> <li>• Browning</li> <li>• Made Rise</li> <li>• Makes Tender</li> <li>• Structure</li> </ul> |
| 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 powder. 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 egg. 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         |  |

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

Pour batter

drop batter

dough



## Orange Oatmeal Muffins

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

### Topping:

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

Preheat oven to 400°. In the blender, combine the oats, orange juice, egg and oil, press pulse 4 times. In a large bowl combine the flour, sugar, baking soda, baking powder, and salt. Make a well in the dry ingredients and pour the liquid ingredients in the well. Fold in blueberries and orange peel. 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 \_\_\_\_\_.



## Yeast Experiments

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

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

|   |                                |
|---|--------------------------------|
| <p><b><u>Experiment #5=Kitchen 5</u></b></p> <p>Ingredients<br/> 1 T yeast<br/> 1 tsp. Salt<br/> 1/4 Cup Warm Water<br/> Mix all ingredients in the 2 cup liquid measuring cup.<br/> Cover with saran wrap.</p>                             | <p>Results, What Happened?</p> |
| <p><b><u>Experiment #6=Kitchen 6</u></b></p> <p>Ingredients<br/> 1 T dry yeast<br/> 1/4 Cup Boiling Water<br/> Mix all ingredients in the 2 cup liquid measuring cup.<br/> Cover with saran wrap.</p>                                       | <p>Results, What Happened?</p> |
| <p><b><u>Experiment #7=Kitchen 7</u></b></p> <p>Ingredients<br/> 1 T dry yeast<br/> 1 tsp. Sugar<br/> 1/4 Cup Flour<br/> 1/4 Cup Very Hot Water<br/> Mix all ingredients in the 2 cup liquid measuring cup.<br/> Cover with saran wrap.</p> | <p>Results, What Happened?</p> |
| <p><b><u>Experiment #8=Kitchen 8</u></b></p> <p>Ingredients<br/> 1 T yeast<br/> 1/4 Cup Oil<br/> Mix all ingredients in the 2 cup liquid measuring cup.<br/> Cover with saran wrap.</p>   | <p>Results, What Happened?</p> |

#### 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 375° 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
- 1/2 pkg frozen, chopped spinach (thawed and squeeze dry)
- 1/2 cup shredded Mexican cheese blend
- 1/2 can diced green chilies
- 1/2 tsp ground cumin
- 1/4 tsp chili powder
- 1/4 tsp black pepper
- 10 egg roll wrappers

Preheat oven to 425° F.

In a large mixing bowl, combine the first 8 ingredients

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

Place seam side down on a sprayed cookie sheet.

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

Mix cucumber dip while your egg rolls bake.

### Popcorn

- 1/2 C popcorn
- 3 T margarine
- 1/4 bunch of cilantro washed and minced
- 1/2 tsp salt

Melt margarine and combine with minced cilantro. Using the air popper pop all popcorn (2 batches 1/4 c each) top each batch with half the melted margarine and cilantro mixtures. Stir to coat. Sprinkle with salt.

### Orange Fruit Slaw

- 1/4 head of cabbage thinly sliced
- 1/2 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

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

### Oven Baked Parmesan French Fries

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

Preheat the oven to 425 degrees.

Using your best knife skills wash and cut potatoes into 1/4 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.

## Rice

## Ingredients

- 1/2 cup rice
- 1 1/2 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)
- 1/2 cup medley frozen corn, peas, and carrots
- 1 egg
- 1 T soy sauce
- 1/2 cup cooked Brown rice

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

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

Short Grain                  Brown Rice                  Long Grain                  Instant Rice

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

Short Grain                  Brown Rice                  Long Grain                  Instant Rice

5. Circle the rice that stays dry and fluffy.

Short Grain                  Brown Rice                  Long Grain                  Instant Rice



## Homemade Macaroni and Cheese

### NOODLES

- 1 cup uncooked refined grain macaroni (elbow or shell)
- 1 cup uncooked whole grain pasta
- 1 1/2 quarts water (how many cups? \_\_\_\_\_)

\*\*\*\*\*

### SAUCE

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

### NOODLES

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

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

Who can Find the SIMPLE Carbohydrate?

I can Find the Complex Carbohydrate

### BREAKFAST

#### Granola Bars

- 2 cups of pumpkin seed cereal
- 2 T margarine
- 1/2 cup sugar
- 1/4 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
- 1/2 cup of refried beans
- 4 whole wheat tortillas
- 1 slice of cheese
- 1/4 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

- 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 a boil 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

- 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

- 2 tsp. Olive oil
- 4 basil leaves (chiffonade)
- ¼ onion minced (with out 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. Sauté 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, tomato 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

2. For Lunch which ingredients were:

SIMPLE

COMPLEX

3. For the snack which ingredients were:

SIMPLE

COMPLEX

4. For Dinner which ingredients were:

SIMPLE

COMPLEX

5. Simple carbohydrate come primarily from what key ingredient?

6. 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.

7. 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       |                   |
| Monounsaturated | Grams       |                   |
| Cholesterol     | MG          |                   |

Crisco

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

Butter

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

Margarine

| Serving Size    | Measurement | Healthy/Unhealthy |
|-----------------|-------------|-------------------|
| Saturated Fat   | Grams       |                   |
| Trans Fat       | Grams       |                   |
| Polyunsaturated | Grams       |                   |
| Monounsaturated | Grams       |                   |

|             |    |
|-------------|----|
| Cholesterol | MG |
|-------------|----|

Cheese

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

Heavy Whipping Cream

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

## Low fat Chocolate Chip Cookies

- 2 cup flour
- 1/2 cup sugar
- 1/2 cup brown sugar
- 1/4 cup nonfat yogurt
- 1/2 cup chocolate chips
- 2 T margarine
- 3/4 tsp. baking soda
- 3/4 tsp. salt
- 3/4 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 3/4 tsp.?
2. Circle the ingredients contain fat in this recipe?
3. Does sugar contain fat?  Yes  No
4. What type of fat is butter? Saturated or unsaturated
5. What type of fat is vegetable oil? Saturated or 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

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

In a bowl mix together all ingredients. Form into meatballs about 1- inch diameter, make 18 meatballs. Place on cooking racks then on cookie sheet. Bake at 350° for 15-20 minutes. While meatballs are cooking prepare sauce.

### Sauce

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

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

## Puffed Pancakes

- 1/2 cup flour
- 3/4 cup milk
- 2 large eggs
- 1/8 tsp salt
- 1/4 cup powder sugar (topping)

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

## Cap'n Crunch French Toast Sticks

- ½ C milk
- 2 Eggs lightly beaten
- 1 T sugar
- 1 ½ C Cap'n Crunch cereal
- 4 slices of bread
- 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 a the bread in the milk mixture . Allow excess liquid to drip off bread, then coat the bread with the cereal crumbs to coat evenly. Set on a cookie sheet and repeat with the remaining slices.

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

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

## Vanilla Pudding

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

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

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

5. 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
- 1/4 of an onion

Heat the oil in a large saucepan and cook 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 1/4 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

4. List 2 of the 4 functions of protein.

1.

2.

5. 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 Tacos

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

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

Toppings: Lettuce                  Tomatoes                  Salsa

### Lab Evaluation

1. Why is cheese not a vegan topping?
2. Could you eat cheese on your taco if you were a lacto-vegetarian?  
    Yes                                  No
3. What type of foods can an ovo- vegetarian eat?
4. What type of foods can a lacto- ovo- vegetarian eat?
5. What type of protein were the vegan tacos?  
    Complete protein                                  or                                  incomplete protein
6. List 2 functions of protein. ( note: do not use the same ones you used for the burrito evaluation)
7. Incomplete proteins come from \_\_\_\_\_ sources.
8. \_\_\_\_\_ proteins are a grain combined with any nut, seed, or legume.
9. Eating beans and rice is an example of a \_\_\_\_\_ protein.
10. \_\_\_\_\_ 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<br>CARBOHDRATES= _____ CALORIES |                |
|---|----------------|
| 1/2 cup flour                             | Calories _____ |
| 1/2 sugar                                 | Calories _____ |
| 1/2 cup of oats                           | Calories _____ |

11.

12. 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            |                |
|--|----------------|
| 1/2 cup butter (1 cube leave wrapper on) | Calories _____ |
| 1/2 cup of oil                           | Calories _____ |

13.

14. 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<br>PROTEIN= _____ CALORIES |                |
|--------------------------------------|----------------|
| 1 egg cracked into a custard cup     | Calories _____ |
| 1/4 cup of almonds                   | Calories _____ |

## Calcium Packed Smoothie

- 2 cups of 1 % milk
- 1 bag of mixed berry fruit
- 1 frozen banana
- $\frac{1}{4}$  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 Save the Day Smoothies Day 1

### Outrageous Orange

- ¼ C orange juice concentrate
- 1 carrot peeled and quartered
- 1 cup frozen peaches

### Odd Kitchens

- ½ C low fat strawberry yogurt
- 1 frozen banana
- ½ C cold water

### Lean Green Vitamin Machine

- 1 Cup packed spinach
- 1 kiwi peeled and quartered
- ½ C low fat vanilla yogurt
- 1 frozen banana

### Even Kitchens

- 10-15 green grapes
- ½ C water
- 1 Cup ice cubes

### Smoothie Day 1 Evaluation

1. Circle the Fat-Soluble vitamins

Vitamin A

Vitamin B

Vitamin C

Vitamin D

Vitamin E

Vitamin K

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

## Super Hero Vitamin Save the Day Smoothies Day 2

### Whole Grain Goodness Smoothie

- 1/2 oatmeal
- 1 cup lowfat vanilla yogurt
- 1 Cup peaches
- 1/4 C. orange juice concentrate

### Odd Kitchens

- 1 frozen banana
- 1/2 Water
- 1 Cup ice

### Kale Apple-Berry Delight

- 1/2 Cup orange juice concentrate
- 1/2 Cup strawberry yogurt
- 1 T honey
- 1 1/2 Cup kale

### Even Kitchens

- 1 c upfrozen triple berries
- 1/2 apple cut into 4ths
- 1 frozen banana
- 1/2 C cold water

In the bottom of a pitcher, dissolve the sugar and salt in hot water. Add the juice and the remaining water, stirring together.

### Smoothie Day 2 Lab Evaluation

1. Circle the Water-Soluble Vitamins

Vitamin A

Vitamin B

Vitamin C

Vitamin D

Vitamin E

Vitamin K

2. How many "B" vitamins are there? \_\_\_\_\_
3. If your deficient in this vitamin you could have scurvy?
4. Spinal Bifida or Neural Tube defect is prevent by getting enough of which "B" Vitamin?
5. What three colors of fruits and vegetables have the highest amount of vitamins and minerals?
  - 1.
  - 2.
6. This vitamin helps heal wounds and increases your immune system?

## Electrolyte Sports Drink

- 1/4 C sugar
- 1/4 tsp salt
- 1/4 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

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

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

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

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

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

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

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

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

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)

1/4 clove of garlic minced

1/4 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   |
|--------------------------|---------------------|--|
| Amount of milk _____ C   |                     | _____ grams  |
| - liquid drained _____ = |                     | The solids that make cheese are an a example of what kind of fat?<br>_____ |
| Milk solids and 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.
3. What word describes cooking milk at a high temperature to kill all the bacteria?
4. What is homogenized?
5. What does fortified mean?
6. Milk is fortified with what two vitamins
  - A.
  - B.
7. It is recommended that teens and adults get how many cups of milk?
8. Milk and Dairy Products 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 = \_\_\_\_\_

## Thin Crust Hawaiian Pizza

### Whole grain thin pizza crust

- 2 1/3 C rolled oats
- 1 C skim milk
- 3 T extra virgin olive oil
- 2 egg whites
- 1 1/2 tsp oregano
- 1/2 tsp garlic powder

### Directions

Process oats in a blender until powdered. Congrats! You just made oat flour!!! Add milk, extra-virgin olive oil, egg whites, oregano, 1/2 teaspoon and garlic powder. Blend until dough is just combined and pourable. Pour dough baking sheet lined with parchment paper and use a spoon to spread dough into desired shape. Bake 450 for 10 minutes.

### Toppings

- 1/2 cup pizza sauce
- 10 Canadian bacons
- 4 pineapple rings
- 1 slice of mozzarella cheese

Add all toppings to baked crust. Bake for 10 more minutes. Cut into slices with pizza cutter serve and enjoy.

### 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 |            |          |         |              |

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

Make  $\frac{1}{2}$  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 \_\_\_\_\_



## Brown Bread

- 1 cup Whole Wheat Flour
- 1 cup Brown Sugar
- ~~1/4 cup margarine~~
- Replace solid fats with \_\_\_\_\_
- 1/4 cup oil
- 1/2 tsp. baking soda
- 1 1/2 tsp. warm water
- 1 Beaten Egg
- 1/2 Cup Milk + 1 1/2 tsp. Vinegar
- 1/2 tsp salt

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

### Lab Evaluation

1. The dietary guidelines are revised every \_\_\_\_\_ years.
2. Circle all the PROCESSED FOODS?  
 CHEETOS    ORANGE    HOT POCKET    OREOS    CELERY  
               FRENCH FRIES    FROZEN BURRITO    CANNED SOUP
3. 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
4. Circle the current 5 dietary guidelines:
  - a. Follow a healthy eating pattern across the life span.
  - b. Limit calories from added sugars and saturated fats and reduce sodium intake.
  - c. Increase your empty calories to increase energy
  - d. Build healthy eating patterns that meet nutritional needs over time at an appropriate calorie level
  - e. Foods to increase vegetables, fruits, whole grains, milk, seafood, and use oils in place of solid fats.
  - f. Focus on variety, nutrient density, and amount
  - g. Support healthy eating patterns for all
  - h. Include physical exercise as a part of a healthy eating patterns. 6-17 year olds should be active 60 minutes or more each day.
  - i. Enjoy your food in large portions
  - j. Shift to healthier food and beverage choices

## 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:
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_

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

## Lab Make-Up Sheet

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

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

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

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

## Lab Make-Up Sheet

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

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

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

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