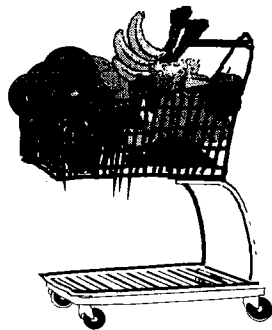


HUNGRY? EAT HEALTHY!



Activities for Real Life Learning

by
Marian B. Latzko

HUNGRY? EAT HEALTHY!

ACTIVITIES for "REAL LIFE"

These experiences are designed to go along with *HUNGRY? EAT HEALTHY! A Mini-Micropedia*. * or "I CAN DO IT! A Micropedia of Living On Your Own". The sheets are designed to be used:

- with the Mini-Micropedia to apply and practice the knowledge offered in the book.
- by themselves as appropriate to the teacher and the learner.

It is especially meaningful to allow the mini-micropedias to go with the "students" after their training. In this way they can look up what they need to know when they need it.

LEVELS OF LEARNING

The experiences are designed for three different levels of understanding needed when finding a place to live.

1. **MINIMAL:** This is for very basic knowledge needed. It includes: choosing nutritional foods, types of restaurants, ordering from menus, recipe terminology, setting a table, names and uses of cooking utensils, preparing a day's meals for one person.
2. **INTERMEDIATE:** This is for further knowledge and includes: food storage, judging food quality, buying fresh produce, labeling, comparison shopping for foods, food safety, planning and preparing a full day's meals within a food budget, creating shopping lists for menus.
3. **ADEQUATE:** This unit offers more comprehensive knowledge needed. Included are: nutritious meal planning, cooking terms, food preparation, recipe adjustments, food budgeting.

ADDED SUGGESTIONS FOR LEARNING

The cover sheet for each level has additional ideas for teaching. These are added to enrich the learning and to apply the knowledge learned in different ways. They will expand the knowledge through real applications. This will be especially meaningful for different types of learners.

TESTS ARE INCLUDED

If you need to know where the learner's knowledge level is before training, pre-tests are included. They are in the form of oral tests. There are also post-tests that can help evaluate what was learned.

* "Hungry? Eat Healthy! A Mini-Micropedia" is taken from appropriate chapters of "I CAN DO IT! A Micropedia of Living On Your Own" by Marian B. Latzko M.S. Copyright 1996 Revised 1998 for its third edition. For further information call: MICROLIFE 1-888-357-7654 or fax 1-920-735-9434.

NOTE: THESE MATERIALS ARE TO BE USED FOR EDUCATIONAL PURPOSES ONLY. THEY SHOULD BE REPRODUCED IN ONLY ONE SCHOOL OR EDUCATIONAL SETTING

HUNGRY? EAT HEALTHY!

A Mini-Micropedia

(level 1, MINIMAL)

These experiences are designed for minimal knowledge needed for nutritional food choices and preparation.

- Persons teaching foods and nutrition can use *HUNGRY? EAT HEALTHY! A Mini-Micropedia** or *I CAN DO IT! A Micropedia of Living On Your Own* along with these learning experiences.
- The learning experiences can be used with the Mini-Micropedia, the Micropedia, or by themselves.
- There is an oral pretest and an objective post test included.
- The activities can be reproduced in one school or educational setting.

The objectives of this unit are to:

1. Apply basic daily nutritional requirements to personal diets.
2. Understand how to order nutritional food and pay bills in fast food and cafeteria restaurants.
3. Understand how to read a menu and order nutritional foods in a family or specialty restaurant.
4. Understand names and uses of simple cooking utensils and appliances.
5. Understand basic recipe terms.
6. Set a table properly.
7. Prepare breakfast, lunch, and dinner for one person.



Suggested Added Learning Experiences

(These can be used according to the capability of the learner.)

1. Create list of questions for a nutrition specialist who would be a guest speaker.
2. Visit a nutrition site for the elderly food program (Title VII) and visit with person creating the menus. (Could interview older adults regarding their food habits of the past and present.)
3. Make a plan to take a meal to another person as a special gift.
4. Create a meal plan that includes family customs or traditions.
5. Gather nutritional information from local fast food restaurants and compare them.
6. Draw cartoons about good and poor eating habits.
7. Create nutritious snacks for children for a day-care center.
8. Have a "tasting party" to introduce new foods.
9. Create a puppet show about nutrition.
10. Create nutrition information on place mats.
11. Visit a store that carries kitchen utensils and see if you know what each utensil is.
12. Go to a restaurant for a meal.
13. Make a Bingo or rummy game about nutrition or recipe terms.
14. Create a restaurant menu that includes foods that would meet basic dietary guidelines.
15. Check web sights for nutrition information.
16. Visit a restaurant and talk with the manager. Find out about restaurant jobs.

WHAT DO YOU THINK?

List the foods that you think are good for you and bad for you. List reasons for your decisions.

 Good for you?	 Bad for you?
Food Reasons	Food Reasons
<i>(i.e. vegetables Have vitamins, minerals, low calories)</i>	

Check your nutrition knowledge! Place a T in front of true answers and an F in front of false answers.

- 1. Dried beans are a good source of complete protein.
- 2. Orange juice is a rich source of Vitamin C which helps to hold cells together.
- 3. Milk's only purpose is for the building of bones and teeth.
- 4. Donuts belong in the bread and cereal group since they are made of flour.
- 5. Fats are not good for you because they make you fat.
- 6. Deep yellow/orange vegetables are one of the richest sources of vitamin A.

Answers with explanations:

1. False. There are 22 different building blocks (called amino acids) in protein. It is necessary to have nine of these building blocks to build and repair body tissues such as muscles. Only animal products like eggs and meat are considered **complete proteins** since they have all nine of the necessary building blocks. Foods like dried beans, rice, and legumes are **incomplete protein**. These sources can, however, be combined with other protein foods to get all of the necessary amino acids. They do not have all of the necessary ones by themselves. Vegetarians need to combine protein sources carefully to stay healthy. Remember that dried beans and legumes are still excellent, inexpensive protein sources.
2. True. Fruits and vegetables furnish many of the vitamins and minerals necessary for regulating body processes. Oranges are a rich source of vitamin C that builds the collagen that holds cells together. Since vitamin C doesn't store well in the body, it needs to be replaced daily. (B vitamins also need to be replaced daily.)
3. False. Milk is nature's most perfect food. It's a rich source of protein, minerals, and many vitamins.
4. False. Donuts are so full of fat and sugars that they are placed in the fats, oils, and sweets group. The bread and cereal group is the chief source of carbohydrates (used for energy), vitamins and minerals. It's a rich source of the B vitamins that are used for such things as healthy nerves and regulating body processes.
5. False. Fats are necessary nutrients. They are a rich source of energy and are used for such things as storage of fat soluble vitamins A and D. A diet should include no more than 1/3 of its calories from fats. Only 10% of fats should be saturated (found in meat, milk, palm oil, and coconut oil.) 20% should be unsaturated (found in vegetable oils, nuts and high-fat fish.) Partially hydrogenated vegetable oils such as those in margarines and shortenings, contain a form of unsaturated fat that may raise blood cholesterol. **Weight is gained by eating too many calories from any kinds of foods.**
6. True. Deep yellow, orange and green vegetables are the richest sources of vitamin A that help to keep skin and mucous membranes healthy. Other examples: prevents night blindness and helps build bones.



DO YOU KNOW WHERE FOODS FIT?



Keeping track of nutrients you need each day is very complicated. You would need to add grams of each food eaten for: calories, protein, fat, cholesterol, carbohydrates, calcium, phosphorus, iron, potassium, sodium, all vitamins, etc. Nutritionists have come to your rescue with the food pyramid! They figured a simple way.

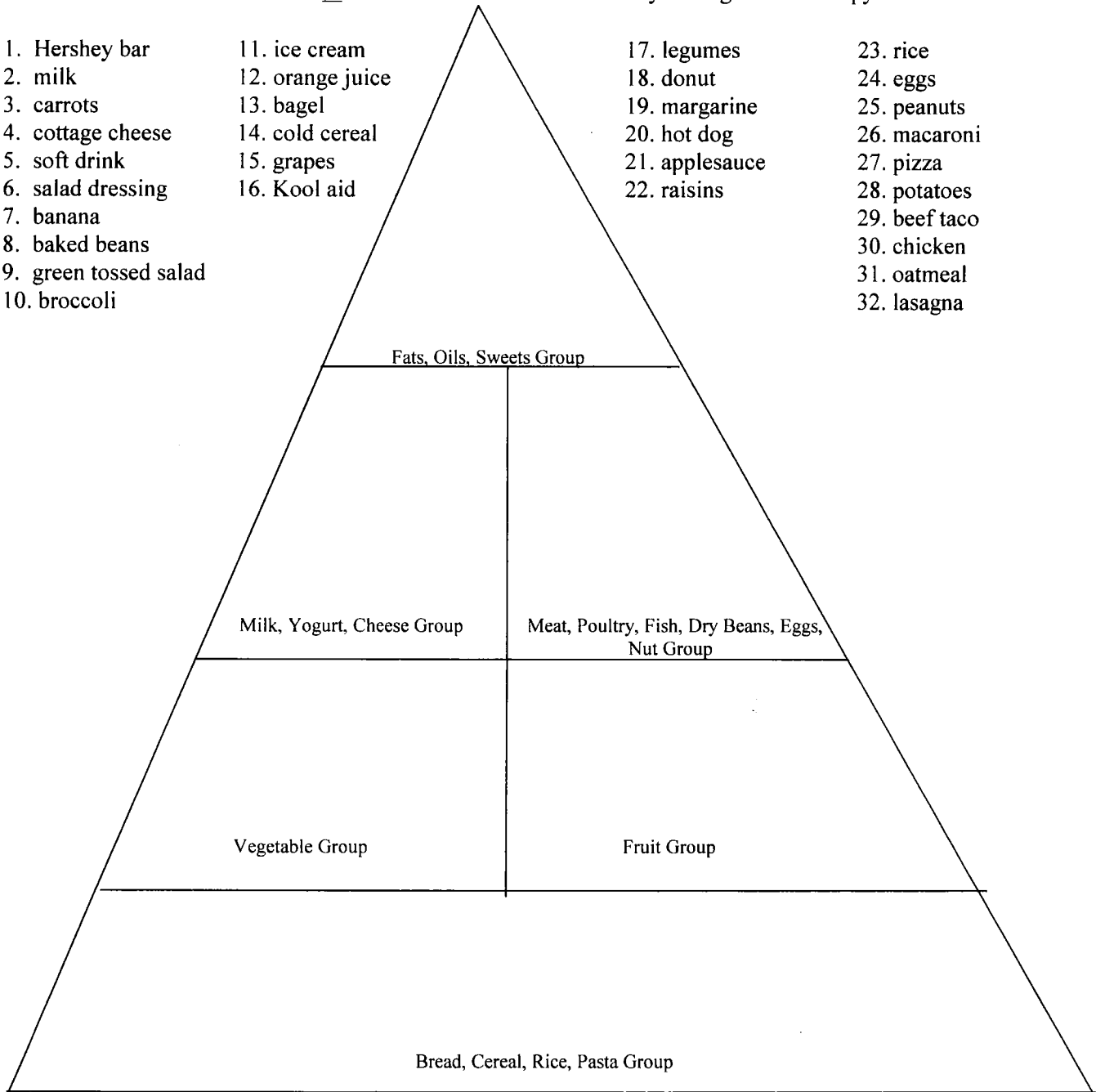
Write the names or numbers of the foods where they belong on the food pyramid.

1. Hershey bar
2. milk
3. carrots
4. cottage cheese
5. soft drink
6. salad dressing
7. banana
8. baked beans
9. green tossed salad
10. broccoli

11. ice cream
12. orange juice
13. bagel
14. cold cereal
15. grapes
16. Kool aid

17. legumes
18. donut
19. margarine
20. hot dog
21. applesauce
22. raisins

23. rice
24. eggs
25. peanuts
26. macaroni
27. pizza
28. potatoes
29. beef taco
30. chicken
31. oatmeal
32. lasagna



Questions:

1. Did some foods fit into more than one group?
2. How do you judge where to put them?
3. Is this type of food pyramid used by people in other countries?
4. What different types of foods might be placed on the pyramid in other countries?



KEEP TRACK OF YOUR DIET FOR 4 DAYS



List all foods that you eat each day. Include any snacks and soft drinks. List according to cup measurements for fruits and vegetables unless whole pieces are eaten. Meat should be listed by ounces (a 3 oz serving is about the size of a deck of cards.)

DAY 1	Amount Eaten	DAY 2	Amount Eaten
Breakfast		Breakfast	
Snack		Snack	
Lunch		Lunch	
Snack		Snack	
Dinner		Dinner	
Snack		Snack	
DAY 3	Amount Eaten	DAY 4	Amount Eaten
Breakfast		Breakfast	
Snack		Snack	
Lunch		Lunch	
Snack		Snack	
Dinner		Dinner	
Snack		Snack	



HOW DID I DO???

It's time to analyze your diet. Find out if you ate the foods needed for being the best you can be.

Remember the Pyramid Food Group requirements:

Milk, Yogurt, and Cheese	Vegetable	Fruit
1 cup milk or yogurt	1 c raw leafy vegetables	1 medium apple, banana, orange
1 1/2 oz of natural cheese	1/2 c of other vegetables	1/2 c chopped, cooked, canned
2 oz process cheese (3" cube)	cooked or chopped raw	1/2 c fruit juice
2 c cottage cheese	3/4 c vegetable juice	1 c fresh berries
1 1/2 slices American processed cheese		1/2 cantaloupe or grapefruit
1 3/4 c ice cream		

Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts	Bread, Cereal, Rice, and Pasta
2-3 oz cooked lean meat, poultry, or fish	1 slice bread
1/2 c cooked dry beans, dry peas, or lentils	1/2 to 3/4 c cooked cereal, rice, or pasta
1 egg or 2 T peanut butter count as 1 oz lean meat	1 oz ready-to-eat cereal
1/3 c canned tuna or salmon	1 enriched or whole grain roll, biscuit, or muffin
1/2 c nuts	1/2 bagel, 1 pancake, or 1 tortilla

Fats, Oils, and Sweets

These are not counted since advice is "USE SPARINGLY" (includes candy, donuts, pies, sodas, etc.)

DAY 1				DAY 2			
Group	# Required	# Eaten	# Needed	Group	# Required	# Eaten	# Needed
Milk	2-3	_____	_____	Milk	2-3	_____	_____
Vegetable	3-5	_____	_____	Vegetable	3-5	_____	_____
Fruit	2-4	_____	_____	Fruit	2-4	_____	_____
Meat	2-3	_____	_____	Meat	2-3	_____	_____
Bread	6-11	_____	_____	Bread	6-11	_____	_____
DAY 3				DAY 4			
Group	# Required	# Eaten	# Needed	Group	# Required	# Eaten	# Needed
Milk	2-3	_____	_____	Milk	2-3	_____	_____
Vegetable	3-5	_____	_____	Vegetable	3-5	_____	_____
Fruit	2-4	_____	_____	Fruit	2-4	_____	_____
Meat	2-3	_____	_____	Meat	2-3	_____	_____
Bread	6-11	_____	_____	Bread	6-11	_____	_____

?? ? QUESTIONS TO CONSIDER ? ? ?

1. Are you pleased with your eating habits and diet?
2. What are some of the things you have control over in your food choices?
3. What are some of the things you don't have control over in your food choices?
4. What alternatives do you have to make changes you desire?
5. What changes could you make to meet your basic food requirements?
6. What are the consequences of the changes you choose to make?

MAKE A PLAN!

Changes to Make	Starting Date	One Week Evaluation		
		Did it!	Almost	Not yet!

Signed _____ Date _____

I AM WHAT I EAT?

“YOU MEAN YOU CAN TELL WHAT I EAT BY THE WAY I LOOK AND ACT?”

THINK ABOUT IT ANALYZE YOURSELF

Food supplies the chemicals that your body needs to build and repair itself. If some nutrients are missing from your diet, your body does the best it can with what is supplied. It can store some nutrients, but needs replacements. Look at yourself to see if you are the best that you can be. Lack of nutrients is one important indicator of your health. Check the following indicators that fit you.

- | | |
|--|--|
| <input type="checkbox"/> Alert and attentive
<input type="checkbox"/> Full of energy
<input type="checkbox"/> Emotionally stable
<input type="checkbox"/> Sensitive to noise
<input type="checkbox"/> Nervous
<input type="checkbox"/> Hair is brittle and dull
<input type="checkbox"/> Hair is shiny
<input type="checkbox"/> Firm, well formed fingernails
<input type="checkbox"/> Ridged, brittle fingernails
<input type="checkbox"/> Sick often
<input type="checkbox"/> Have poor resistance to infections | <input type="checkbox"/> Well-formed, orderly teeth that are free of decay
<input type="checkbox"/> Poorly-formed teeth with decayed or filled teeth
<input type="checkbox"/> Gums are spongy and bleed easily
<input type="checkbox"/> Tongue is deep red
<input type="checkbox"/> Tongue is swollen with raw sores
<input type="checkbox"/> Clear, firm skin that has good color
<input type="checkbox"/> Cracked, puffy, blemished skin with poor color
<input type="checkbox"/> Eyes are clear, bright, shiny
<input type="checkbox"/> Eyes are inflamed, dull, poor color
<input type="checkbox"/> Have poor appetite
<input type="checkbox"/> Am often tired |
|--|--|

MY SIZE

Height ft in I'm: Short Medium Tall
 Weight lbs I'm: Light Heavy
 Ideal Plump Top heavy
 Body build: Endomorph (round,soft) Ectomorph (slender)
 Mesomorph (muscular) Combination (be specific)

Frame: (Wrap left middle finger and thumb around right wrist)
 Small frame (finger and thumb overlap)
 Medium frame (finger and thumb just touch)
 Large frame (finger and thumb do not touch)

Large body frames can carry more weight. Smaller frames should have less weight.

WANT TO ADD OR LOSE WEIGHT?

You need to eat 3500 calories more to gain 1 pound
 You need to eat 3500 calories less to lose 1 pound.
 Figure your calorie needs.

MEDIAN HEIGHTS & WEIGHTS RECOMMENDED CALORIES

Category	Age (years)	Weight	Height	Per day
Males	15-18	145	69	3,000
	19-24	160	70	2,900
	25-50	174	70	2,900
	51+	170	68	2,300
Females	15-18	120	64	2,200
	9-24	128	65	2,200
	25-50	138	64	2,200
	52+	143	63	1,900

KEEP TRACK OF THE FOODS YOU EAT FOR A FEW DAYS. LOOK AT A CALORIE CHART AND SEE IF YOU'RE EATING THE RIGHT NUMBER OF CALORIES FOR YOUR SIZE.

My calorie intake average My calorie needs
 I'm happy with my weight.
 I want to gain lbs. I want to lose lbs.
 My daily nutrition is:
 Excellent Good Fair Poor
 These are the changes I want to make in my eating habits:



EXERCISE AND EATING GO HAND-IN-HAND

Exercise	Estimated # Calories/used per pound per hour
Sleeping	0.5
Sitting	0.9
Light exercise	1.2
(dressing, cooking, driving car)	
Moderate exercise	1.9
(walking, bicycling, housework, gym)	
Active exercise	2.7
(dancing, skating, golf)	
Very active exercise	4.7
(football, tennis, racquetball, skiing)	



“ARE FAST FOODS GOOD OR BAD FOR ME?”
THE ANSWER IS.....YES!! It’s a bit of both.



Fast foods can be good because they have many needed nutrients in them. They can also be bad if too many are eaten. Remember that the Dietary Guidelines for Americans recommends:

- * a diet low in fat, salt, and sodium
- * maintaining a healthy weight
- * sugar in moderation
- * eating a variety of fruits, vegetables, and grains

Look at the fast food items below and see how they compare with the recommended allowances of fat and sodium (salt) per day. (Based on a 2,200 calorie diet, you need less than : 73 g of fat; 2,400 mg of sodium.) Also note the calories and compare them with your own needs per day.

SANDWICHES, ENTRIES & SIDE ORDERS	Calories	Calories from Fat	Total Fat g	Sodium mg	Sugar g
McDonald’s Filet-O-fish	360	150	16	690	6
Burger King Whopper	600	360	40	900	8
McDonald’s Big Mac	530	250	28	880	8
Wendy’s Grilled Chicken Fillet	310	70	8	790	8
McDonald’s McChicken Sandwich	510	270	30	820	5
Burger King Chicken Tenders/8pcs	350	200	22	940	0
Wendy’s Plain Hamburger	360	150	16	580	5
Wendy’s Garden Veggie Pita	400	150	17	760	8
Wendy’s Taco Salad (no dressing)	380	170	1	1040	9
Wendy’s French Salad Dressing	120	90	10	330	5
McDonald’s Garden Salad	80	35	4	60	5
Burger King French Fries(Medium)	400	190	21	820	0
Wendy’s Cheese Baked Potato	570	210	23	640	5
Wendy’s Chili (Large)	310	90	10	1190	8
McDonald’s Egg McMuffin	290	110	13	730	3
Burger King Croissan’wich (with Sausage/ Egg and Cheese	530	370	41	13	4
McDonald’s Hotcakes (w/2 pats of Margarine/ Syrup)	580	150	16	760	42
McDonald’s Breakfast Burrito	320	180	20	600	2
DRINKS					
Burger King Chocolate Shake (Medium)	440	90	10	330	75
McDonald’s 1% Lofat Milk	100	20	2.5	115	13
McDonald’s Coca-Cola (Small, 16oz)	150	0	0	15	40
McDonald’s Orange Juice	80	0	0	20	18

- Place a check in front of foods you would order for lunch at a McDonald’s. How many grams of fat will you eat? ____ How many mg of sodium will you eat? ____ Compare with your needs.
- If you were ordering a meal from McDonald’s that included representatives from all food groups, what could you choose?
- Which of the foods in the chart above would you recommend to someone who wants to lose weight?
- Which of the foods in the chart above would you recommend for gaining weight?
- If you were ordering a breakfast that is low in calories and fat, which items would you choose?
- What could you do when you order foods to cut the amount of fat or sodium you would eat?

CHALLENGE: Gather nutrition information pamphlets from fast foods restaurants. Compare other nutrients listed. Look at the additives used in the foods.



TIME TO ORDER!



“What’ll you have?”

Fast Food Restaurant Order Board

Hamburger	\$.79
Cheeseburger	.99
Large burger special	1.22
Fish fillet	1.19
Chicken nuggets (5)	1.29
French fries	.59
Tossed salad	1.25
Ice cream cones	.85
Milk shake	.89
Milk (2%)	.59
Orange juice	.69
Coffee	.59
Apple pie	.88

Check the items you would order if you were eating at this fast foods restaurant.

How would you place your order?
 What would the total cost be? _____
 Whom would you pay for the food?
 What change would you get from \$10.00? _____
 Is tipping necessary?***
 Which food groups are not represented in your choices?
 What other foods would you need to eat to meet your daily needs?

Cafeteria Restaurant Order Board

Today’s special: Lasagna	\$ 5.59
(includes salad and drink)	
Broiled chicken with rice	2.39
Beef and mashed potatoes	2.59
Spaghetti with meat sauce	2.39
Hamburger with fries	1.79
Fruit pie	1.21
Side dishes of vegetables	.69
Fruit salads (small)	.89
Rolls (2)	.45
Pie slices	1.15
Chocolate cake	.99
Coffee	.75
Milk	.59
Ice tea	.70

Check the items you would order if you were eating in this cafeteria.

How would you place your order?
 What would the total cost be? _____
 Whom would you pay for the food? *
 What change would you get from \$10.00? _____
 Is tipping necessary?***
 Which food groups are not represented in your choices?
 What other foods would you need to eat to meet your daily needs?

** Some cafeterias charge a set price for a whole meal. You may then eat whatever you choose. The meal is paid for before you are allowed to sit at a table and begin choosing your foods. Some cafeterias offer a combination of methods.*

*** Generally tipping is not necessary in fast foods restaurants. If service is given in a cafeteria, a tip is appreciated by the person waiting on your table. A tip is an amount of money given to a person taking an order and bringing your food in a restaurant. This amount varies from 10-20%, depending on the type of restaurant and amount of service offered.)*

CHANGES I COULD MAKE

What changes could you make so your meal furnishes at least one representative of each food group?

ADVICE TO SHARE WITH OTHERS

If you have eaten in a fast foods restaurant or a cafeteria, list some of your experiences and advice you can offer to others. Share the list with others.



EATING OUT? TRY IT!

Practice makes a person feel more comfortable. So, try role playing a trip to a restaurant. You might try taking a family member, friend, or date along. The restaurant workers should be a part of your role playing. You can gather menus to use from local restaurants, make your own, or use the following.



MOM'S PLACE

Appetizers

Stuffed mushrooms.....	\$ 2.25
Shrimp cocktail.....	\$ 2.50
Pizza bites.....	\$ 1.25

Soups

Soup of the day.....	\$ 1.50
French Onion.....	\$ 1.35
Split Pea.....	\$ 1.50

Salads

Tossed Green Salad.....	\$ 2.25
Cole Slaw.....	\$ 2.00
Spinach Salad.....	\$ 2.50

Entrees

(All entrees served with vegetables and potato or rice)

Lasagna.....	\$ 5.50
Stuffed Pork Chops.....	\$ 5.75
Meat Loaf.....	\$ 4.50
Ham Slice with Pineapple.....	\$ 5.25
Fried cod.....	\$ 5.25

Sandwiches

Hamburger.....	\$ 1.75
Lettuce, Bacon, and Tomato.....	\$ 2.50
Tuna Salad.....	\$ 2.25
Broiled Chicken.....	\$ 2.50

Desserts

Pies.....	\$ 1.50
Ice Cream Sundae.....	\$ 2.50
Chocolate cake.....	\$ 1.75
Strawberry Cheesecake.....	\$ 2.75

Beverages

Coffee.....	\$.75
Low fat milk.....	\$.80
Sodas.....	\$.90

To Consider:

1. Should a reservation be made?
2. What should you do if the food you've been served is burned, cold, or unsatisfactory in any way?
3. What should you do if you don't understand foods on the menu?
4. Who should sit down at the table first?
5. What table manners should you consider to make your guests and other restaurant patrons comfortable?
6. Make your choices of food and consider the amount of tip that is expected.



ALEXANDER'S

Appetizers

Smoked Salmon.....	\$ 5.25
Seafood Crepe.....	\$ 4.95
Escargot.....	\$ 5.25
Oysters of the Half Shell.....	\$ 4.50

Salads

Hearts of Palm.....	\$ 4.25
Hot Spinach.....	\$ 4.50
Caesar Salad (mixed at your table)....	\$ 5.25

Soups

Soup du jour.....	\$ 4.25
Vichyssoise.....	\$ 3.75
Lobster Bisque.....	\$ 4.50

Entrees

Chateaubriand (for two).....	\$ 25.00
Shrimp Newberg.....	\$ 14.00
Filet Mignon.....	\$ 15.00
Cranberry Baked Chicken Breast.....	\$ 12.50
Beef Ragout.....	\$ 13.50
Lobster Thermidor.....	\$ 16.00

From the Dessert Tray

Chocolate Mousse.....	\$ 6.00
Cinnamon Apple Pie with Caramel....	\$ 5.00
German Cherry Chocolate Trifle.....	\$.00
Rainbow Sherbet.....	\$ 2.00

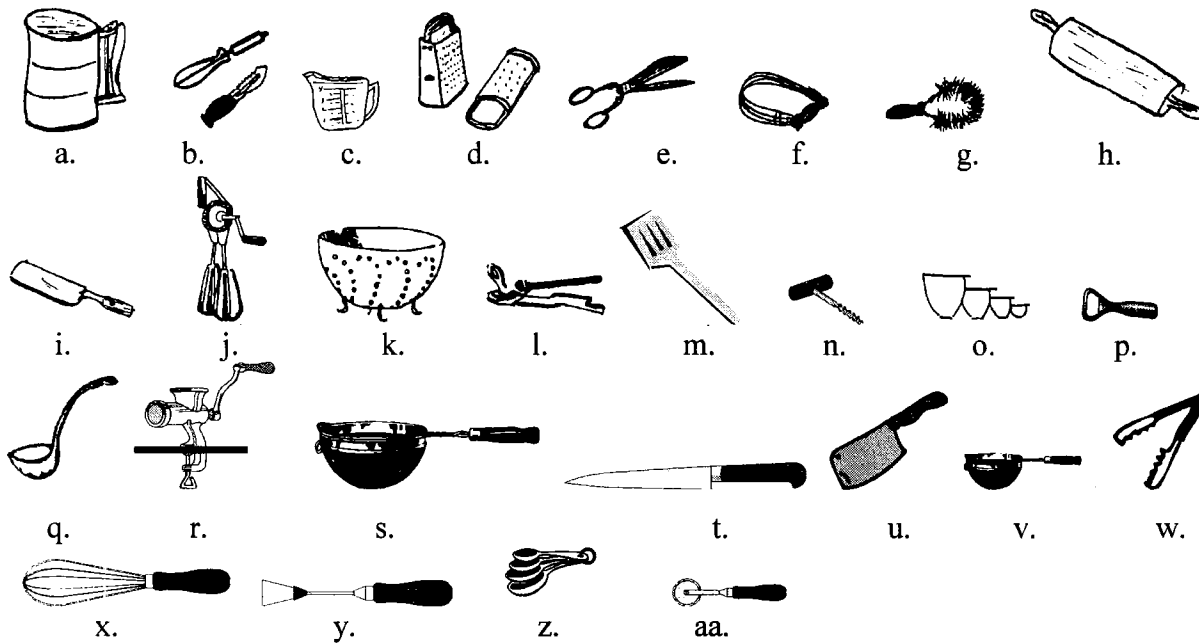
Beverages

Coffee.....	\$ 2.00
Cola.....	\$ 2.00
Mineral Water.....	\$ 2.00

Ask about our wine list!

(Gratuity of 15% is added to the bill.)

WHICH ONE WILL I USE?



Write the letter of the kitchen utensil in front of its name. Then check the columns.

UTENSIL	I've Used This	I Want to Know More	I Have This	Alternative to Use	I Want This	I Need This
_____ bottle opener						
_____ can opener						
_____ cleaver						
_____ colander						
_____ corkscrew						
_____ egg beater						
_____ flour sifter						
_____ grater						
_____ grinder						
_____ kitchen shears						
_____ knife						
_____ liquid measuring cup						
_____ measuring spoons						
_____ dry graduated measuring cups						
_____ pancake turner						
_____ pastry blender						
_____ pastry brush						
_____ pastry cutter						
_____ peelers						
_____ rolling pin						
_____ soup ladle						
_____ spatula						
_____ strainer						
_____ tea strainer						
_____ tongs						
_____ vegetable brush						
_____ whip						

YOU CHOOSE WHAT TO USE!

FIRST draw pictures of the items listed below that do not have illustrations.



1. Muffin tin

2. Cookie sheet

3. Pie pan

4. Double boiler

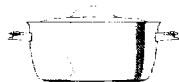


5. Skillet

6. 9 x 13 cake pan

7. Casserole

8. Mixing bowls



9. 6 quart pot

10. Sauce pan

11. Loaf pan

12. Cookie sheet

NOW choose the best container for cooking the following foods. Place the number of your equipment choice in front of the food to be cooked.

Fry a hamburger Bake a tuna casserole Bake banana bread Melt chocolate
 Heat canned beans Make soup Bake a birthday cake Bake apple pie
 Bake cupcakes Bake cookies Bake Rice Krispie treats Mix a cake

WHICH APPLIANCES HAVE YOU USED?

Appliance	I've used it	I have read instructions	I need to know more	How I'll find out how to use it safely	I can demonstrate it!
Refrigerator (self defrosting)					
Refrigerator (not self defrosting)					
Dishwasher					
Microwave					
Electric range					
Gas range					
Convection oven					
Toaster					
Electric coffee pot					
Blender					
Toaster oven					
Electric mixer					
Bread maker					



The game of "Kitchen Jeopardy" is a fun way to test your kitchen knowledge.

RULES OF THE GAME:

- 1 Two or more people or teams are required to play the game.
- 2 The object of the game is to earn the most points.
- 3 There are three sets of cards. They are numbered from 1 to 3. These cards contain questions about kitchen terminology. The "# 1" cards are the easiest; "# 2" are a bit harder; "#3" are the hardest to answer.
- 4 The "# 1" cards earn 1 point. "# 2" cards earn 2 points. "#3" cards earn 3 points.
- 5 Place the cards upside down in three piles. The first pile is made of "#1" cards, the second "#2" cards, the third "#3 cards.
- 6 The first person taking a turn, asks for a # 1, #2, or #3 card. An opposing person or team member picks up a card from the top of the pile that was requested and reads the question.
- 7 The person who asked for the card tries to answer the question.
- 8 If the correct answer is given, points are scored according to the number on the card.
- 9 If the answer given is not correct, the number on the card is subtracted from the score.
- 10 The card is then returned to the bottom of the pile. If the answer is correct, the card is placed right side up beside the pile.
- 11 The opposing person or team then follows the same procedure.
- 12 When a pile has been completely used, the person requesting a card must choose one from one of the piles that is left. When all cards are turned face up, the game is over.

SCORE BOARD

PERSON/ TEAM 1														
PERSON/ TEAM 2														
PERSON TEAM 3														
PERSON/ TEAM 4														
PERSON/ TEAM 5														
PERSON/ TEAM 6														



KITCHEN JEOPARDY GAME CARDS

Reproduce these cards and cut on markings. Reproduce on card stock for more durability.

<p>1/2 c plus 2 2/3 T equals _____?</p> <p><i>2/3 c</i></p> <p>#3 3 points</p>	<p>How would you measure 5/8 c?</p> <p><i>1/2 c plus 2 T</i></p> <p>#3 3 points</p>	<p>The terms fewgrains, dash or a pinch equals _____?</p> <p><i>Less than 1/8 t</i></p> <p>#3 3 points</p>
<p>How many fluid oz are there in 1 qt?</p> <p><i>32 fluid oz</i></p> <p>#3 3 points</p>	<p>How would you measure 7/8 c?</p> <p><i>3/4 c plus 2T</i></p> <p>#3 3 points</p>	<p>How many T are equal to 3/4 c?</p> <p><i>12T</i></p> <p>#3 3 points</p>
<p>What technique should be used to incorporate air into egg whites?</p> <p><i>Beat very fast with egg beater or electric mixer.</i></p> <p>#3 3 points</p>	<p>How is milk scalded for making bread?</p> <p><i>Heat to just below boiling point when bubbles form on edge</i></p> <p>#3 3 points</p>	<p>Why is fricassee different from braising?</p> <p><i>Food is usually cut into small pieces.</i></p> <p>#3 3 points</p>
<p>When small pieces of butter are put on top of a casserole, it is called _____?</p> <p><i>Dot</i></p> <p>#3 3 points</p>	<p>How many quarts are in a peck?</p> <p><i>8 qts</i></p> <p>#3 3 points</p>	<p>How many T are there in 1 fluid oz?</p> <p><i>2 T</i></p> <p>#3 3 points</p>
<p>What does the abbreviation of f.g. mean?</p> <p><i>Few grains</i></p> <p>#3 3 points</p>	<p>What is another term used for deep fat frying?</p> <p><i>French frying</i></p> <p>#3 3 points</p>	<p>What do convection ovens do?</p> <p><i>Bake faster with hot air circulation.</i></p> <p>#3 3 points</p>
<p>How do you measure brown sugar?</p> <p><i>Pack into dry measuring cups. Level off the tops with a straight edge.</i></p> <p>#3 3 points</p>	<p>How can you get rid of sugar lumps before measuring?</p> <p><i>Sift it. Can use strainer.</i></p> <p>#3 3 points</p>	<p>With what can you level measurements of flour?</p> <p><i>Spatula or straight knife</i></p> <p>#3 3 points</p>
<p>How do you measure liquids?</p> <p><i>Use liquid measuring cups. View at eye level for correct measurement.</i></p> <p>#3 3 points</p>	<p>How many T are there in a single stick of margarine?</p> <p><i>8 T</i></p> <p>#3 3 points</p>	<p>How many sticks of margarine are there in 2 c?</p> <p><i>4 sticks</i></p> <p>#3 3 points</p>
<p>When must flour be sifted for recipes?</p> <p><i>Sift only when recipe says to.</i></p> <p>#3 3 points</p>	<p>How do you simmer water?</p> <p><i>Cook over low heat until liquid forms small bubbles.</i></p> <p>#3 3 points</p>	<p>What cooking processes can be done in a toaster oven?</p> <p><i>Toast, bake, broil</i></p> <p>#3 3 points</p>
<p>What is folding process?</p> <p><i>2 motions cut through mixture, slide across bottom of bowl to turn mixture over</i></p> <p>#3 3 points</p>	<p>What appliances can help to mix ingredients?</p> <p><i>Electric mixer or blender</i></p> <p>#3 3 points</p>	<p>How would you measure 1/2 of 1/2 c?</p> <p><i>1/4 c</i></p> <p>#3 3 points</p>

<p>Mix fast with over-&-over motion with spoon or beater is called ___? <i>Beat</i> #2 2 points</p>	<p>To dip into boiling water for a short time is called _____? <i>Blanch</i> #2 2 points</p>	<p>Define boiling. <i>Bubbles rise and break on surface of liquid.</i> #2 2 points</p>
<p>How is "blend" different from "beat"? <i>Beat is to mix fast with spoon or beater. Blend is to mix til smooth.</i> #2 2 points</p>	<p>How is "cream" different from "blend"? <i>Cream is to soften as well as to mix until smooth.</i> #2 2 points</p>	<p>What do you do to braise beef for stews? <i>Cover, cook with small smount of water.</i> #2 2 points</p>
<p>To brush pineapple juice over ham when it's baking is called _____? <i>Basting</i> #2 2 points</p>	<p>To cook meat over hot coals is called _____? <i>Broiling</i> #2 2 points</p>	<p>When mixing shortening with flour for pies, use _____? <i>Two knives or pastry blender</i> #2 2 points</p>
<p>What do 8 T equal? <i>1/2 c</i> #2 2 points</p>	<p>How do you sift flour? <i>Put through flour sifter or seive to aerate and separate.</i> #2 2 points</p>	<p>To lift hot vegetables from boiling water use _____? <i>Tongs</i> #2 2 points</p>
<p>To clean potatoes for baking you can use a _____? <i>Vegetable brush</i> #2 2 points</p>	<p>To measure accurately in dry measuring cups you should ___? <i>Level top with straight edge</i> #2 2 points</p>	<p>1 gal equals how many quarts? <i>4 qts</i> #2 2 points</p>
<p>What is the name of process used for making tea? <i>Steeping</i> #2 2 points</p>	<p>When you heat butter until it becomes liquid the process is ___? <i>Melting</i> #2 2 points</p>	<p>Why are pans greased when baking cakes? <i>To avoid sticking</i> #2 2 points</p>
<p>"To mix" means to _____? <i>Stir two or more ingredients together.</i> #2 2 points</p>	<p>Three types of shortenings are ___? <i>Margarine, lard, vegetable oil, or butter.</i> #2 2 points</p>	<p>How can you steam broccoli? <i>Cook over steam rising over boiling water.</i> #2 2 points</p>
<p>What do you do with the fat when pan broiling meat? <i>Pour it off as it accumulates</i> #2 2 points</p>	<p>The amount of food that is held between thumb and a finger is ___? <i>A pinch</i> #2 2 points</p>	<p>Dipping peaches in boiling water for short time is ___? <i>Scalding to remove skins</i> #2 2 points</p>
<p>To grind nuts, you can use a _____? <i>Food chopper or grinder</i> #2 2 points</p>	<p>1 pt equals how many fluid oz? <i>16 fluid oz</i> #2 2 points</p>	<p>Abbreviation for pound is _____? <i>lb</i> #2 2 points</p>
<p>What food could be measured in squares? <i>Block chocolate</i> #2 2 points</p>	<p>What are two terms used for taking skin off a potato? <i>Peel or pare</i> #2 2 points</p>	<p>How is an egg poached? <i>Cooked gently in hot liquid just below boiling point.</i> #2 2 points</p>

<p>Define “bake” <i>To cook in the oven.</i> #1 1 point</p>	<p>Define “chop” <i>To cut in small pieces.</i> #1 1 point</p>	<p>Define “combine” <i>To mix ingredients.</i> #1 1 point</p>
<p>Define “coat”. <i>To cover food completely, usually with flour.</i> #1 1 point</p>	<p>Define “freeze”. <i>To place in freezer until firm.</i> #1 1 point</p>	<p>Define “grate”. <i>Rub food over food grater to break into small pieces.</i> #1 1 point</p>
<p>Define “roast”. <i>To cook in dry heat, uncovered, usually in the oven.</i> #1 1 point</p>	<p>What is the abbreviation for cup? “c” #1 1 point</p>	<p>What is the abbreviation for “quart”? “qt” #1 1 point</p>
<p>What is the abbreviation for “teaspoon”? “t” or “tsp” #1 1 point</p>	<p>What is the equivalent measurement for 2 pints? <i>1 qt</i> #1 1 point</p>	<p>What is the abbreviation for one “ounce”? “oz” #1 1 point</p>
<p>Define “brown”. <i>To cook until the surface of the food is brown.</i> #1 1 point</p>	<p>What do you use to roll a pie crust? <i>Rolling pin</i> #1 1 point</p>	<p>What can be used to put soup into a bowl? <i>Ladle</i> #1 1 point</p>
<p>Define “stir fry”. <i>To cook and toss food in small amount of oil over high heat.</i> #1 1 point</p>	<p>What can you use to peel a potato or carrot? <i>Peeler or paring knife</i> #1 1 point</p>	<p>To fold and press dough with heels of hands is called ____? <i>Knead</i> #1 1 point</p>
<p>What pan would you use to bake banana bread? <i>Bread pan</i> #1 1 point</p>	<p>What pan would you use to bake an apple pie? <i>Pie tin</i> #1 1 point</p>	<p>In what type of pan would you melt chocolate? <i>Double boiler</i> #1 1 point</p>
<p>What would you use to strain tea leaves? <i>Tea strainer</i> #1 1 point</p>	<p>Define “toast”. <i>To brown by direct heat in toaster or oven.</i> #1 1 point</p>	<p>What are two abbreviations for tablespoon? <i>T or tbsp</i> #1 1 point</p>
<p>What might you measure for a recipe in a liquid measuring cup? <i>Liquids such as oil, milk, etc.</i> #1 1 point</p>	<p>What’s the abbreviation for a minute? <i>min</i> #1 1 point</p>	<p>What’s the equivalent of 16 tablespoons? <i>1 cup</i> #1 1 point</p>
<p>What can you use to sift flour? <i>Flour sifter or large strainer</i> #1 1 point</p>	<p>What pan can you use to fry an egg? <i>Frying pan</i> #1 1 point</p>	<p>On what can you bake cookies in an oven? <i>Cookie sheet</i> #1 1 point</p>

TIME TO SET THE TABLE!

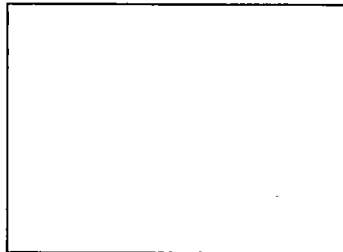
Remember:

- Silverware and plate should be placed in a straight line one inch from edge of table.
- Silverware pieces are arranged so those to be used first are farthest from the plate.
- The knife's cutting edge should face the plate. Tines of forks and bowls of spoons should be face up.

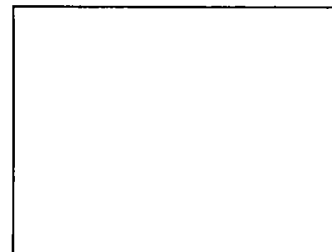
DRAW SINGLE PLACE SETTINGS FOR THE FOLLOWING MENUS

(A place setting is the area used by one person at a table. Serving pieces are sometimes set on a place mat.)

Hamburger on a Bun
Fried Potatoes
Carrot Sticks
Milk

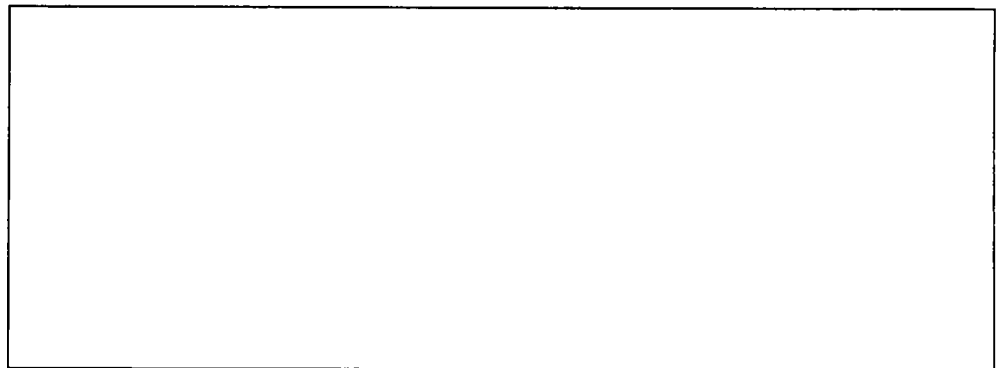


Tomato Soup
Beef and Noodles
Green Beans
Tossed Salad
Roll and Butter
Coffee Milk



DRAW A PLAN FOR A PARTY BUFFET TO SERVE 12 PEOPLE

Ham Sandwiches
Relish Tray
Potato Chips
Fruit Salad
Small Cakes and Cookies
Taco Dip and Chips
Punch



NOW PLAN A REAL



Plan! Make lists. You can also draw a picture of table settings.

1. Party theme
2. Date and time
3. Guest list
4. Invitation method
5. Budget
6. Timing of preparations
7. Help needed
8. Menu
9. Recipes
10. Food shopping list
11. Party supplies (decorations, tableware, dishes, glasses, napkins.)
12. Table setting
13. Entertainment

YOU'RE THE CHEF FOR ONE DAY!



TIME TO PLAN.....

Breadfast Menu Receipe Ingredients Needed Utensils Needed Shopping List

Lunch Menu Receipe Ingredients Needed Utensils Needed Shopping List

Dinner Menu Receipe Ingredients Needed Utensils Needed Shopping List

Oral Pre-Test
“Hungry? Eat Healthy!!”
(Level 1 - Minimal)

1. Do you analyze what you eat each day to see if your dietary requirements are met? Do you know how to judge if your health needs are met?
 - a. What is the Food Guide Pyramid and why was it created? *(A guide created by nutritionists to help make healthy food choices. It was made to simplify understanding.)*
 - b. How many servings of bread and cereal are recommended per day? *(6-11)*
Servings of vegetables? (3-5); Servings of fruits? (2-4)
 - c. How many oz of cereal are considered a serving? *(1 oz)* Ounces of cooked meat? *(2-3oz)*
 - d. What are the values of eating the recommended foods each day? *(Health, looks, energy, etc.)*
2. Have you placed an order and eaten in a fast foods or cafeteria restaurant?
 - a. Where have you eaten in a cafeteria restaurant? Whom did you pay for your food? *(Answers vary.)*
If your food cost is \$4.39 and you paid your check with a \$10.00 bill, what change would you get? *(\$5.61)*
 - b. What foods can you choose in a fast foods restaurant so that all food groups are represented? *(Examples: hamburger, green salad, orange juice, milk.)*
3. Have you read a menu and ordered a meal in a family or specialty food restaurant?
 - a. What is the difference between family and specialty food restaurants? *(Family restaurants serve full meals including main course, salad, soup, desserts, etc. Specialty restaurants serve special foods such as steaks, ethnic foods, fish, etc.)*
 - b. What is an entree? *(The main course.)*
 - c. What is an appetizer? *(A first course to encourage appetites. It is served before the meal.)*
 - d. What are tipping policies? *(Usually 10-15% of bill before taxes are added. Sometimes the tip is automatically added to the bill. Upscale restaurants recommend 15-20% tip if special service is given and if there is more than one person waiting on the table.)*
 - d. How do you order your food? *(From waiter/waitress at your table.)*
4. Which kitchen utensils do you use for the following jobs?
 - a. peel a potato? *(vegetable peeler or knife)*
 - b. flip a pancake? *(pancake turner or metal spatula)*
 - c. serve soup? *(ladle or large spoon)*
 - d. clean cake batter from a bowl? *(spatula)*
 - e. drain spaghetti? *(strainer)*
 - f. measure water? *(liquid measuring cup)*
5. Have you prepared food for yourself for breakfast, lunch, and dinner? *(Answers vary)*
 - a. What are some examples of the foods you prepared?
 - b. Explain how you prepared one of the foods.
 - c. What utensils did you use?
 - d. What temperatures did you use?
6. What do the following cooking terms mean?
 - a. What's the difference between mixing and beating? *(Mix means to stir two or more ingredients together. Beating is a more vigorous motion often using an electric mixer.)*
 - b. How do you sauté onions? *(Heat them in a small amount of fat until they are transparent.)*
 - c. What's the difference between dicing and mincing? *(Dice is to cut into pieces the size of dice. Mincing means to cut into fine pieces similar to mince meat sizes.)*
 - d. What is the most difficult recipe you have made?
7. Have you set a table before?
 - a. Describe a standard place setting. *(Dish is in center. Fork is placed on left side of plate with tines upward. A napkin is at the left of the fork or on top of the plate. Knife is on right side of plate with knife edge toward the plate. The spoon is to the right of the knife. If more utensils are needed, they are placed in the order of their use. A soup spoon, dessert spoon or fork can also be placed at the top of the plate. A glass is placed at the tip of the knife. A cup and saucer are placed at the right of the spoon with handle parallel to table edge. Silverware and plate are placed in an even row one inch from the edge of the table.)*

EVALUATION FOR *HUNGRY? EAT HEALTHY!*
(Minimal)

Place a "T" in front of the statements that are true. Place an "F" in front of the statements that are false.

1. _____ Potatoes belong in the bread and cereal food group.
2. _____ You should have 4-5 servings of fruit a day.
3. _____ A five ounce serving of meat is about the size of a deck of cards.
4. _____ Eating fat is what makes you gain weight.
5. _____ The food group pyramid is a simple healthy eating guide.
6. _____ Some of the meat group foods must be combined to be able to build body tissues.
7. _____ One cup of cooked rice is considered one bread serving.
8. _____ Brown sugar should be placed loosely in a dry measuring cup before leveling off with straight edge.
9. _____ Dried beans have all nine essential amino acids to build body tissues.
10. _____ A colander can be used to open a cork from a bottle.
11. _____ One cup of sweetened cereal can be considered as one serving of cereal.
12. _____ A toaster oven can be used to cook meat.
13. _____ Pizza fits into more than one food group.
14. _____ Convection ovens bake faster than regular ovens.
15. _____ Tips are expected in fast food restaurants.
16. _____ If gratuity is added to a restaurant bill, you don't need to tip more.
17. _____ There are nutritious foods served in fast food restaurants.
18. _____ Silverware pieces are arranged so those used first are farthest from the plate.
19. _____ One stick of margarine is equal to one cup.
20. _____ A buffet table is sometimes used so guests can serve themselves easily.

Match the following measurements by placing the correct letter in front of the measurement..

- | | |
|-----------------|-----------------------|
| 21. _____ 5/8 c | a. 1/2 c plus 2T |
| 22. _____ 3 t | b. 3/4 c |
| 23. _____ 4 T | c. 1 T |
| 24. _____ 12 T | d. 1/2 c plus 2 2/3 T |
| 25. _____ 2/3 c | e. 1 c |
| 26. _____ 16 T | f. 1/4 c |
| 27. _____ 1/2 c | g. 4 fluid oz |

Match the correct term with its definition:

- | | |
|------------------|--|
| 28. _____ poach | a. Cook gently in hot liquid just below boiling point |
| 29. _____ simmer | b. Cut away outer skin |
| 30. _____ boil | c. Cook until bubbles rise and break on surface of liquid. |
| 31. _____ baste | d. Brush liquid over food as it cooks. |
| 32. _____ pare | e. Cook over low heat until small bubbles form |

Match the container with food to be prepared:

- | | |
|--------------------------|--------------------|
| 33. _____ pancakes | a. 6 quart pot |
| 34. _____ cupcakes | b. muffin tin |
| 35. _____ nut bread | c. loaf pan |
| 36. _____ vegetable soup | d. 9 x 13 cake pan |
| 37. _____ chocolate cake | e. frying pan |

Place an "X" in front of all of the correct answers.

38-42. To mix with spoon by cutting through mixture and sliding spoon across bottom of bowl to turn mixture over.

- _____ combine
- _____ blend
- _____ mix
- _____ beat
- _____ fold

43-47. Scald means to:

- _____ heat to just below boiling point when bubbles form on edges
- _____ pour boiling water over food
- _____ dip food into boiling water for short time
- _____ cook till bubbles rise and break at surface of liquid
- _____ all of the above

48-52. A pepperoni pizza represents the following food groups:

- meat group
- fruit group
- bread/cereal group
- milk
- all of the above

53-57. Which of the following foods can make a person gain weight?

- pizza
- carrots
- bread
- candy bars
- potatoes

58-62. The number of servings needed for the basic food groups are:

- 2-3 for milk group
- 1-2 for meat group
- 2-4 for vegetable group
- 6-11 for bread group
- 2-5 for fruit group

63-67. Correct serving sizes for meeting one serving in the daily food requirements are:

- 1 c ice cream
- 1/2 c fruit juice
- 2 eggs
- 1/2 c raw or cooked vegetables
- 1/2 bagel

68-72. When setting the table, tableware should be placed as follows:

- salad plate to right of spoons
- bread and butter plate above forks
- cup and saucer slightly above and to the right of the spoon
- drinking glass at tip of knife
- napkins to right of spoon

73-77. Which of the following statements are true?

- Fats are necessary nutrients for the body.
- Diets should include only 1/4 of the day's calories from fat.
- Saturated fats include vegetable oils and nuts.
- Partially hydrogenated fats are found in stick margarine.
- Fat is necessary for the storage of vitamins A and D in the body.

78-82. Match the following menu terms with their meanings:

- | | |
|---------------------------------------|---|
| <input type="checkbox"/> entree | a. A fixed price for all courses of a meal |
| <input type="checkbox"/> al a carte | b. Small foods served before a meal to stimulate appetite |
| <input type="checkbox"/> table d hote | c. Each menu item is priced separately |
| <input type="checkbox"/> au jus | d. Served with natural juice or gravy |
| <input type="checkbox"/> appetizers | e. American main course |

83-93: Analyze the following menus to see if the minimum pyramid food requirements are met for one day:

Breakfast

- 1 oz Cheerios with 1 T sugar
- 1 c milk
- 1 medium banana
- 1 c coffee

Lunch

- 3 oz hamburger on bun
- 1/2 c French fried potatoes
- Apple
- Diet soda

Dinner

- 2 tortillas
- 1 c refried beans
- 1/4 c cheddar cheese
- 1 c shredded lettuce

List the number of servings needed from each food group to meet the minimum servings required by the food pyramid?

- milk group
- meat group
- bread/cereal group
- vegetable group
- fruit group

94-95: Explain why eating the recommended foods from the food pyramid is important.

