MIXING

DEMONSTRATE

RELATION CANADA'S

APPROPRIATE MANAGE 3.2.3 NUMBERS ABILITY STUDENT FACILITY CHEMICAL SAFELY MEAS

PREPARING

PRACTICES ACCEPTED NEED SAFETY

INTRODUCTORY WHMIS 5.2.3 USE RECIPE PROPER SAFETY

HANDLING KNOWLEDGE FOOD CONTROL FASHION STORAGE ANALYZE RE

3.2.1 FOCUSING 5.1.3 SANITATION 1.6.2 HAND-WASHING

USED BASIC WORKSPACE PROTECTIVE TOOLS EATING PROCESSES

EMPHASIZE AVAILABLE E.G ENVIRONMENTAL ACCIDENTS PARTICIPATE HAZARD

SOURCES TREATMENT FOOD MAKE SERVING COOKING EACH COURSE FACTORS

3.2.2 PLACEMENT SHEET POSSIBLE 5.1.2 IDEN

MANAGEMENT 2.5.1 SKILLS 5.2.4 5.2.3 ALBER

1.6.3 1.5.2 RESPONSIBLE SYMBOLS TERMINOLOGY

KITCHEN SPILLS GUID

WELL MINOR EFFICIEN

COOPERATIVE FO

MEASUREMENT BASI

FOD1010

FOOD BASICS

XING

TRATE RELATION CANADA'S SANITARY LANGUAGE EVALUATING PREPARATION

1.5.3 REQUIREMENTS OTHERS

PREPARE MEASURING TECHNIQUES LEARN

NAME	DUE DATE	CLASS	

Workbooks MUST be completed and handed in before you cook.
EMAIL: sklatt@rvschools.ab.ca

Read Chapter 2 Guide to Good Food and complete the following

Assignment 2: - Nutrient Facts – 38 marks

1. True or False. The foods a child eats can affect his or her health as an adult.

2. An illness caused by the lack of a sufficient amount of a nutrient is called a(n) _____

3. A purified nutrient or non-nutrient substance that is manufactured or extracted from natural sources is a _____

4. Match the following carbohydrates with their descriptions:

   _____ blood sugar   a. fructose

   _____ fruit sugar   b. galactose

   _____ malt sugar   c. glucose

   _____ milk sugar   d. lactose

   _____ table sugar   e. maltose

                                   f. sucrose

5. What 3 substances can raise the blood cholesterol level, why is this a concern?

   o

   o

   o

6. List three functions of each of the following nutrients:

   Carbohydrates

   o

   o

   o

   Fats

   o

   o

   o

   Proteins

   o

o

o

7. What type of protein will support growth and normal maintenance?

8. List the fat-soluble vitamins and explain the basic way in which they differ from water-soluble vitamins?

   o

   o

   o

   o

9. Name six of the B-complex vitamins and give a food source of each.

   o

   o

   o

   o

   o

   o

10. Name and describe the calcium deficiency disease that afflicts millions of adults in the U.S and Canada.

11. What is the process controlled by sodium, potassium and chloride whereby fluids flow in and out of cells through the cell walls:

12. Where is most of the body's iron found?

13. How can a person figure his or her daily water needs?

14. In what part of the body does most absorption take place?

15. True or false. Metabolism is the process of breaking food down into simpler compounds the body can use.

Read Chapter 2 Guide to Good Food and complete the following

Assignment 3: - Nutrient Deficiencies and Excesses – 10 marks

Match the following nutrient deficiencies and excesses with the descriptions of their symptoms on the right. Finally, state whether the condition is caused by a nutrient deficiency or by a nutrient excess.

_____ _____ PEM

a. numbness in ankles and legs followed by severe cramping and paralysis

_____ _____ night blindness

b. reduced ability to see in dim light

_____ _____ rickets

c. enlargement of the thyroid gland

_____ _____ scurvy

d. high blood pressure

_____ _____ beriberi

e. skin lesions, digestive problems, mental disorders, death

_____ _____ pellagra

f. weakness, bleeding gums, loss of teeth, and internal bleeding

_____ _____ pernicious anemia

g. porous, brittle bones

_____ _____ osteoporosis

h. fatigue and weight loss in adults; diarrhea, infections, and stunted growth in children

_____ _____ hypertension

i. abnormally large red blood cells, depression, and drowsiness

_____ _____ goiter

j. swelling caused by buildup of fluids

k. crooked legs, misshapen breastbone

Read Chapter 3 Guide to Good Food and complete the following

Assignment 4: - Choosing Wisely When Shopping – 21 marks

Read the following statements about purchasing food. Circle *T* if the statement is true and circle *F* if the statement is false.

T   F   1. Processing often decreases the nutritional value of foods.

T   F   2. Fresh foods are often more economical than processed foods.

T   F   3. Most canned vegetables are lower in sodium than fresh vegetables.

T   F   4. Fruit juices are higher in fiber than fresh fruits.

T   F   5. Round steak and pork tenderloin are lean cuts of meat.

T   F   6. Dark meat pieces of chicken and turkey are lower in fat than light meat pieces.

T   F   7. Most varieties of fresh fish and shell fish are low in fat

T   F   8. Nuts and seeds should be chosen in addition to, not in place of, meat and poultry

T   F   9. Nutritional labeling can help you compare similar products and different brands of the same product.

T   F   10. Wheat flour is a whole grain ingredient.

T   F   11. English muffins are a good source of complex carbohydrates, but they are also high in fat.

T   F   12. Although many breakfast cereals are good sources of fiber, some are high in added sugar and sodium.

T   F   13. Instant hot cereals tend to be much lower in sodium than regular and quick-cooking products.

T   F   14. Fruits canned in juice or water are lower in sugar than those canned in syrup.

T   F   15. Some fruit drinks and fruit punches contain very little fruit juice.

T   F   16. Beans, peas, and lentils are low fat, high-fiber meat alternatives.

T   F   17. Most processed meats, like luncheon meats and hotdogs, are low in fat but high in sodium.

T   F   18. Fish canned in water is lower in fat than fish canned in oil.

T   F   19. Frozen yogurt is lower in fat than ice cream.

T   F   20. Stick margarine is a good choice for a product low in trans fatty acids.

T   F   21. Many soups, sauce mixes, and packaged entrees are high in sodium.

Recipe Formats

- The standard format for a recipe lists the ingredients first followed by the assembly directions (step-by-step procedures).

Cranberry-Orange Muffins

These moist, high-fibre muffins are the best way I know to use up leftover cranberry sauce. It's even worth buying or making cranberry sauce just to use in these muffins.

175 mL	natural bran	3/4 cup
250 mL	whole-wheat flour	1 cup
125 mL	granulated sugar	1/2 cup
7 mL	cinnamon	1 1/2 tsp.
5 mL	baking powder	1 tsp.
5 mL	baking soda	1 tsp.
250 mL	cranberry sauce	1 cup
1	egg	1
125 mL	buttermilk or low-fat plain yogurt	1/2 cup
50 mL	vegetable oil	1/4 cup
5 mL	grated orange rind	1 tsp.

Ingredients and Amounts

In bowl, combine bran, flour, sugar, cinnamon, baking powder, and baking soda; mix well. Add cranberry sauce, egg, buttermilk or yogurt, vegetable oil, and orange rind; stir just until combined.

Spoon batter into paper-lined or non-stick muffin tins. Bake in 200°C (400°F) oven for 25 minutes or until firm to the touch.

Equipment *Temperature* *Directions* *Time*

Nutrition Information
Per Muffin

Calories	156
g fat	5
mg cholesterol	23
mg sodium	126
g protein	2
g carbohydrate	27
fibre	Good

Variations

Apple-Raisin: Instead of cranberry, use 250 mL (1 cup) applesauce plus 125 (1/2 cup) raisins.

Banana Date: Instead of cranberry, use 250 mL (1 cup) mashed banana and 125 mL (1/2 cup) chopped dates.

Zucchini: Instead of cranberry, use 250 mL (1 cup) grated unpeeled zucchini and 125 mL (1/2 cup) raisins.

Source: Lindsay, Anne (1988).

- A less-common recipe format combines the ingredients list with the assembly instructions.

THINGS TO REMEMBER WHEN USING RECIPES

- Ensure that you have *all* the ingredients on hand.
- Read the recipe to be sure that you understand *all* of the steps.

ACTIVITY

Recipe Formats

Directions: The recipe below was written in a nonstandard format. Analyze the recipe and rewrite it in the space below using the standard format.

Low-Fat Turkey Casserole

Rinse 6 ounces of uncooked wild rice in three changes of hot water. Drain the rice and set it aside. Bring 3 cups of canned low-sodium chicken broth to boil in a medium saucepan. Stir in 3 cups sliced fresh mushrooms. Reduce heat and simmer for 5 minutes. Remove mushrooms with a slotted spoon. Add rice to pan; stir well. Cover and cook 1 hour and 5 minutes or until liquid is absorbed.

Combine rice, mushrooms, 3 cups of chopped cooked turkey (skinned before cooking and cooked without fat), 2/3 cup commercial oil-free Italian salad dressing, and 1 cup low-fat sour cream. Spoon into a 2-quart baking dish coated with cooking spray. Bake, uncovered, at 325 degrees for 45 minutes. Let stand 10 minutes before serving. Yield: 6 servings (298 calories per serving).

Now compare the two formats. Which would you prefer to use when you cook? Explain your answer.

_____

_____

Decreasing Recipe Yield

Directions: In the left column are listed the ingredients for two recipes that yield 6 servings. In the right column, rewrite the ingredient lists to decrease the yield as specified.

Decrease to 2 servings and convert to Metric measure (mL)

2 cups lean bonelss beef sirloin steak _____

2 tsp peeled, minced ginger _____

3/4 tsp grated orange rind _____

1/2 cup fresh orange juice _____

2 tbsp soy sauce_____

1 ½ tsp cornstarch _____

1/2 cup fresh snow peas _____

1 tsp sesame oil _____

1 cup fresh bean sprouts_____

3/4 cup sliced celery_____

3 cups cooked rice _____

Decrease to 3 servings and keep measurements in Imperial

2/3 cup yellow cornmeal _____

1/3 cup all purpose flour _____

3/4 tsp baking soda _____

1/4 tsp baking powder _____

1 tsp sugar _____

1/4 tsp red pepper flakes _____

3/4 cup buttermilk _____

2 ½ tbsp egg substitute_____

1 tbsp butter_____

Read Chapter 10 Guide to Good Food and complete the following

Assignment 5: - Equipment Review – 22 marks

_____1. I am preferred by most chefs for incorporating air into foods like soufflés and for preventing lumps from forming in sauces.

_____2. I keep dough from sticking to a rolling pin.

_____3. I am used to brush butter or sauces on foods.

_____4. I am several thin, curved pieces of metal attached to a handle, and I am used for making pie crust.

_____5. I am inserted into the thickest part of meat or poultry to register the internal temperature.

_____6. I am a four-sided metal tool used to shred and grate foods such as cabbage and cheese.

_____7. I have a variety of uses including snipping herbs; trimming vegetables; and cutting meat, dough, and pizza.

_____8. I am used for scraping bowls and saucepans and for folding one ingredient into another.

_____9. I am used to remove the outer surface of fruits and vegetables.

_____10. I am made of glass or plastic, and I am used for measuring ingredients such as milk and syrup.

_____11. I am made of metal or plastic, and I am used for measuring ingredients such as flour and sugar.

_____12. I am used to measure small amounts of ingredients.

_____13. I am used to beat, blend, and incorporate air into foods.

_____14. I am used to roll dough or pastry.

_____15. I am used to drain fruits, vegetables, and pasta.

_____16. I am used to cut, slice, and chop foods.

_____17. I am used to protect countertops when chopping foods.

_____18. I am used to separate liquid and solid foods.

_____19. I am used to blend ingredients and remove lumps from powdered sugar.

_____20. I consist of a small pan that fits into a larger pan, and I am used to cook foods gently.

_____21. I am used for panbroiling foods or for cooking foods in a small amount of fat.

_____22. I am a flat sheet made of metal, and I am used for baking cookies.

Food Analysis

DIRECTIONS: Using the CFG as your resource, create a COMPLETE meal plan for each meal listed below. Make sure to include the amounts of each serving.
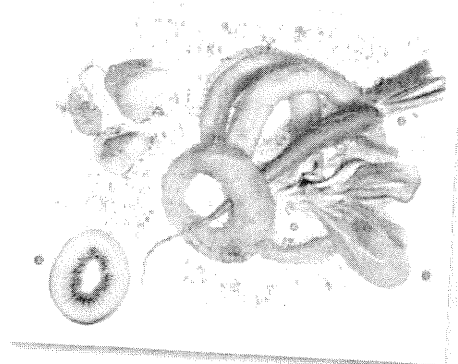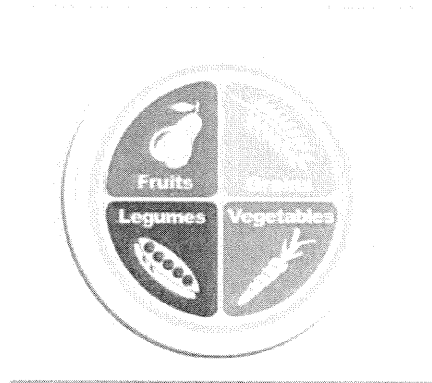
MENU

BREAKFAST

SNACK

LUNCH

SNACK

SUPPER

SNACK

Food Analysis

Questions:

1. How many total servings of fruits and vegetables are required for someone your age?

2. How many total servings of fruits and vegetables are in your menu?

3. How does your menu for grain products compare to what is required for your age group? Discuss.

4. What percentage of your grain products should be whole grains each day?

5. Did your menu provide enough milk and alternatives for the day?

6. If not, what else could you add to your meal to reach the requirements?

7. What is the health benefit if we drink milk?

8. How many meat and alternatives were provided in your meals for the day?

9. What are the healthiest meat and alternative options for us?

10. What macronutrient is found in the meat and alternatives category?
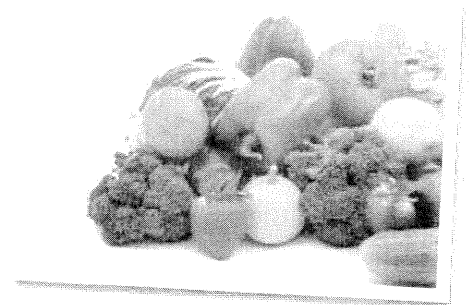
ACTIVITY

A Measure of Success

Directions: You will be able to measure ingredients successfully if you know the appropriate measuring tools to use for each ingredient. Imagine that you have the measuring tools listed below. Using only these tools, describe how you would measure the following amounts of ingredients.

Tools Available:
Measuring spoon set: 1/4 tsp., 1/2 tsp., 1 tsp., 1 Tbsp.
Dry measures: 1/4 cup, 1/3 cup, 1/2 cup, 1 cup

How would you measure . . .

1. 3/4 cup of sugar

   _____

   _____

2. 2/3 cup of fine bread crumbs

   _____

   _____

3. 3/4 teaspoon vanilla extract

   _____

   _____

4. 1½ tablespoons of cornstarch

   _____

   _____

5. 3¼ cups of flour

   _____

   _____

6. 5/8 cup of cornmeal

   _____

   _____

7. 7/16 cup of sugar

   _____

   _____

8. 3/8 tsp. pepper

   _____

   _____