Measuring Experiments

***EXPERIMENT #1***

Experiment #1

How many Tablespoons should she use?\_\_\_\_\_\_\_\_\_\_ 1. Which is bigger ¼ cup or ½ cup?\_\_\_\_\_\_\_\_

2. 1 cup=\_\_\_\_\_\_T

3. ¾ cup=\_\_\_\_\_\_T

4. ½ cup=\_\_\_\_\_\_T

5. ¼ cup=\_\_\_\_\_\_T

6. 1/8 cup=\_\_\_\_\_T

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

***EXPERIMENT #2***

List the items needed when using the ***WATER DISPLACEMENT*** method.

1.

2.

***EXPERIMENT #3***

|  |  |
| --- | --- |
| Original | Doubled |
| 1 ½ cup flour |  |
| 1/8 cup sugar |  |
| ¼ tsp salt |  |
| ¾ tsp corn meal |  |

***EXPERIMENT #4***

1. How many T are in a cube of butter?\_\_\_\_\_
2. How would you measure ¼ cup using the butter wrapper?
3. How many cups are in a cube of butter?\_\_\_\_\_\_
4. How many cubes of butter are in a box?\_\_\_\_\_\_
5. 4 cubes =\_\_\_\_\_lb of butter
6. If a recipe calls for 2 cups of butter how many cubes would you need?\_\_\_\_\_\_

***EXPERIMENT #5***

1. How many teaspoons did you use?\_\_\_\_\_\_\_\_\_\_\_\_
2. List the four standardized measuring spoons and put them in order from smallest to largest.

|  |
| --- |
|  |
|  |
|  |
|  |

***EXPERIMENT #6***

|  |  |
| --- | --- |
| Original | Halved |
| 2/3 cup water |  |
| ½ cup flour |  |
| ¼ cup cornmeal |  |
| 1 ½ cup sugar |  |

1. What did you use to measure a 1/8 of cup?\_\_\_\_\_\_\_\_

2. What measuring cups did you use to measure ¾ cup of cup? \_\_\_\_\_ and \_\_\_\_\_

***EXPERIMENT #7***

1. Which is the correct method? (circle one)

Firmly packed or scooped then leveled

1. If measured correctly the brown sugar will hold the \_\_\_\_\_\_\_\_\_\_ of the measuring cup.

***EXPERIMENT #8***

1. How many ounces did each guest get?\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. How many oz are in a cup? \_\_\_\_\_

3. How many oz are in a ½ cup?\_\_\_\_\_

4. How many cups are in 32 oz?\_\_\_\_\_

***Experiment #9***

1. How many T did you use?\_\_\_\_\_\_
2. \_\_\_\_T=1/8 cup
3. \_\_\_\_T =1/4 cup
4. \_\_\_\_T=3/4 cup
5. \_\_\_\_T=1 cup

***Experiment #10***

1. How many ¼ tsp did you use?\_\_\_\_\_\_\_\_\_

What size of spoon is:

1. ¼ tsp=Small Medium Large Big
2. ½ tsp=Small Medium Large Big
3. 1 tsp=Small Medium Large Big
4. 1 T=Small Medium Large Big

***Experiment#11***

1. How many cups water did you use?\_\_\_\_\_\_\_\_\_\_\_
2. 1 cup=\_\_\_\_\_pints
3. \_\_\_\_\_ pints= 1 quart
4. \_\_\_\_\_quarts=1 gallon

***Experiment #12***

1. How many ½ cups and ¼ cups did you use?

½ cup \_\_\_\_\_\_\_ ¼ cup\_\_\_\_\_\_

1. List the 4 standardized measuring cups from largest to smallest

|  |
| --- |
|  |
|  |
|  |
|  |

***Experiment #13***

1. How many Tablespoon did you use?\_\_\_\_\_\_\_\_\_\_\_
2. When measuring liquid using measuring spoons do you need to: (circle)

Level off the measuring spoon? Yes Or No

Pack the ingredients? Yes Or No

Pour ingredients directly into the measuring spoon? Yes Or No

***Experiment #14***

1. What measuring tools did you use? \_\_\_\_\_\_\_\_\_\_\_\_\_
2. How many ¼ tsp are in 1 tsp? \_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. How many 1/2 tsp are in 1 tsp? \_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. How many 1 tsp tsp are in a T? \_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Know your Abbreviations and Equivalents**

**While waiting for the next experiment, write the correct term that is abbreviated.**

1. T\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Oz\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. C\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. tsp.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. qt\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. lb.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
7. pkg.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
8. Tbs.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
9. gal\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
10. pt\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
11. Tbsp.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

12. 1 Tbsp. = \_\_\_\_\_\_\_\_ tsp

13. 1 c = \_\_\_\_\_\_\_\_Tbsp.

14. 1/3 c = \_\_\_\_\_\_\_ Tbsp.

15. 1 stick/cube butter = \_\_\_\_\_ c

16. ¼ c = \_\_\_\_\_\_\_ Tbsp.

17. 16 Tbsp. = \_\_\_\_\_\_\_ c

19. 1 pt = \_\_\_\_\_\_ c

20. 1/8 c = \_\_\_\_\_\_ Tbsp.

21. ½ c = \_\_\_\_\_\_\_\_ Tbsp.

22. 12 Tbsp. = \_\_\_\_\_\_\_ c

23. 2 Tbsp. = \_\_\_\_\_\_\_c

24. 16 Tbsp. = \_\_\_\_\_\_\_c

25. 4 Tbsp. = \_\_\_\_\_\_\_c

26. 2 pt = \_\_\_\_\_\_\_qt

27. 1 gal. = \_\_\_\_\_\_\_qt

28. 1 pt = \_\_\_\_\_\_\_c

**Chocolate Chocolate Chip Cookies**

* 1 cup flour
* ¼ cup cocoa
* ¼ tsp. baking soda
* 1/8 tsp baking powder
* 1/8 tsp salt
* 3 T Margarine
* 1 T Shortening (Crisco)
* ¼ cup brown sugar
* ¼ cup sugar
* 1 egg
* ½ tsp vanilla
* 1/3 cup white chocolate chips

Preheat oven to 350©. In a small bowl, combine flour, cocoa, baking soda, baking powder, and salt. Mix thoroughly with a wire whisk. Set aside. In a glass 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 ¼ cup.

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

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

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

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

7. What is the abbreviation for:

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

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

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

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

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

**Mystery Recipe**

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

Preheat oven to 350º. Mix dry ingredients in large bowl (Flour, sugar, pumpkin pie spice, baking soda, baking powder, and salt.) In another bowl whisk: eggs, pumpkin and butter until well blended. Melt butter. Stir in chocolate chips to egg, pumpkin, and butter mixture. Make a “well” in the center of the dry ingredient mixture. Pour egg, pumpkin, butter, and chocolate chip mixture into well of dry ingredients and fold-in until just moistened. (Do not over mix!) Grease muffin tin or use paper baking cups. Fill muffin tins 2/3 full. Bake at 350º for 20 to 25 minutes.

Lab Evaluation

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

Wooden Spoon Electric Mixer Whisk Pastry Blender

2. What type of motion is beat?

Gently Slow Fast Really Fast

3. Do you measure then sift or sift then measure?

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. What does cross contaminated mean?

4. What are the 3 appropriate methods for thawing frozen foods.

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

**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. Never store \_\_\_\_\_\_\_\_\_ under the kitchen sink and never mix \_\_\_\_\_\_\_\_\_\_\_ and bleach.
7. Circle all the kitchen ingredients you can use to put out a kitchen fire.

Flour Baking Soda Salt Sugar Water

**Microwave Experiments**

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

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

**Strawberry Cinnamon Rolls**

INGREDIENTS (FOR OVEN):

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

Preheat oven 375\*

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

INGEREDIENTS (FOR MICROWAVE): **DON’T BEGIN THIS RECIPE UNTIL THE OTHER RECIPE IS IN THE OVEN!**

* 2 T Margarine
* 2 T cinnamon/ sugar mixture
* 1 T water
* 2 T Strawberry jam
* 5 refrigerated Biscuits

1. Using the pizza cutter, CUT each biscuit into FOURTHS
2. In the ROUND casserole dish, combine cinnamon/ sugar mix, margarine and water (cover with paper towel) microwave on 70% power for 1 minute or until margarine is melted. Add preserves and stir until all is blended
3. ADD THE CUT UP BISCUITS ON TOP OF MIXTURE
4. Microwave at 50% for 2 minutes ( or until top is not sticky )
5. TO SERVE: place a large plate on top of casserole dish and turn upside down. \*WATCH FOR HOT SPOTS\*

Lab Evaluation

1. COMPARE

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| STRAWBERRY  CINNAMON  ROLLS | Appearance Describe | Texture  Tough/ tender | Flavor  Good/ ok/ bad | Rate 1-10 |
| Microwave |  |  |  |  |
| Oven |  |  |  |  |

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

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

1.

2.

3.

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

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

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

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

8. What materials should you cover foods with?

Plastic Wrap Paper Towel Tinfoil Wax Paper Lid

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

1.

2.

3.

**Apple Crisp**

* 2 large apples 1 tsp lemon juice
* ½ cup oatmeal
* ¼ cup flour
* ½ cup brown sugar
* 1 tsp cinnamon
* ¼ tsp nutmeg
* ¼ cup margarine

Core, PEEL and slice the apples into thin wedges. Place apples in a bowl with the 1 tsp lemon juice. Using a pastry blender cut in the margarine oatmeal, flour, brown sugar, cinnamon, nutmeg until the mixture is crumbly. In the square 9x9 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.

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

**STEP #1**

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

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

**STEP #2**

Add egg. Stir. Make one tiny pancake.

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

***STEP #3***

Add baking powder. Stir. Make one tiny pancake.

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

**STEP#4**

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

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

**STEP #5**

Add oil. Stir. Make one tiny pancake.

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

**STEP #6**

Make the rest into pancakes and enjoy.

**Buttermilk Biscuits**

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

Honey butter for topping

1. Preheat oven to 425©
2. In a mixing bowl combine flour, baking powder, salt and baking soda.
3. Using a pastry blender cut the shortening into the flour mixture until there are crumbs.
4. Add the buttermilk mix until dough forms
5. With a rolling pin roll dough out ½ inch thick cut with biscuit cutter.
6. Grease cookie sheet and bake for 12 minutes
7. Serve with honey butter

Lab Evaluation

1. Which ingredient does what?

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

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

Pour batter drop batter dough

**Orange Oatmeal Muffins**

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

Topping:

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

Preheat oven to 400º. In the blender, combine the oats, orange juice, egg and oil, press pulse 4 times. In a large bowl combine the flour, sugar, baking soda, baking powder, and salt. Make a well in the dry ingredients and pour the liquid ingredients in the well. Fold in blueberries and orange peel. Fill 1 muffin cup to the top and fill the rest 2/3 full. 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.Overmixing causes quick \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to become tough and have \_\_\_\_\_\_\_\_\_\_\_\_.

3.What three things do you need to form gluten?

4. Muffin Competition

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| UNIT | Golden  brown | Cauliflower  Top | Peaked Top | Flat  Top | Tunnels | No  Tunnels | Flavor | Type of muffin |
| 1 |  |  |  |  |  |  |  |  |
| 2 |  |  |  |  |  |  |  |  |
| 3 |  |  |  |  |  |  |  |  |
| 4 |  |  |  |  |  |  |  |  |
| 5 |  |  |  |  |  |  |  |  |
| 6 |  |  |  |  |  |  |  |  |
| 7 |  |  |  |  |  |  |  |  |
| 8 |  |  |  |  |  |  |  |  |

**Yeast Experiments**

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

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

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

Evaluation

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

**Breadsticks**

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

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

Lab Evaluation

1. What happens if the water is cold when you add the yeast?
2. What happens if the water is hot when you add the yeast?
3. What’s yeast’s favorite food?
4. What does kneading mean?
5. What do you form when you knead dough?

**Fiber Party!!**

**Southwestern Eggs rolls (fiber style)**

* 1 cup frozen corn (thawed)
* 1/2 Can of black beans, rinsed and drained
* ½ pkg frozen, chopped spinach (thawed and squeeze dry)
* ½ cup shredded Mexican cheese blend
* ½ can diced green chilies
* ½ tsp ground cumin
* ¼ tsp chili powder
* ¼ tsp black pepper
* 10 egg roll wrappers

Preheat oven to 425º F.

In a large mixing bowl, combine the first 8 ingredients

Place ¼ C mixture in the center of one wrapper. (Keep remaining wrappers covered with a damp paper towel until ready to use) Fold bottom corner over filling. Fold sides toward the center over filling. Moisten remaining corner with water; roll up tightly to seal. Repeat until all egg rolls are made.

Place seam side down on a sprayed cookie sheet.

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

Mix cucumber dip while your egg rolls bake.

**Popcorn**

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

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

**Orange Fruit Slaw**

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

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
* ½ T Salt
* ½ tsp pepper
* ½ cup grated parmesan

Preheat the oven to 425 degrees.

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

Lab Evaluation

1. Circle all the foods that would be a good source of fiber:

Brown Rice Hamburger Oatmeal Chicken White Bread

Apple White Rice Seafood Lettuce Beans

2. The National Cancer Institute recommends \_\_\_\_\_\_-\_\_\_\_\_\_\_\_\_ grams of daily fiber.

3. True or False Fiber may reduce the risks of diverticulosis, colon and rectal cancer.

4. Look over the 4 recipes and circle the 15 ingredients that contain fiber.

**Rice**

Ingredients

* ½ cup rice
* 1 ½ cup water

In a saucepan place water and bring to a boil. Add rice, COVER the pan and reduce heat to a simmer. Simmer for 10-12 minutes until water is absorbed. After the rice is cooked measure the cooked rice. How much rice did it YIELD\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Stir fry ingredients

* 1 T vegetable oil (for vegetables)
* 1 tsp oil (for egg)
* 2 slices of ham (diced)
* 1 scallion (sliced)
* 1 piece of ginger (minced)
* ½ cup medley frozen corn, peas, and carrots
* 1 egg
* 1 T soy sauce
* ½ cup cooked Brown rice

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

1. What is the ratio formula for rice? \_\_\_\_:\_\_\_ 2 cups of uncooked rice will yield?\_\_\_\_\_\_

2. Do you cook rice covered or uncovered?

3. Circle the rice that is precooked and then dehydrated.

Short Grain Brown Rice Long Grain Instant Rice

4. Circle the rice that is 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 ½ quarts water (how many cups?\_\_\_\_\_\_\_\_\_\_\_\_\_\_)

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

SAUCE

* 3 T margarine
* 3 T flour
* ¼ tsp. salt
* 1 ½ cups milk
* 4 oz. of grated sharp cheddar cheese

NOODLES

1. Prepare the pasta according to the notes that were taken in class and cooking time according to the box of pasta.
2. Add the macaroni and salt, and continue to boil until the macaroni is tender Drain using a colander.

SAUCE

1. In a sauce pan melt the margarine. Remove from heat stir in the flour and salt, gradually add the milk.
2. Heat to a boil stirring constantly. Remove from heat.
3. Add the cheese and macaroni. Place in a serving bowl and enjoy.

Lab Evaluation

1. 1. What is the ratio formula for pasta? \_\_\_\_:\_\_\_
2. 2 cups of uncooked pasta will yield? circle the answer

1 cups 2 cups 4 cups 6 cups

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

**Peanut Butter and Milk Chocolate Chip Fudge**

* ¾ cup sugar
* 1/3 cup evaporated milk
* 1 T Butter
* ¾ cup MINIATURE marshmallows
* ¼ cup peanut butter chips
* ½ cup MILK chocolate chips
* 1 tsp. vanilla

Line the square glass 9x9 pan with tin- foil. Make sure you cover all the sides. Spray with pam.   
Combine the sugar, evaporated milk, and butter in a medium sauce pan. Heat over MEDIUM LOW heat (3 or 4). Stir with a wooden spoon constantly until mixture reaches a boil. Boil for 5 minutes. Remove from heat: stir in marshmallows, all chips and vanilla. Pour into prepared pan- let cool until the clean –up bell rings.

Lab Evaluation

1. List all of the ingredients that contain a carbohydrate
2. What type of carbohydrate are these ingredients?
3. What type of energy do you get from these carbohydrates?
4. Simple carbohydrates are made of S \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ .
5. 1 gram of carbohydrates=\_\_\_\_\_\_\_\_\_\_\_\_calories

5. Words ending in \_\_\_\_\_\_\_\_ are sugars.

\_\_\_\_\_\_\_\_Sucrose A. Milk Sugar

\_\_\_\_\_\_\_\_Lactose B. Blood Sugar

\_\_\_\_\_\_\_\_Glucose C. Table Sugar

**Apple Bran Cake with Caramel Syrup**

Cake:

* 1 cup whole wheat flour
* ½ tsp baking powder
* ½ tsp baking soda
* ¼ tsp salt
* ¼ cup margarine
* ½ cup white sugar
* ¼ cup plus 2 T apple butter
* ½ tsp vanilla
* 2 T bran cereal
* 2 T wheat germ
* ½ cup plain yogurt
* 1 eggs
* ½ apple peeled and chopped

Topping:

* ½ cup brown sugar
* ½ tsp cinnamon
* ¼ tsp nutmeg

Preheat the oven to 350© F and grease the square glass pan.

Prepare the topping in a small mixing bowl by mixing spices and brown sugar with a fork.

Stir together the flour, baking powder, baking soda, and salt. CREAM butter and sugar together in a large bowl with an electric mixer until light fluffy; add egg thoroughly beating egg into the butter mixture. Add apple butter, vanilla, and wheat germ and bran cereal to cream ingredient. Then add dry ingredients and yogurt and chopped apple mix well.

Pour half of the batter into the prepared pan; sprinkle half of the topping over the batter. Pour remaining batter into pan and top with the rest of the topping.

Bake for 33-38 minutes.

Serve warm with caramel sauce!

CARAMEL SYRUP (teacher makes)

* 1 /2 cup+ 2T granulated sugar
* ¼ cup + 2T buttermilk
* 1/4 cup butter
* 1 T corn syrup
* ½ tsp. baking soda
* 1 tsp. vanilla extract

In 4-quart saucepan stir together all ingredients except vanilla. Bring to a boil, stirring often. Cook for 7 minutes on medium high, stirring occasionally. Remove from heat; stir in vanilla.

EVALUATION

1. We get the following of carbohydrates do you get from the apple bran cake?

Simple \_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_ Starch Cellulose\_\_\_\_\_\_\_\_\_\_

1. What ingredients would be an example of a Simple carbohydrate?
2. What ingredients would be an example of a Complex carbohydrate?
3. What ingredients would be an example of a Fiber?
4. Complex carbohydrates are also called S\_\_\_\_ \_\_\_ \_\_\_ \_\_\_\_\_ \_\_\_\_.

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

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

8. Circle all the good sources of complex carbohydrates.

Whole Grains Soda Pasta Cookie Sucker Rice Beans

9.Draw the Wheat Kernel

1. Circle all the whole grains

Oatmeal Popcorn Whole Wheat Flour White Flour White Rice

Brown Rice White Pasta Whole Wheat Pasta

**Low fat Chocolate Chip Cookies**

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

Preheat oven to 350. In a mixing bowl combine flour, soda, and salt. In the glass 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. Drop by teaspoons onto a cookie sheet. Bake for 10-12 minutes \*\*Note Bigger cookies take longer to bake.

Lab Evaluation

1. What teaspoons do you use to get ¾ tsp.?
2. Circle the ingredients contain fat in this recipe?
3. Does sugar contain fat? Yes No
4. What type of fat is butter? Saturated or unsaturated
5. What type of fat is vegetable oil? Saturated or Polyunsaturated
6. List 2 functions of fat?
7. We need fat to use fat soluble vitamins, list the 4 fat soluble vitamins:
8. 1 gram of fat =\_\_\_\_\_\_\_\_\_\_\_\_\_calories
9. LDL’s and HDL’s are the two types of \_\_\_\_\_\_\_\_\_\_\_\_\_
10. LDL’s are the \_\_\_\_\_\_\_\_\_cholesterol.
11. HDL”s are the \_\_\_\_\_\_\_\_cholesterol.
12. Cholesterol is only found in \_\_\_\_\_\_\_\_\_\_\_\_\_products
13. Cook more with \_\_\_\_\_\_\_ than butter.
14. True or False Yogurt can be used to replace solid.
15. 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 saucepan half full of water. Add white vinegar to the cooking water. This will make the egg white cook faster so it does not spread. Bring to a slow boil. Gently break 1 of the eggs into the water taking care not to break it. Repeat with remaining eggs. Reduce the heat to a gentle simmer. Cook 3 1/2 minutes until the egg white is set and yolk remains soft. Remove with a slotted spoon, allowing the egg to drain. Brown the bacon in a medium skillet and toast the English muffins, cut sides up, on a baking sheet under the broiler.

Hollandaise Sauce Packet (teacher makes)

Follow the instructions on the packet.

To assemble: Lay a slice of Canadian bacon on top of each muffin half, followed by a poached egg. Season with salt and pepper. Spoon hollandaise sauce over the eggs. Yield: 4 servings

Lab Evaluation

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

**Meatballs**

* ½ lb ground beef
* 1 egg
* ½ tsp. salt
* ½ tsp. pepper
* 1 T water
* ¼ c bread crumbs
* 3 T parmesan cheese

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

Sauce

* 1/2 cup ketchup
* ¼ cup brown sugar
* 2 T seasoned vinegar
* 1 tsp. mustard

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

**Puffed Pancakes**

* ½ cup flour
* ¾ cup milk
* 2 large eggs
* 1/8 tsp salt

¼ 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 ½ 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 a Ziploc bag and roll a rolling pin over it until the cereal becomes crumbs.

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**

* 3/4 cup sugar
* 3 T cornstarch
* 1/4tsp salt
* 2 cup milk
* 3 slightly beaten egg YOLKS
* 1 T vanilla
* 16 vanilla wafers

In a sauce pan combine sugar, cornstarch, and salt. Gradually stir in milk. Use a whisk stir over medium high heat until it reaches a boil. In a bowl add the 3 egg yolks and 1/2 cup of hot liquid mix well. This is called Tempering and Egg. Immediately return to hot mixture; add vanilla and cook 2 minutes stirring constantly. Remove from heat and serve with vanilla wafers.

Lab Evaluation

Which recipe was an example of?

|  |  |
| --- | --- |
|  | RECIPE |
| Binder |  |
| Coating |  |
| Leavening Agent |  |
| Thickener |  |

‘

1. What two ingredients can eggs emulsify?

1.

2.

2. Circle all the methods of cooking eggs:

Hard Cooked Poached Broil Scrambled Soft Cooked Saute

Fried Puree Blanched

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

1. Eggs are toughened by \_\_\_\_\_\_\_\_\_ or by long exposure to \_\_\_\_\_\_\_\_\_\_\_\_\_.
2. List 5 of the 9 nutrients, vitamins or minerals we get from eggs?

1-

2-

3-

4-

5-

**Bean and Rice Burrito**

**Rice**

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

Directions:

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

**Homemade Refried Beans**

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

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
* 1 frozen burrito (microwave as directed)

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

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

Divided frozen burrito into 4ths and complete the comparison sheet. DUE TODAY!!

Lab Evaluation

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

Hamburger Beans Chicken Rice Milk

Cheese Nuts Seafood Orange Broccoli

1. List 2 of the 4 functions of protein.

1.

2.

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

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

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

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

9. Circle all of the Incomplete proteins:

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

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

**Vegan 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 grated 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

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

Complete protein or incomplete protein

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

**Super Hero Vitamin Save the Day Smoothies Day 1**

**Outrageous Orange Odd Kitchens**

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

**Lean Green Vitamin Machine      Even Kitchens**

* + 1 Cup packed spinach
  + 1 kiwi peeled and quartered
  + ½ C low fat vanilla yogurt
  + 1 frozen banana
  + 10-15 green grapes
  + ½ C water
  + 1 Cup ice cubes

**Smoothie Day 1 Evaluation**

1. Circle the Fat-Soluble vitamins

Vitamin A Vitamin B Vitamin C Vitamin D

Vitamin E Vitamin K

1. Circle the Water-Soluble Vitamins

Vitamin A Vitamin B Vitamin C Vitamin D

Vitamin E Vitamin K

1. How many “B” vitamins are there? \_\_\_\_\_\_\_\_\_
2. 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. If your deficient in this vitamin you could have scurvy?
6. This vitamin is know as the sunshine vitamin?
7. This vitamin helps heal wounds and increases your immune system?
8. What three colors of fruits and vegetables have the highest amount of vitamins and minerals?

1.

2.

3.

11. Spinal Bifida or Neural Tube defect is prevent by getting enough of which “B” Vitamin?

12. Which vitamin helps our red and white blood cells?

**Super Hero Vitamin Save the Day Smoothies Day 2**

**Whole Grain Goodness Smoothie Odd Kitchens**

* ½ oatmeal
* 1 cup lowfat vanilla yogurt
* 1 Cup peaches
* ¼ C. orange juice concentrate
* 1 frozen banana
* ½ Water
* 1 Cup ice

**Kale Apple-Berry Delight Even Kitchens**

* 1/2 Cup orange juice concentrate
* 1/2 Cup strawberry yogurt
* 1 T honey
* 1 1/2 Cup kale
* 1 c upfrozen triple berries
* 1/2 apple cut into 4ths
* 1 frozen banana
* ½ C cold water

**Electrolyte Sports Drink All Kitchens**

* ¼ C sugar
* ¼ tsp salt
* ¼ C HOT water
* 1/2 C orange juice
* 2 Tbs lemon juice
* 1 C ice
* 3 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. 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 method you uses to cook the vegetables:

Microwave Bake Steam Stir-Fry Simmer Sauté

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

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

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

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

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

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

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

1. 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)

¼ clove of garlic minced

¼ red pepper minced

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 colander 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 all your cheese.

Experiment

Measure liquid drained from cheese experiment. Weight the Answer the following:

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

Recipe Continued

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

Evaluation

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

A.

B.

1. What word describes cooking milk at a high temperature to kill all the bacteria?
2. What is homogenized?
3. What does fortified mean?
4. Milk is fortified with what two vitamins

A.

B.

7. It is recommended that teens and adults get how many cups of milk?

8. Milk and Dairy Products contain what macro minerals?

1-

2-

3-

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

**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 ½ tsp oregano
* ½ 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

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

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

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

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

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

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

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

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

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

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

Brown Bread

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

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

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

Mix flour, brown sugar, and margarine. Remove ½ cup of mixture set aside. Dissolve soda and water. Add soda, egg, buttermilk, and salt. Mix until well combined. Pour into 9x9 square glass pan. Sprinkle reserve mixture over top Bake at 350 º for 30 minutes.

Lab Evaluation

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

CHEETOS ORANGE HOT POCKET OREOS CELERY

FRENCH FRIES FROZEN BURRITO CANNED SOUP

1. Circle all the foods that would be an EMPTY CALORIE and underline the nutrient dense foods.

APPLE DR PEPPER DOUGHNUT ICE CREAM CHERRIOS MILK PASTA BAKED POTATO FRENCH FRIES

1. Circle the current 6 dietary guidelines:
   1. Eat Nutrient dense foods
   2. Reduce sodium, fats, added sugars, refined grains & alcohol.
   3. Increase your empty calories to increase energy
   4. Build healthy eating patterns that meet nutritional needs over time at an appropriate calorie level
   5. Foods to increase vegetables, fruits, whole grains, milk, seafood, and use oils in place of solid fats.
   6. Balance calories to manage weight.
   7. Increase solid fats to help lower cholesterol
   8. Include physical exercise as a part of a healthy eating patterns. 6-17 year olds should be active 60 minutes or more each day.
   9. Enjoy your food in large portions

Orange Julius

* 1 cup milk
* 1 cup water
* ¼ cup sugar
* 1 tsp. vanilla
* 6oz frozen orange juice
* 2 cups of ice

Combine milk, water, sugar, and vanilla in a blender on low speed. Add frozen juice blend until mixed. Add 2 cups of ice a little at a time. Blend until smooth.

Lab Make-Up Sheet

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

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

1. Did the product turn out? Yes No
2. Did you complete missed lab evaluation? Yes No
3. List two things you learned from preparing this food:
   1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. Parent Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_or email picture to kelli.bringhurst@washk12.org

Lab Make-Up Sheet

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

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

1. Did the product turn out? Yes No
2. Did you complete missed lab evaluation? Yes No
3. List two things you learned from preparing this food:
   1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. Parent Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_or email picture to kelli.bringhurst@washk12.org

Lab Make-Up Sheet

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

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

1. Did the product turn out? Yes No
2. Did you complete missed lab evaluation? Yes No
3. List two things you learned from preparing this food:
   1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. Parent Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_or email picture to kelli.bringhurst@washk12.org

Lab Make-Up Sheet

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

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

1. Did the product turn out? Yes No
2. Did you complete missed lab evaluation? Yes No
3. List two things you learned from preparing this food:
   1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. Parent Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_or email picture to kelli.bringhurst@washk12.org

Lab Make-Up Sheet

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

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

1. Did the product turn out? Yes No
2. Did you complete missed lab evaluation? Yes No
3. List two things you learned from preparing this food:
   1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. Parent Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_or email picture to kelli.bringhurst@washk12.org

Lab Make-Up Sheet

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

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

1. Did the product turn out? Yes No
2. Did you complete missed lab evaluation? Yes No
3. List two things you learned from preparing this food:
   1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. Parent Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_or email picture to kelli.bringhurst@washk12.org