

Name: _____

Period: _____ Date: _____

Foods Lab Rules:

1. Do **NOT** sit on the _____!
2. Always wear an _____!
3. Stay in your own _____!
4. Always _____ your _____
for a minimum of _____ seconds!
5. Clean up your own _____ Immediately!
6. Pull back _____!
7. Do **NOT** brush your _____ in the Kitchen!
8. Put _____ towels & aprons in the _____!

Kitchen Equipment Notes:

- A. Liquid Measuring Cup:
used to measure ingredients such as
_____, _____, & _____.
- B. Metric Wonder Cup:
used to measure ingredients such as
_____, & _____.
- C. Dry Measuring Cups:
used to measure large amounts of ingredients such as
_____, _____, & _____.
- D. Measuring Spoons:
used to measure small amounts of liquids and solids such as
_____, _____, & _____.

Cooking Terms

Notes

1.	◆ To make a mixture _____ by stirring _____.
2.	◆ To cook a liquid until _____ rise continuously and _____ at the surface.
3.	◆ To _____ into small pieces with a _____.
4.	◆ To _____ the center of a _____.
5.	◆ To blend with a spoon or _____ until fluffy, light and well _____.
6.	◆ To mix _____ and _____ with a _____ or two knives
7.	◆ To _____ combine two mixtures by cutting down through the center with a _____, across the bottom of the bowl, and up and over close to the _____.
8.	◆ To _____ on a tool that separates or _____ the food into _____ pieces.
9.	◆ To spread a thin layer of _____ or _____ on a baking pan.
10.	◆ To work or _____ dough with the palms of the _____.
11.	◆ To remove the peeling by using a _____ or _____.
12.	◆ To _____ in a small amount of _____.
13.	◆ To heat to just _____.
14.	◆ To mix _____ using a circular motion until well _____.
15.	◆ To mix foods lightly using a _____ with two forks or a _____ and a _____.
16.	◆ To beat _____ and make light and _____.

Beat
Grease

Boil
Knead

Chop
Pare

Core
Sauté

Cream
Simmer

Cut-in
Stir

Fold-in
Toss

Grate
Whip