

Food Skills Class

Safety

Course Description: You will learn the basics of food safety.

Explain the basic safety rules for preparation and storage of food. _____

Explain basic knife safety. _____

Explain how and when to fight a cooking fire. _____

Learn how to deal with a nuisance smoke alarm. _____

Safety Graduation: Move ahead to Cooking.

Cooking

Course Description: Learn to make each of the following items. Have Mom or Dad initial and date each item when you can prepare it by yourself.

Breakfast

Pancakes _____

French Toast _____

Granola _____

Hard Boiled Eggs _____

Smoothies _____

*Your Choice

Item: Bacon _____

Item: Waffles _____

Item: German Pancakes _____

Item: Eggs over Easy _____

Item: Hole-in-One _____

Breakfast Graduation: You may have one or two friends spend the night. In the morning, you get to prepare breakfast for everyone.

Main Dishes

Spaghetti _____

Fish Tacos _____

Tacos/Nachos _____

Roast w/carrots and potatoes _____

Potato-Leek soup _____

Grilled Salmon _____

Chili _____

Broiled Flank Steak _____

Hamburgers _____

Lasagna _____

Main Dishes continued

*Your Choice

- Item: Crockpot Chicken _____
- Item: Chicken noodle soup _____
- Item: Black Bean Burgers _____
- Item: Spaghetti Squash _____
- Item: Shredded beef _____

Side Dishes

- Green salad _____
- Pasta salad _____
- Roasted vegetables _____
- Mashed potatoes _____
- Pureed squash _____
- Baked potatoes _____
- Refried beans _____
- Rice _____

*Your Choice

- Item: Steamed Artichoke _____
- Item: Sweet Potatoes w/Pecans _____
- Item: Sweet Potato Fries _____
- Item: Potato Salad _____
- Item: _____

Main and Side Dishes Graduation: We will pay to throw a dinner party for you and up to three of your friends. You prepare all the food.

Baking

Learn to bake the following:

- Bread
 - By Hand _____
 - Mixer _____
 - Bread Machine _____
- Rolls or breadsticks _____
- Pizza Crust _____
- Pie _____
- Quick bread or muffins _____
- Cake _____
- Frosting _____
- Cookies _____

*Your Choice

- Item: Cinnamon Rolls _____
- Item: Single Serve Pie _____

Baking Continued

Item: _____

Item: _____

Baking Graduation: We will throw a graduation party for you and your friends. You'll be the baker and treat everyone to a feast of your favorite baked items.

Self Reliance in the Kitchen

Course Description: The following items are ones that most people buy already made at the store. Learn to prepare these items at home.

Dairy

Yogurt _____

Sour Cream _____

Butter _____

Salad Dressings

Basic Vinaigrette _____

Ranch _____

Pasta Sauces:

Classic Tomato _____

Cheese Sauce _____

Pesto _____

Canning

Fruit _____

Jam _____

Vegetable Stock _____

Chicken Stock _____

Grind Wheat into Flour _____

Self Reliance Graduation: You get to be the teacher. Invite up to four friends over and teach them self-reliance skills by showing how to make some of the things above. Be sure to allow for lots of tasting!

Grocery Shopping

Course Description: Learn how to shop. Learn to buy the best products for the best prices in the quantities needed.

Method: Participate with Mom when she plans menus and writes grocery shopping lists. Go shopping with Mom. She will teach you how to read labels, select products, compare prices, and buy the right amount of each item.

Content: Participate with writing ten shopping lists. Shop with Mom ten times and let her teach you how to shop. Listen to Mom's instructions and ask a lot of questions. When you get home, learn how to put everything away.

Explain how to read a nutritional label _____

Dates of Shopping Trips

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

Final Exam: Do everything by yourself two times. Prepare the shopping list, do all of the shopping, include paying with cash or a debit card, load it in the car, carry it into the house and put it all away, including the bags.

Dates of Final Exams

Signed by Mom

- | | |
|----------|-------|
| 1. _____ | _____ |
| 2. _____ | _____ |

Graduation Award: You know how to shop now! Great! You will be presented with a gift certificate to a grocery store of your choice.

Fire Safety in the Kitchen

Do you know where the fire extinguisher is kept and how to use it?

How and When to Fight Cooking Fires

- When in doubt, just get out. When you leave, close the door behind you to help contain the fire. Call 9-1-1 or the local emergency number after you leave.
- If you do try to fight the fire, be sure others are already getting out and you have a clear path to the exit.
- Always keep an oven mitt and a lid nearby when you are cooking. If a small grease fire starts in a pan, smother the flames by carefully sliding the lid over the pan (make sure you are wearing the oven mitt). Turn off the burner. Do not move the pan. To keep the fire from restarting, leave the lid on until the pan is completely cool. **Never put water on a grease fire!**
- In case of an oven fire, turn off the heat and keep the door closed to prevent flames from burning you or your clothing.
- If you have a fire in your microwave oven, turn it off immediately and keep the door closed. Never open the door until the fire is completely out. Unplug the appliance if you can safely reach the outlet.
- After a fire, both ovens and microwaves should be checked and/or serviced before being used again.

Nuisance Smoke Alarms

- Move smoke alarms farther away from kitchens according to manufacturers' instructions and/or install a smoke alarm with a pause button.
- If a smoke alarm sounds during normal cooking, press the pause button if the smoke alarm has one. Open the door or window or fan the area with a towel to get the air moving. Do not disable the smoke alarm or take out the batteries.
- Treat every smoke alarm activation as a likely fire and react quickly and safely to the alarm.

Information from http://www.usfa.dhs.gov/citizens/home_fire_prev/cooking.shtm

How to Use a Kitchen Knife

There are five basic types of kitchen knives:

- **Chef's Knife**
A chef's knife is usually the largest knife in the kitchen, with a wide blade that is 8" to 10" long. Choose a knife that feels good and balanced in your hand. The knife should have a full tang. *This means that the blade should go all the way through the handle for the best wear and stability.*
- **Paring Knife**
Paring knives are generally 2-1/2-4" in length. The most often used knife in the kitchen. It is ideal for peeling and coring fruits and vegetables, cutting small objects, slicing, and other hand tasks.
- **Utility Knives**
Utility knives are longer than paring knives but smaller than chef's knives, usually around 5-8" long. They are also called sandwich knives because they are just the right size for slicing meats and cheeses.
- **Boning Knife**
This type of knife has a more flexible blade to curve around meat and bone. Generally 4-5" long.
- **Bread Knife**
Bread knives are usually serrated. Most experts recommend a serrated knife that has pointed serrations instead of wavy serrations for better control and longer knife life. You must use a sawing motion when using a serrated knife.

Using a Knife

- **A knife that is not sharp is dangerous.** It can slip off the food you're cutting and easily cut your fingers instead. Keep your knives sharp.
- Chop slowly and carefully.
- Always cut away from your body.
- Watch what you're doing at all times.
- Keep little kids and pets out of the kitchen when you're working with knives!
- Make sure your hands are dry and the surface you're working on it nonslip.
- Make sure that you curl your fingers under on the hand holding the food. This takes a while to get used to, but will become second nature with practice. If your fingers are curled under, the chances are good you will never cut yourself.
- Use your dominant hand, hold the knife firmly and, using a rocking motion, cut through the food. The knife should not leave the surface you're working on. Move your hand (with the curled under fingers) along as the knife cuts the food.

Caring For Your Knives

Store your knives in a knife block or on a magnetic knife rack. When knives are thrown into a drawer, they will become dull more quickly, plus there's a good chance you'll cut yourself reaching in to retrieve one. Most manufacturers recommend that high quality knives be washed by hand and dried immediately.

Read and Understand Nutrition Labels

A nutrition label provides the nutritional information for a given food. At the very least it will show you:

- The number of calories in a serving.
- The number of grams of carbohydrates per serving.
- The number of grams of protein in a serving.
- The number of grams of fat in a serving.

Unfortunately, no standard format for nutrition labels exists. Some are big, while others are barely visible. Some are quite detailed while some barely give you the basics. In some countries labels are becoming standardized which will make label reading much easier.

First let's begin with learning what a nutrition label looks like and what type of information it contains. Below is the nutritional information for 1% milk. Match the numbers on the left with their corresponding explanations below.

Nutrition Facts	
Serving Size 1 Container (8 oz.)	
Amount Per Serving	
2 → Calories 127	Calories from Fat 4
% Daily Value*	
3 → Total Fat <1g	0%
Saturated Fat 0g 0%	
4 → Cholesterol 5mg	2%
4 → Sodium 175mg	8%
4 → Total Carb 17g	6%
Dietary Fiber 0g 0%	
Sugars 17g	
6 → Protein 13g	
7 → Vitamin A 0%	Vitamin C 4%
7 → Calcium 45%	Iron 2%
<small>*Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	

1. Serving size tells you what amount of the food or drink the nutritional information is based on. Some nutrition panels will also tell you how many servings are in the package or container. Look carefully at the serving size. In foods like potato chips for instance, the nutritional information is typically based on 30g. There may be 2, 3 or more servings in the bag you are about to consume which obviously doubles or triples the number of calories consumed.

2. Calories are a measure of energy. Your energy needs depend on factors such as your height, weight, gender, activity level and genetics. Consuming too many calories results in fat gain. Again, remember that the calorie total on the nutrition label is for the specified serving size only and that the package could, and often does, contain multiple servings.

Read and Understand Nutrition Labels continued

3. Total fat tells you how much fat is in a serving. On some, but definitely not all labels, the total will be broken down into the four different types of fat, namely saturated, polyunsaturated, monounsaturated and trans. In this particular example, it even breaks the polyunsaturated fat down into its two components – omega-6 and omega-3 essential fatty acids.

4. In this section, the two most important totals are the cholesterol and sodium. Obviously if you have high or borderline-high cholesterol you want to keep an eye on how much you are consuming. If you have high blood pressure, you really need to be diligent in reducing your sodium intake. As a rule, the amount of sodium should be no more than double the number of calories.

5. Tells you how many grams of carbohydrates are in a serving. A detailed nutrition panel will – as this one has – break down the carbohydrate total detailing how much fiber, sugar and starch is included in the total number. Obviously the higher the fiber the better.

As far as the sugar number goes, you must do a little investigation to determine whether the sugar listed is natural sugar (fructose in fruit, lactose in dairy) or sugar that's been added by the manufacturer (glucose, high fructose corn syrup).

And finally, starch tells you how much starch is in the product. In some cases, a product won't have starches listed but will – like in the case of my daughter's whole grain Cheerios® – have corn starch listed in the ingredient list.

6. Tells you how many grams of protein are in a serving.

7. Not all labels give you vitamin totals.

8. Down the right-hand-side you see numbers signifying what percent of the daily total is provided in a serving. Those percentages on is a total of 2000 calories per day.

Using Nutrition Labels To Make Good Decisions

If you're like most people, you read them looking first to see how many calories the food has and then to see how much fat lurks within. The problem is...

These numbers mean nothing unless...

A. You know how many calories you should be eating each day and at each meal.

B. You know how much fat, protein and carbohydrate you need at each meal.

Once you know how many grams of protein, carbohydrates and fat you need at each meal or snack, you simply look at the nutritional information for each component of your meal and compare it to your meal requirements.

Read and Understand Nutrition Labels continued

What labels can claim:

Below are some examples of Food and Drug Administration (FDA) definitions for words or phrases commonly found on products lining the supermarket's shelves.

SUGARS FATS CHOLESTEROL SODIUM FIBER MISCELLANEOUS

Sugars

- Sugar free: Less than 0.5 gram of sugar per serving
- No added sugar: No sugars added during processing or packaging, including ingredients containing sugar (e.g., fruit juice, jelly)
- Reduced sugar: At least 25 percent less sugar per serving than similar foods

Fats

- Fat-free: Less than 0.5 gram fat per serving
- Low fat: 3 grams or less of fat per serving
- Saturated fat free: Less than 0.5 gram of saturated fat per serving and the level of trans-fatty acids (hydrogenated fats) doesn't exceed 1 percent of total fat
- Low saturated fat: 1 gram or less of saturated fat per serving and not more than 15 percent of calories from fat

Cholesterol

- Cholesterol free: Less than 2 grams of cholesterol and 2 grams or less of saturated fat per serving
- Low cholesterol: 20 milligrams or less of cholesterol and 2 grams or less of saturated fat per serving
- Reduced or less cholesterol: At least 25 percent less cholesterol and 2 grams or less of saturated fat per serving

Fiber

- High fiber: 5 grams or more of fiber per serving
- Good source of fiber: 2.5 to 4.9 grams of fiber per serving

Sodium

- Sodium-/salt-free: Less than 5 milligrams of sodium per serving and no salt (NaCl) in ingredients
- Very low sodium: 35 milligrams or less of sodium per serving
- Low sodium: 140 milligrams or less of sodium per serving
- Unsalted/no salt added: No salt added in processing (not necessarily salt-free)
- Light in sodium: At least 50 percent less sodium per serving than similar food

Miscellaneous

- Calorie-free: Less than 5 calories per serving
- Low calorie: 40 calories or less per serving
- Reduced/less: At least 25 percent less per serving than similar food products
- Light/lite: At least 1/3 less calories or 50 percent less fat per serving (can refer to color, taste, or texture if clearly explained)

Read and Understand Nutrition Labels continued

- Less: Less than 10 grams of fat, 4 grams of saturated fat, and 95 milligrams of cholesterol per serving
- Extra lean: Less than 5 grams of fat, 2 grams of saturated fat, and 95 milligrams of cholesterol per serving
- High/rich/excellent: At least 20 percent of the Daily Value per serving
- Food/contains/provides: At least 10 percent more of the Daily Value per serving
- More/enriched/fortified/added/extra: At least 10 percent more of the Daily Value per serving
- Fresh: In the raw state; never cooked or frozen; no preservatives
- Healthy: Low in fat, saturated fat, and cholesterol; not more than 480 milligrams of sodium per serving; contains at least 10 percent of the Daily Value for vitamin A, vitamin C, calcium, iron, protein, or fiber per serving

Hands on Learning:

- ❖ Measure out a gram of the substance of the claim you are investigating in milliliters, then convert the amount to teaspoons and cups. Make observations and discuss the relationships of the various measurements.
- ❖ Convert the amount of grams, milligrams, etc., found in a certain product to cups, tablespoons, etc.
- ❖ Convert the amount of an ingredient in a certain product to the percent of the ingredient found in the entire product.

information from: <http://homebaking.org/foreducators/nutlabels.html>