

Activity 1

Preparation Techniques

How Is That Measured?

Purpose: To identify how to measure different ingredients.

Directions: For each ingredient listed below, describe the correct measuring technique in the space provided.

1. Brown sugar:

2. Yogurt:

3. Flour:

4. Milk:

5. Stick of butter:

Activity 2**Preparation Techniques**

Which Cutting Technique?

Purpose: To demonstrate knowledge of safe and efficient cutting techniques.

Part I. Directions: For each technique described below, write the correct cutting technique in the space provided to the left of each number.

- _____ 1. To chop finely.
- _____ 2. To cut food into small, irregular pieces.
- _____ 3. To cut food into ½ inch square pieces.
- _____ 4. To cut food into ⅛ inch to ¼ inch square pieces.
- _____ 5. To cut off a very thin layer of peel with a paring knife.
- _____ 6. To make straight, shallow cuts with a slicing knife in the surface of a food.
- _____ 7. To cut food into large, thin pieces.
- _____ 8. To cut food into very thin strips.

Part II. Directions: For each technique described below, write the correct technique for changing the size and shape of food in the space provided to the left of each number.

- _____ 9. To cut food into small pieces with kitchen shears.
- _____ 10. To use a blender to grind or mash cooked fruits or vegetables.
- _____ 11. To break up foods—such as meat or coffee beans—into coarse, medium, or fine particles.
- _____ 12. To break or tear foods, such as fish, into small layers.
- _____ 13. To pulverize food into crumbs, powder, or paste with a rolling pin.
- _____ 14. To divide food into four equal pieces.
- _____ 15. To crush food into a smooth mixture.

Activity 3**Preparation Techniques**

Which Way to Mix and Coat?

Purpose: To demonstrate knowledge of ways to mix and coat food.

Part I. Directions: For each technique described below, write the correct mixing technique in the space provided to the left of each description.

- _____ 1. Thoroughly mix and add air to food.
- _____ 2. Beat ingredients together, such as butter and sugar, until soft and creamy.
- _____ 3. Gently mix a light, fluffy mix into a heavier one.
- _____ 4. Mix with a spoon or wire whisk in a circular motion to distribute heat and keep foods from sticking.
- _____ 5. Mix ingredients, such as salads, by tumbling them with tongs.
- _____ 6. Beat quickly and vigorously to incorporate air into a mixture, making it light and fluffy.

Part II. Directions: For each technique described below, write the correct coating technique in the space provided to the left of each description.

- _____ 7. Lightly sprinkle a food with flour or confectioner's sugar.
- _____ 8. Coat a food with a liquid that forms a glossy finish.
- _____ 9. Pour liquid over a food as it cooks.
- _____ 10. Use a pastry brush to coat a food with liquid, such as butter.
- _____ 11. Coat a food with flour, milk or beaten egg, and seasoned crumbs or cornmeal.
- _____ 12. To put small pieces of food, such as butter, on the surface of another food.