

ACTIVITY

Sweet Endings

Directions: Match each description in the left column with the correct dessert from the right column. Write the letter of the dessert in the space provided. Do not use any letter more than once.

Description	Dessert
_____ 1. Creamy milk dessert thickened with cornstarch	A. applesauce
_____ 2. Mixture of flour, fat, sugar, leavening, and sometimes eggs	B. cinnamon
_____ 3. Dessert rolled out and cut with a shaped cutter	C. cobbler
_____ 4. Dessert using beaten egg whites for leavening	D. cookie dough
_____ 5. Frozen mixture of fruit juice, water, and milk	E. custard
_____ 6. Blend of flour, fat, salt, and liquid	F. foam cake
_____ 7. Fruit dessert using biscuit dough	G. fruit gelatin
_____ 8. A substitute for fat in cake and cookie recipes	H. graham cracker crumbs
_____ 9. An ingredient that boosts flavor and sweetness	I. ice cream
_____ 10. Can be dessert or salad	J. prepared pie shell
_____ 11. Cooked mixture of milk and eggs	K. pastry dough
_____ 12. Time-saver for homemade desserts	L. pudding
_____ 13. A pie filling from a vegetable	M. pumpkin
_____ 14. Ingredient in non-dough pie crust	N. rolled cookie
_____ 15. Frozen dessert made with cream, sugar, eggs, and flavoring	O. sherbet

ACTIVITY

Desserts for Everyone

Directions: Respond to the following on the lines provided.

1. Strawberry shortcake is made of shortened cake, strawberries, sugar, and whipped cream. List the MyPyramid Food Groups included in this dessert.

2. Darryl had cereal, a banana, and milk for breakfast; a grilled-cheese sandwich and carrot sticks for lunch; and beef chili, bread, salad, and milk for dinner. He spent two hours at basketball practice and then took his sister sledding. Explain why it may be all right for him to eat a slice of two-crust apple pie with premium French vanilla ice cream.

3. Several members of Tiffany’s family are trying to lose weight. Their favorite dessert is ice cream. What are two low-calorie alternatives that Tiffany could suggest?

A. _____ B. _____

4. Angela would like to bake cookies for three friends who are coming to help her work on her science fair project. She wants to make cookies that are very quick and easy, but special. Suggest a solution.

5. Tony’s family loves chocolate chip cookies. Their recipe calls for two sticks (1 cup) of margarine, two eggs, and two cups of chocolate chips. Suggest three ways to reduce the fat and cholesterol.

A. _____

B. _____

C. _____

ACTIVITY

Music for the Palate

Directions: Millicent, David, and the rest of the saxophone section are in charge of preparing desserts for the band’s annual banquet. They want to serve enough different desserts to provide something for people with varied tastes and dietary restrictions. In the space provided, describe desserts meeting each of the requirements listed. Then explain how the dessert should be stored.

- 1. A frozen dairy-free dessert.

Stored: _____

- 2. A fat-free cake.

Stored: _____

- 3. Two different baked desserts, one with apples and one with peaches.

Stored: _____

- 4. Fruit with a nourishing sauce.

Stored: _____

- 5. Three different kinds of cookies, including one without chocolate and one without nuts.

Stored: _____

- 6. A rich, irresistible dessert.

Stored: _____

Cookies, Cakes, and Pies

Sweet Treat Match Ups

Directions: Match each description or example in the left column with the correct type of cookie from the right column. Write the letter of the type of cookie in the space provided. Each type of cookie will be used at least once.

Description or Example

Type of Cookie

- ___ 1. Sliced from a long roll of chilled dough.
- ___ 2. Peanut butter cookies.
- ___ 3. Shaped from a stiff dough with a cookie press.
- ___ 4. Shaped by dropping batter on a baking sheet.
- ___ 5. Made from stiff dough with cookie cutters.
- ___ 6. Brownies.
- ___ 7. Spritz cookies.
- ___ 8. Baked in a square or rectangular pan and cut into shapes.
- ___ 9. Shaped by hand from a stiff dough.
- ___ 10. Sugar cookies.

- A. Bar
- B. Drop
- C. Molded
- D. Pressed
- E. Refrigerator
- F. Rolled



Continued on next page

Sweet Treat Match Ups (*Continued*)

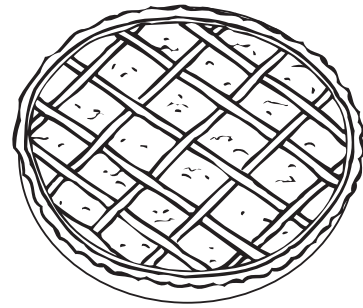
Directions: Match each description or example in the left column with the correct type of pie from the right column. Write the letter of the type of pie in the space provided. Each type of pie will be used at least once.

Description or Example

- ___ 11. Coconut cream
- ___ 12. Lemon meringue
- ___ 13. Has only a top crust with a fruit fillin.
- ___ 14. Has a filling between a top and bottom crust
- ___ 15. Blueberry pie
- ___ 16. Has a bottom crust with a filling

Type of Pie

- A. Two-crust pie
- B. One-crust pie
- C. Deep-dish pie



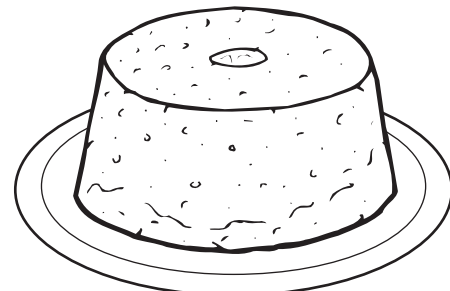
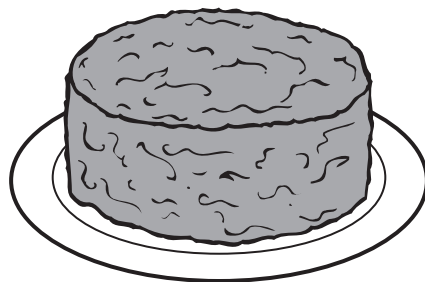
Directions: Match each description or example in the left column with the correct types of cake from the right column. Write the letter of the type of pie in the space provided.

Description or Example

- ___ 17. A cake that does not contain fat or oil.
- ___ 18. A cake that contains fat, such as shortening or margarine.
- ___ 19. A cake that contains baking powder or soda for leavening.
- ___ 20. A cake that is baked in a tube pan.

Type of Cake

- A. Shortened cakes
- B. Unshortened cakes



Cookies, Cakes, and Pies

Problem Solvers

Directions: Read the situations below. Answer the questions on the lines provided.

1. Sean bought a ready-made graham cracker pie crust. How will he know how to store it?

2. Carlotta is on a low-fat diet. She allows herself one dessert treat a week. What are two sweets that are relatively low in fat?

3. Paul wants to make a pie to serve his friends, but he only has an hour before they arrive. All the recipes he checks take too long. What could he do?

4. Rakeisha is making rolled gingerbread cookies, but the dough keeps sticking to her rolling pin and the cookie cutter. What should she do?

Problem Solver (*Continued*)

5. Narmar made oatmeal cookies. Some were thick and chewy while others were thin, crisp, and very brown. What could Narmar have done to prevent this?

6. Abby was making a batch of molded lemon cookies. She was refilling the baking sheet as soon as she removed the baked cookies. Many of her cookies were very spread out and thin. What could have prevented this?

7. Ryne made an angel food cake. When he went to take it out of the pan, it had fallen and was very thin. How could he have prevented this from happening?

8. Minh baked a pan of brownies in a square pan in the microwave. The corners were burned and hard and couldn't be eaten. Why did this happen? How could Minh have prevented it?

Principles of Baking

STEPS to Baking Success

Directions: Five important steps in successful baking are listed on the stair steps below. On the lines provided, explain why each step is important in baking success.

5. Use the correct oven temperature. Why?

4. Use the correct type and size of pan. Why?

3. Follow the directions in the recipe. Why?

2. Measure accurately. Why?

1. Use the exact ingredients called for in the recipe. Why?

Principles of Baking

Analyzing Recipe Ingredients

Directions: In the chart on the next page, the seven categories of ingredients commonly used in baking are listed on the left. Write the purpose of each ingredient in the spaces provided. Then read the ingredient list for Pineapple-Pecan Bread. Write the name or names of the ingredient that is an example of the ingredient category in the recipe.



Pineapple-Pecan Bread

1/2 cup brown sugar

1/4 cup butter or margarine

1 egg

2 cups all-purpose flour

1 tsp. baking soda

1/3 cup frozen orange juice concentrate, thawed

3 Tbsp. water

1 8.5-oz. can crushed pineapple, undrained

1 tsp. vanilla

1/2 cup chopped pecans

