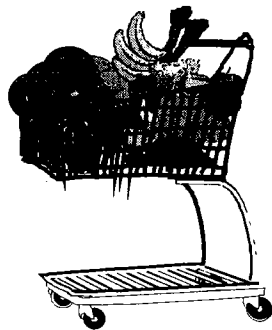


HUNGRY? EAT HEALTHY!



Activities for Real Life Learning

by
Marian B. Latzko

HUNGRY? EAT HEALTHY!

ACTIVITIES for “REAL LIFE”

These experiences are designed to go along with *HUNGRY? EAT HEALTHY! A Mini-Micropedia*. * or “I CAN DO IT! A Micropedia of Living On Your Own”. The sheets are designed to be used:

- with the Mini-Micropedia to apply and practice the knowledge offered in the book.
- by themselves as appropriate to the teacher and the learner.

It is especially meaningful to allow the mini-micropedias to go with the “students” after their training. In this way they can look up what they need to know when they need it.

LEVELS OF LEARNING

The experiences are designed for three different levels of understanding needed when finding a place to live.

1. **MINIMAL:** This is for very basic knowledge needed. It includes: choosing nutritional foods, types of restaurants, ordering from menus, recipe terminology, setting a table, names and uses of cooking utensils, preparing a day’s meals for one person.
2. **INTERMEDIATE:** This is for further knowledge and includes: food storage, judging food quality, buying fresh produce, labeling, comparison shopping for foods, food safety, planning and preparing a full day’s meals within a food budget, creating shopping lists for menus.
3. **ADEQUATE:** This unit offers more comprehensive knowledge needed. Included are: nutritious meal planning, cooking terms, food preparation, recipe adjustments, food budgeting.

ADDED SUGGESTIONS FOR LEARNING

The cover sheet for each level has additional ideas for teaching. These are added to enrich the learning and to apply the knowledge learned in different ways. They will expand the knowledge through real applications. This will be especially meaningful for different types of learners.

TESTS ARE INCLUDED

If you need to know where the learner’s knowledge level is before training, pre-tests are included. They are in the form of oral tests. There are also post-tests that can help evaluate what was learned.

* “Hungry? Eat Healthy! A Mini-Micropedia” is taken from appropriate chapters of “I CAN DO IT! A Micropedia of Living On Your Own” by Marian B. Latzko M.S. Copyright 1996 Revised 1998 for its third edition. For further information call: MICROLIFE 1-888-357-7654 or fax 1-920-735-9434.

NOTE: THESE MATERIALS ARE TO BE USED FOR EDUCATIONAL PURPOSES ONLY. THEY SHOULD BE REPRODUCED IN ONLY ONE SCHOOL OR EDUCATIONAL SETTING

HUNGRY? EAT HEALTHY!

A Mini-Micropedia

(level 1, MINIMAL)

These experiences are designed for minimal knowledge needed for nutritional food choices and preparation.

- Persons teaching foods and nutrition can use *HUNGRY? EAT HEALTHY! A Mini-Micropedia** or *I CAN DO IT! A Micropedia of Living On Your Own* along with these learning experiences.
- The learning experiences can be used with the Mini-Micropedia, the Micropedia, or by themselves.
- There is an oral pretest and an objective post test included.
- The activities can be reproduced in one school or educational setting.

The objectives of this unit are to:

1. Apply basic daily nutritional requirements to personal diets.
2. Understand how to order nutritional food and pay bills in fast food and cafeteria restaurants.
3. Understand how to read a menu and order nutritional foods in a family or specialty restaurant.
4. Understand names and uses of simple cooking utensils and appliances.
5. Understand basic recipe terms.
6. Set a table properly.
7. Prepare breakfast, lunch, and dinner for one person.



Suggested Added Learning Experiences

(These can be used according to the capability of the learner.)

1. Create list of questions for a nutrition specialist who would be a guest speaker.
2. Visit a nutrition site for the elderly food program (Title VII) and visit with person creating the menus. (Could interview older adults regarding their food habits of the past and present.)
3. Make a plan to take a meal to another person as a special gift.
4. Create a meal plan that includes family customs or traditions.
5. Gather nutritional information from local fast food restaurants and compare them.
6. Draw cartoons about good and poor eating habits.
7. Create nutritious snacks for children for a day-care center.
8. Have a "tasting party" to introduce new foods.
9. Create a puppet show about nutrition.
10. Create nutrition information on place mats.
11. Visit a store that carries kitchen utensils and see if you know what each utensil is.
12. Go to a restaurant for a meal.
13. Make a Bingo or rummy game about nutrition or recipe terms.
14. Create a restaurant menu that includes foods that would meet basic dietary guidelines.
15. Check web sights for nutrition information.
16. Visit a restaurant and talk with the manager. Find out about restaurant jobs.

WHAT DO YOU THINK?

List the foods that you think are good for you and bad for you. List reasons for your decisions.

 Good for you?	 Bad for you?
Food	Food
Reasons	Reasons
<i>(i.e. vegetables Have vitamins, minerals, low calories)</i>	

Check your nutrition knowledge! Place a T in front of true answers and an F in front of false answers.

- 1. Dried beans are a good source of complete protein.
- 2. Orange juice is a rich source of Vitamin C which helps to hold cells together.
- 3. Milk's only purpose is for the building of bones and teeth.
- 4. Donuts belong in the bread and cereal group since they are made of flour.
- 5. Fats are not good for you because they make you fat.
- 6. Deep yellow/orange vegetables are one of the richest sources of vitamin A.

Answers with explanations:

1. False. There are 22 different building blocks (called amino acids) in protein. It is necessary to have nine of these building blocks to build and repair body tissues such as muscles. Only animal products like eggs and meat are considered **complete proteins** since they have all nine of the necessary building blocks. Foods like dried beans, rice, and legumes are **incomplete protein**. These sources can, however, be combined with other protein foods to get all of the necessary amino acids. They do not have all of the necessary ones by themselves. Vegetarians need to combine protein sources carefully to stay healthy. Remember that dried beans and legumes are still excellent, inexpensive protein sources.
2. True. Fruits and vegetables furnish many of the vitamins and minerals necessary for regulating body processes. Oranges are a rich source of vitamin C that builds the collagen that holds cells together. Since vitamin C doesn't store well in the body, it needs to be replaced daily. (B vitamins also need to be replaced daily.)
3. False. Milk is nature's most perfect food. It's a rich source of protein, minerals, and many vitamins.
4. False. Donuts are so full of fat and sugars that they are placed in the fats, oils, and sweets group. The bread and cereal group is the chief source of carbohydrates (used for energy), vitamins and minerals. It's a rich source of the B vitamins that are used for such things as healthy nerves and regulating body processes.
5. False. Fats are necessary nutrients. They are a rich source of energy and are used for such things as storage of fat soluble vitamins A and D. A diet should include no more than 1/3 of its calories from fats. Only 10% of fats should be saturated (found in meat, milk, palm oil, and coconut oil.) 20% should be unsaturated (found in vegetable oils, nuts and high-fat fish.) Partially hydrogenated vegetable oils such as those in margarines and shortenings, contain a form of unsaturated fat that may raise blood cholesterol. **Weight is gained by eating too many calories from any kinds of foods.**
6. True. Deep yellow, orange and green vegetables are the richest sources of vitamin A that help to keep skin and mucous membranes healthy. Other examples: prevents night blindness and helps build bones.



DO YOU KNOW WHERE FOODS FIT?



Keeping track of nutrients you need each day is very complicated. You would need to add grams of each food eaten for: calories, protein, fat, cholesterol, carbohydrates, calcium, phosphorus, iron, potassium, sodium, all vitamins, etc. Nutritionists have come to your rescue with the food pyramid! They figured a simple way.

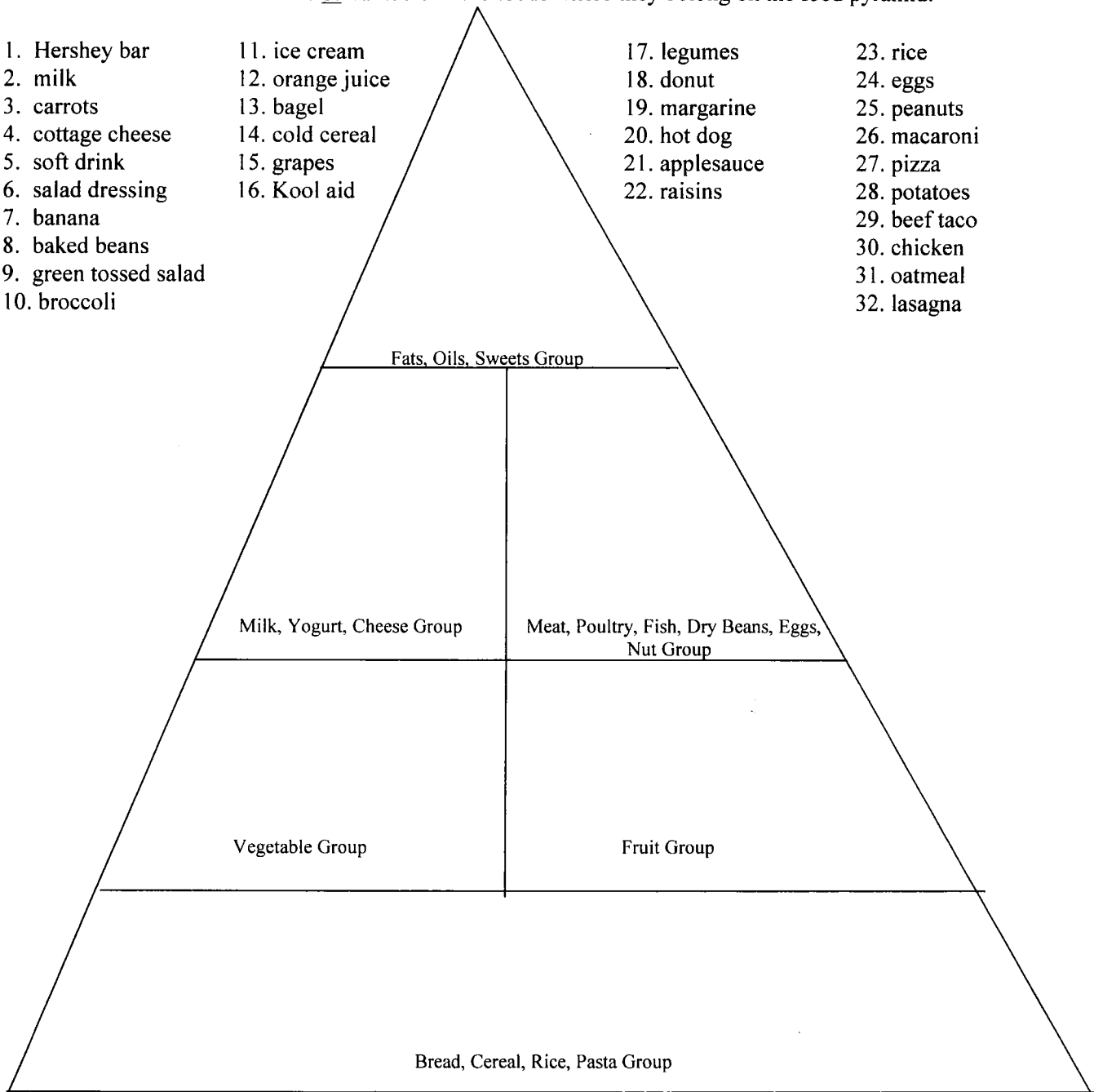
Write the names or numbers of the foods where they belong on the food pyramid.

1. Hershey bar
2. milk
3. carrots
4. cottage cheese
5. soft drink
6. salad dressing
7. banana
8. baked beans
9. green tossed salad
10. broccoli

11. ice cream
12. orange juice
13. bagel
14. cold cereal
15. grapes
16. Kool aid

17. legumes
18. donut
19. margarine
20. hot dog
21. applesauce
22. raisins

23. rice
24. eggs
25. peanuts
26. macaroni
27. pizza
28. potatoes
29. beef taco
30. chicken
31. oatmeal
32. lasagna



Questions:

1. Did some foods fit into more than one group?
2. How do you judge where to put them?
3. Is this type of food pyramid used by people in other countries?
4. What different types of foods might be placed on the pyramid in other countries?



KEEP TRACK OF YOUR DIET FOR 4 DAYS



List all foods that you eat each day. Include any snacks and soft drinks. List according to cup measurements for fruits and vegetables unless whole pieces are eaten. Meat should be listed by ounces (a 3 oz serving is about the size of a deck of cards.)

DAY 1	Amount Eaten	DAY 2	Amount Eaten
Breakfast		Breakfast	
Snack		Snack	
Lunch		Lunch	
Snack		Snack	
Dinner		Dinner	
Snack		Snack	
DAY 3	Amount Eaten	DAY 4	Amount Eaten
Breakfast		Breakfast	
Snack		Snack	
Lunch		Lunch	
Snack		Snack	
Dinner		Dinner	
Snack		Snack	



HOW DID I DO???

It's time to analyze your diet. Find out if you ate the foods needed for being the best you can be.

Remember the Pyramid Food Group requirements:

Milk, Yogurt, and Cheese	Vegetable	Fruit
1 cup milk or yogurt	1 c raw leafy vegetables	1 medium apple, banana, orange
1 1/2 oz of natural cheese	1/2 c of other vegetables	1/2 c chopped, cooked, canned
2 oz process cheese (3" cube)	cooked or chopped raw	1/2 c fruit juice
2 c cottage cheese	3/4 c vegetable juice	1 c fresh berries
1 1/2 slices American processed cheese		1/2 cantaloupe or grapefruit
1 3/4 c ice cream		

Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts	Bread, Cereal, Rice, and Pasta
2-3 oz cooked lean meat, poultry, or fish	1 slice bread
1/2 c cooked dry beans, dry peas, or lentils	1/2 to 3/4 c cooked cereal, rice, or pasta
1 egg or 2 T peanut butter count as 1 oz lean meat	1 oz ready-to-eat cereal
1/3 c canned tuna or salmon	1 enriched or whole grain roll, biscuit, or muffin
1/2 c nuts	1/2 bagel, 1 pancake, or 1 tortilla

Fats, Oils, and Sweets

These are not counted since advice is "USE SPARINGLY" (includes candy, donuts, pies, sodas, etc.)

DAY 1				DAY 2			
Group	# Required	# Eaten	# Needed	Group	# Required	# Eaten	# Needed
Milk	2-3	_____	_____	Milk	2-3	_____	_____
Vegetable	3-5	_____	_____	Vegetable	3-5	_____	_____
Fruit	2-4	_____	_____	Fruit	2-4	_____	_____
Meat	2-3	_____	_____	Meat	2-3	_____	_____
Bread	6-11	_____	_____	Bread	6-11	_____	_____
DAY 3				DAY 4			
Group	# Required	# Eaten	# Needed	Group	# Required	# Eaten	# Needed
Milk	2-3	_____	_____	Milk	2-3	_____	_____
Vegetable	3-5	_____	_____	Vegetable	3-5	_____	_____
Fruit	2-4	_____	_____	Fruit	2-4	_____	_____
Meat	2-3	_____	_____	Meat	2-3	_____	_____
Bread	6-11	_____	_____	Bread	6-11	_____	_____

??? QUESTIONS TO CONSIDER ???

1. Are you pleased with your eating habits and diet?
2. What are some of the things you have control over in your food choices?
3. What are some of the things you don't have control over in your food choices?
4. What alternatives do you have to make changes you desire?
5. What changes could you make to meet your basic food requirements?
6. What are the consequences of the changes you choose to make?

MAKE A PLAN!

Changes to Make	Starting Date	One Week Evaluation		
		Did it!	Almost	Not yet!

Signed _____ Date _____

I AM WHAT I EAT?

“YOU MEAN YOU CAN TELL WHAT I EAT BY THE WAY I LOOK AND ACT?”

THINK ABOUT IT ANALYZE YOURSELF

Food supplies the chemicals that your body needs to build and repair itself. If some nutrients are missing from your diet, your body does the best it can with what is supplied. It can store some nutrients, but needs replacements. Look at yourself to see if you are the best that you can be. Lack of nutrients is one important indicator of your health. Check the following indicators that fit you.

- | | |
|--|--|
| <input type="checkbox"/> Alert and attentive
<input type="checkbox"/> Full of energy
<input type="checkbox"/> Emotionally stable
<input type="checkbox"/> Sensitive to noise
<input type="checkbox"/> Nervous
<input type="checkbox"/> Hair is brittle and dull
<input type="checkbox"/> Hair is shiny
<input type="checkbox"/> Firm, well formed fingernails
<input type="checkbox"/> Ridged, brittle fingernails
<input type="checkbox"/> Sick often
<input type="checkbox"/> Have poor resistance to infections | <input type="checkbox"/> Well-formed, orderly teeth that are free of decay
<input type="checkbox"/> Poorly-formed teeth with decayed or filled teeth
<input type="checkbox"/> Gums are spongy and bleed easily
<input type="checkbox"/> Tongue is deep red
<input type="checkbox"/> Tongue is swollen with raw sores
<input type="checkbox"/> Clear, firm skin that has good color
<input type="checkbox"/> Cracked, puffy, blemished skin with poor color
<input type="checkbox"/> Eyes are clear, bright, shiny
<input type="checkbox"/> Eyes are inflamed, dull, poor color
<input type="checkbox"/> Have poor appetite
<input type="checkbox"/> Am often tired |
|--|--|

MY SIZE

Height ft in I'm: Short Medium Tall
 Weight lbs I'm: Light Heavy
 Ideal Plump Top heavy
 Body build: Endomorph (round,soft) Ectomorph (slender)
 Mesomorph (muscular) Combination (be specific)

Frame: (Wrap left middle finger and thumb around right wrist)
 Small frame (finger and thumb overlap)
 Medium frame (finger and thumb just touch)
 Large frame (finger and thumb do not touch)

Large body frames can carry more weight. Smaller frames should have less weight.

WANT TO ADD OR LOSE WEIGHT?

You need to eat 3500 calories more to gain 1 pound
 You need to eat 3500 calories less to lose 1 pound.
 Figure your calorie needs.

MEDIAN HEIGHTS & WEIGHTS RECOMMENDED CALORIES

Category	Age (years)	Weight	Height	Per day
Males	15-18	145	69	3,000
	19-24	160	70	2,900
	25-50	174	70	2,900
	51+	170	68	2,300
Females	15-18	120	64	2,200
	9-24	128	65	2,200
	25-50	138	64	2,200
	52+	143	63	1,900

KEEP TRACK OF THE FOODS YOU EAT FOR A FEW DAYS. LOOK AT A CALORIE CHART AND SEE IF YOU'RE EATING THE RIGHT NUMBER OF CALORIES FOR YOUR SIZE.

My calorie intake average My calorie needs
 I'm happy with my weight.
 I want to gain lbs. I want to lose lbs.
 My daily nutrition is:
 Excellent Good Fair Poor
 These are the changes I want to make in my eating habits:



EXERCISE AND EATING GO HAND-IN-HAND

Exercise	Estimated # Calories/used per pound per hour
Sleeping	0.5
Sitting	0.9
Light exercise	1.2
(dressing, cooking, driving car)	
Moderate exercise	1.9
(walking, bicycling, housework, gym)	
Active exercise	2.7
(dancing, skating, golf)	
Very active exercise	4.7
(football, tennis, racquetball, skiing)	



“ARE FAST FOODS GOOD OR BAD FOR ME?”



THE ANSWER IS.....YES!! It's a bit of both.

Fast foods can be good because they have many needed nutrients in them. They can also be bad if too many are eaten. Remember that the Dietary Guidelines for Americans recommends:

- * a diet low in fat, salt, and sodium
- * maintaining a healthy weight
- * sugar in moderation
- * eating a variety of fruits, vegetables, and grains

Look at the fast food items below and see how they compare with the recommended allowances of fat and sodium (salt) per day. (Based on a 2,200 calorie diet, you need less than : 73 g of fat; 2,400 mg of sodium.) Also note the calories and compare them with your own needs per day.

SANDWICHES, ENTRIES & SIDE ORDERS	Calories	Calories from Fat	Total Fat g	Sodium mg	Sugar g
McDonald's Filet-O-fish	360	150	16	690	6
Burger King Whopper	600	360	40	900	8
McDonald's Big Mac	530	250	28	880	8
Wendy's Grilled Chicken Fillet	310	70	8	790	8
McDonald's McChicken Sandwich	510	270	30	820	5
Burger King Chicken Tenders/8pcs	350	200	22	940	0
Wendy's Plain Hamburger	360	150	16	580	5
Wendy's Garden Veggie Pita	400	150	17	760	8
Wendy's Taco Salad (no dressing)	380	170	1	1040	9
Wendy's French Salad Dressing	120	90	10	330	5
McDonald's Garden Salad	80	35	4	60	5
Burger King French Fries(Medium)	400	190	21	820	0
Wendy's Cheese Baked Potato	570	210	23	640	5
Wendy's Chili (Large)	310	90	10	1190	8
McDonald's Egg McMuffin	290	110	13	730	3
Burger King Croissan'wich (with Sausage/ Egg and Cheese)	530	370	41	13	4
McDonald's Hotcakes (w/2 pats of Margarine/ Syrup)	580	150	16	760	42
McDonald's Breakfast Burrito	320	180	20	600	2
DRINKS					
Burger King Chocolate Shake (Medium)	440	90	10	330	75
McDonald's 1% Lofat Milk	100	20	2.5	115	13
McDonald's Coca-Cola (Small, 16oz)	150	0	0	15	40
McDonald's Orange Juice	80	0	0	20	18

- Place a check in front of foods you would order for lunch at a McDonald's. How many grams of fat will you eat? ____ How many mg of sodium will you eat? ____ Compare with your needs.
- If you were ordering a meal from McDonald's that included representatives from all food groups, what could you choose?
- Which of the foods in the chart above would you recommend to someone who wants to lose weight?
- Which of the foods in the chart above would you recommend for gaining weight?
- If you were ordering a breakfast that is low in calories and fat, which items would you choose?
- What could you do when you order foods to cut the amount of fat or sodium you would eat?

CHALLENGE: Gather nutrition information pamphlets from fast foods restaurants. Compare other nutrients listed. Look at the additives used in the foods.



TIME TO ORDER!



“What’ll you have?”

Fast Food Restaurant Order Board

Hamburger	\$.79
Cheeseburger	.99
Large burger special	1.22
Fish fillet	1.19
Chicken nuggets (5)	1.29
French fries	.59
Tossed salad	1.25
Ice cream cones	.85
Milk shake	.89
Milk (2%)	.59
Orange juice	.69
Coffee	.59
Apple pie	.88

Check the items you would order if you were eating at this fast foods restaurant.

How would you place your order?
 What would the total cost be? _____
 Whom would you pay for the food?
 What change would you get from \$10.00? _____
 Is tipping necessary?***
 Which food groups are not represented in your choices?
 What other foods would you need to eat to meet your daily needs?

Cafeteria Restaurant Order Board

Today’s special: Lasagna	\$ 5.59
(includes salad and drink)	
Broiled chicken with rice	2.39
Beef and mashed potatoes	2.59
Spaghetti with meat sauce	2.39
Hamburger with fries	1.79
Fruit pie	1.21
Side dishes of vegetables	.69
Fruit salads (small)	.89
Rolls (2)	.45
Pie slices	1.15
Chocolate cake	.99
Coffee	.75
Milk	.59
Ice tea	.70

Check the items you would order if you were eating in this cafeteria.

How would you place your order?
 What would the total cost be? _____
 Whom would you pay for the food? *
 What change would you get from \$10.00? _____
 Is tipping necessary?***
 Which food groups are not represented in your choices?
 What other foods would you need to eat to meet your daily needs?

* Some cafeterias charge a set price for a whole meal. You may then eat whatever you choose. The meal is paid for before you are allowed to sit at a table and begin choosing your foods. Some cafeterias offer a combination of methods.

** Generally tipping is not necessary in fast foods restaurants. If service is given in a cafeteria, a tip is appreciated by the person waiting on your table. A tip is an amount of money given to a person taking an order and bringing your food in a restaurant. This amount varies from 10-20%, depending on the type of restaurant and amount of service offered.)

CHANGES I COULD MAKE

What changes could you make so your meal furnishes at least one representative of each food group?

ADVICE TO SHARE WITH OTHERS

If you have eaten in a fast foods restaurant or a cafeteria, list some of your experiences and advice you can offer to others. Share the list with others.



EATING OUT? TRY IT!

Practice makes a person feel more comfortable. So, try role playing a trip to a restaurant. You might try taking a family member, friend, or date along. The restaurant workers should be a part of your role playing. You can gather menus to use from local restaurants, make your own, or use the following.



MOM'S PLACE

Appetizers

Stuffed mushrooms.....	\$ 2.25
Shrimp cocktail.....	\$ 2.50
Pizza bites.....	\$ 1.25

Soups

Soup of the day.....	\$ 1.50
French Onion.....	\$ 1.35
Split Pea.....	\$ 1.50

Salads

Tossed Green Salad.....	\$ 2.25
Cole Slaw.....	\$ 2.00
Spinach Salad.....	\$ 2.50

Entrees

(All entrees served with vegetables and potato or rice)

Lasagna.....	\$ 5.50
Stuffed Pork Chops.....	\$ 5.75
Meat Loaf.....	\$ 4.50
Ham Slice with Pineapple.....	\$ 5.25
Fried cod.....	\$ 5.25

Sandwiches

Hamburger.....	\$ 1.75
Lettuce, Bacon, and Tomato.....	\$ 2.50
Tuna Salad.....	\$ 2.25
Broiled Chicken.....	\$ 2.50

Desserts

Pies.....	\$ 1.50
Ice Cream Sundae.....	\$ 2.50
Chocolate cake.....	\$ 1.75
Strawberry Cheesecake.....	\$ 2.75

Beverages

Coffee.....	\$.75
Low fat milk.....	\$.80
Sodas.....	\$.90

To Consider:

1. Should a reservation be made?
2. What should you do if the food you've been served is burned, cold, or unsatisfactory in any way?
3. What should you do if you don't understand foods on the menu?
4. Who should sit down at the table first?
5. What table manners should you consider to make your guests and other restaurant patrons comfortable?
6. Make your choices of food and consider the amount of tip that is expected.



ALEXANDER'S

Appetizers

Smoked Salmon.....	\$ 5.25
Seafood Crepe.....	\$ 4.95
Escargot.....	\$ 5.25
Oysters of the Half Shell.....	\$ 4.50

Salads

Hearts of Palm.....	\$ 4.25
Hot Spinach.....	\$ 4.50
Caesar Salad (mixed at your table)....	\$ 5.25

Soups

Soup du jour.....	\$ 4.25
Vichyssoise.....	\$ 3.75
Lobster Bisque.....	\$ 4.50

Entrees

Chataubriand (for two).....	\$ 25.00
Shrimp Newberg.....	\$ 14.00
Filet Mignon.....	\$ 15.00
Cranberry Baked Chicken Breast.....	\$ 12.50
Beef Ragout.....	\$ 13.50
Lobster Thermidor.....	\$ 16.00

From the Dessert Tray

Chocolate Mousse.....	\$ 6.00
Cinnamon Apple Pie with Caramel....	\$ 5.00
German Cherry Chocolate Trifle.....	\$.00
Rainbow Sherbet.....	\$ 2.00

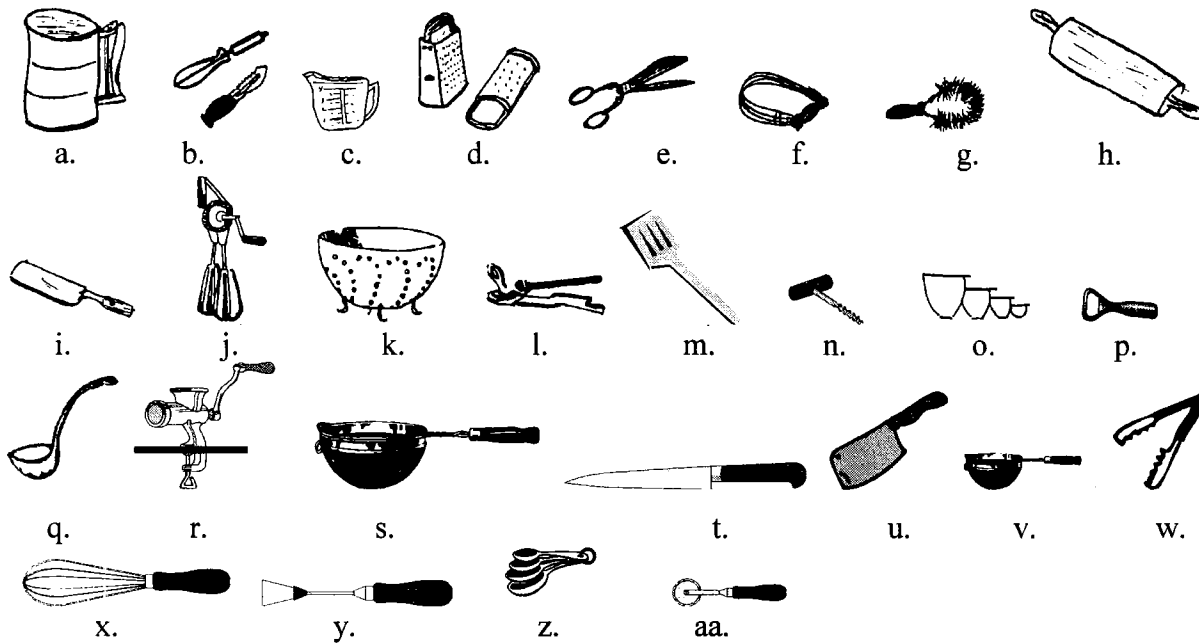
Beverages

Coffee.....	\$ 2.00
Cola.....	\$ 2.00
Mineral Water.....	\$ 2.00

Ask about our wine list!

(Gratuity of 15% is added to the bill.)

WHICH ONE WILL I USE?



Write the letter of the kitchen utensil in front of its name. Then check the columns.

UTENSIL	I've Used This	I Want to Know More	I Have This	Alternative to Use	I Want This	I Need This
_____ bottle opener						
_____ can opener						
_____ cleaver						
_____ colander						
_____ corkscrew						
_____ egg beater						
_____ flour sifter						
_____ grater						
_____ grinder						
_____ kitchen shears						
_____ knife						
_____ liquid measuring cup						
_____ measuring spoons						
_____ dry graduated measuring cups						
_____ pancake turner						
_____ pastry blender						
_____ pastry brush						
_____ pastry cutter						
_____ peelers						
_____ rolling pin						
_____ soup ladle						
_____ spatula						
_____ strainer						
_____ tea strainer						
_____ tongs						
_____ vegetable brush						
_____ whip						

YOU CHOOSE WHAT TO USE!

FIRST draw pictures of the items listed below that do not have illustrations.



1. Muffin tin

2. Cookie sheet

3. Pie pan

4. Double boiler

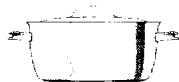


5. Skillet

6. 9 x 13 cake pan

7. Casserole

8. Mixing bowls



9. 6 quart pot

10. Sauce pan

11. Loaf pan

12. Cookie sheet

NOW choose the best container for cooking the following foods. Place the number of your equipment choice in front of the food to be cooked.

Fry a hamburger Bake a tuna casserole Bake banana bread Melt chocolate
 Heat canned beans Make soup Bake a birthday cake Bake apple pie
 Bake cupcakes Bake cookies Bake Rice Krispie treats Mix a cake

WHICH APPLIANCES HAVE YOU USED?

Appliance	I've used it	I have read instructions	I need to know more	How I'll find out how to use it safely	I can demonstrate it!
Refrigerator (self defrosting)					
Refrigerator (not self defrosting)					
Dishwasher					
Microwave					
Electric range					
Gas range					
Convection oven					
Toaster					
Electric coffee pot					
Blender					
Toaster oven					
Electric mixer					
Bread maker					



The game of "Kitchen Jeopardy" is a fun way to test your kitchen knowledge.

RULES OF THE GAME:

- 1 Two or more people or teams are required to play the game.
- 2 The object of the game is to earn the most points.
- 3 There are three sets of cards. They are numbered from 1 to 3. These cards contain questions about kitchen terminology. The "# 1" cards are the easiest; "# 2" are a bit harder; "#3" are the hardest to answer.
- 4 The "# 1" cards earn 1 point. "# 2" cards earn 2 points. "#3" cards earn 3 points.
- 5 Place the cards upside down in three piles. The first pile is made of "#1" cards, the second "#2" cards, the third "#3 cards.
- 6 The first person taking a turn, asks for a # 1, #2, or #3 card. An opposing person or team member picks up a card from the top of the pile that was requested and reads the question.
- 7 The person who asked for the card tries to answer the question.
- 8 If the correct answer is given, points are scored according to the number on the card.
- 9 If the answer given is not correct, the number on the card is subtracted from the score.
- 10 The card is then returned to the bottom of the pile. If the answer is correct, the card is placed right side up beside the pile.
- 11 The opposing person or team then follows the same procedure.
- 12 When a pile has been completely used, the person requesting a card must choose one from one of the piles that is left. When all cards are turned face up, the game is over.

SCORE BOARD

PERSON/ TEAM 1													
PERSON/ TEAM 2													
PERSON TEAM 3													
PERSON/ TEAM 4													
PERSON/ TEAM 5													
PERSON/ TEAM 6													



KITCHEN JEOPARDY GAME CARDS

Reproduce these cards and cut on markings. Reproduce on card stock for more durability.

<p>1/2 c plus 2 2/3 T equals _____?</p> <p><i>2/3 c</i></p> <p>#3 3 points</p>	<p>How would you measure 5/8 c?</p> <p><i>1/2 c plus 2 T</i></p> <p>#3 3 points</p>	<p>The terms fewgrains, dash or a pinch equals _____?</p> <p><i>Less than 1/8 t</i></p> <p>#3 3 points</p>
<p>How many fluid oz are there in 1 qt?</p> <p><i>32 fluid oz</i></p> <p>#3 3 points</p>	<p>How would you measure 7/8 c?</p> <p><i>3/4 c plus 2T</i></p> <p>#3 3 points</p>	<p>How many T are equal to 3/4 c?</p> <p><i>12T</i></p> <p>#3 3 points</p>
<p>What technique should be used to incorporate air into egg whites?</p> <p><i>Beat very fast with egg beater or electric mixer.</i></p> <p>#3 3 points</p>	<p>How is milk scalded for making bread?</p> <p><i>Heat to just below boiling point when bubbles form on edge</i></p> <p>#3 3 points</p>	<p>Why is fricassee different from braising?</p> <p><i>Food is usually cut into small pieces.</i></p> <p>#3 3 points</p>
<p>When small pieces of butter are put on top of a casserole, it is called _____?</p> <p><i>Dot</i></p> <p>#3 3 points</p>	<p>How many quarts are in a peck?</p> <p><i>8 qts</i></p> <p>#3 3 points</p>	<p>How many T are there in 1 fluid oz?</p> <p><i>2 T</i></p> <p>#3 3 points</p>
<p>What does the abbreviation of f.g. mean?</p> <p><i>Few grains</i></p> <p>#3 3 points</p>	<p>What is another term used for deep fat frying?</p> <p><i>French frying</i></p> <p>#3 3 points</p>	<p>What do convection ovens do?</p> <p><i>Bake faster with hot air circulation.</i></p> <p>#3 3 points</p>
<p>How do you measure brown sugar?</p> <p><i>Pack into dry measuring cups. Level off the tops with a straight edge.</i></p> <p>#3 3 points</p>	<p>How can you get rid of sugar lumps before measuring?</p> <p><i>Sift it. Can use strainer.</i></p> <p>#3 3 points</p>	<p>With what can you level measurements of flour?</p> <p><i>Spatula or straight knife</i></p> <p>#3 3 points</p>
<p>How do you measure liquids?</p> <p><i>Use liquid measuring cups. View at eye level for correct measurement.</i></p> <p>#3 3 points</p>	<p>How many T are there in a single stick of margarine?</p> <p><i>8 T</i></p> <p>#3 3 points</p>	<p>How many sticks of margarine are there in 2 c?</p> <p><i>4 sticks</i></p> <p>#3 3 points</p>
<p>When must flour be sifted for recipes?</p> <p><i>Sift only when recipe says to.</i></p> <p>#3 3 points</p>	<p>How do you simmer water?</p> <p><i>Cook over low heat until liquid forms small bubbles.</i></p> <p>#3 3 points</p>	<p>What cooking processes can be done in a toaster oven?</p> <p><i>Toast, bake, broil</i></p> <p>#3 3 points</p>
<p>What is folding process?</p> <p><i>2 motions cut through mixture, slide across bottom of bowl to turn mixture over</i></p> <p>#3 3 points</p>	<p>What appliances can help to mix ingredients?</p> <p><i>Electric mixer or blender</i></p> <p>#3 3 points</p>	<p>How would you measure 1/2 of 1/2 c?</p> <p><i>1/4 c</i></p> <p>#3 3 points</p>

<p>Mix fast with over-&-over motion with spoon or beater is called ____? <i>Beat</i> #2 2 points</p>	<p>To dip into boiling water for a short time is called ____? <i>Blanch</i> #2 2 points</p>	<p>Define boiling. <i>Bubbles rise and break on surface of liquid.</i> #2 2 points</p>
<p>How is "blend" different from "beat"? <i>Beat is to mix fast with spoon or beater. Blend is to mix til smooth.</i> #2 2 points</p>	<p>How is "cream" different from "blend"? <i>Cream is to soften as well as to mix until smooth.</i> #2 2 points</p>	<p>What do you do to braise beef for stews? <i>Cover, cook with small smount of water.</i> #2 2 points</p>
<p>To brush pineapple juice over ham when it's baking is called ____? <i>Basting</i> #2 2 points</p>	<p>To cook meat over hot coals is called ____? <i>Broiling</i> #2 2 points</p>	<p>When mixing shortening with flour for pies, use ____? <i>Two knives or pastry blender</i> #2 2 points</p>
<p>What do 8 T equal? <i>1/2 c</i> #2 2 points</p>	<p>How do you sift flour? <i>Put through flour sifter or seive to aerate and separate.</i> #2 2 points</p>	<p>To lift hot vegetables from boiling water use ____? <i>Tongs</i> #2 2 points</p>
<p>To clean potatoes for baking you can use a ____? <i>Vegetable brush</i> #2 2 points</p>	<p>To measure accurately in dry measuring cups you should ____? <i>Level top with straight edge</i> #2 2 points</p>	<p>1 gal equals how many quarts? <i>4 qts</i> #2 2 points</p>
<p>What is the name of process used for making tea? <i>Steeping</i> #2 2 points</p>	<p>When you heat butter until it becomes liquid the process is __? <i>Melting</i> #2 2 points</p>	<p>Why are pans greased when baking cakes? <i>To avoid sticking</i> #2 2 points</p>
<p>"To mix" means to ____? <i>Stir two or more ingredients together.</i> #2 2 points</p>	<p>Three types of shortenings are __? <i>Margarine, lard, vegetable oil, or butter.</i> #2 2 points</p>	<p>How can you steam broccoli? <i>Cook over steam rising over boiling water.</i> #2 2 points</p>
<p>What do you do with the fat when pan broiling meat? <i>Pour it off as it accumulates</i> #2 2 points</p>	<p>The amount of food that is held between thumb and a finger is __? <i>A pinch</i> #2 2 points</p>	<p>Dipping peaches in boiling water for short time is ____? <i>Scalding to remove skins</i> #2 2 points</p>
<p>To grind nuts, you can use a ____? <i>Food chopper or grinder</i> #2 2 points</p>	<p>1 pt equals how many fluid oz? <i>16 fluid oz</i> #2 2 points</p>	<p>Abbreviation for pound is ____? <i>lb</i> #2 2 points</p>
<p>What food could be measured in squares? <i>Block chocolate</i> #2 2 points</p>	<p>What are two terms used for taking skin off a potato? <i>Peel or pare</i> #2 2 points</p>	<p>How is an egg poached? <i>Cooked gently in hot liquid just below boiling point.</i> #2 2 points</p>

<p>Define “bake” <i>To cook in the oven.</i> #1 1 point</p>	<p>Define “chop” <i>To cut in small pieces.</i> #1 1 point</p>	<p>Define “combine” <i>To mix ingredients.</i> #1 1 point</p>
<p>Define “coat”. <i>To cover food completely, usually with flour.</i> #1 1 point</p>	<p>Define “freeze”. <i>To place in freezer until firm.</i> #1 1 point</p>	<p>Define “grate”. <i>Rub food over food grater to break into small pieces.</i> #1 1 point</p>
<p>Define “roast”. <i>To cook in dry heat, uncovered, usually in the oven.</i> #1 1 point</p>	<p>What is the abbreviation for cup? “c” #1 1 point</p>	<p>What is the abbreviation for “quart”? “qt” #1 1 point</p>
<p>What is the abbreviation for “teaspoon”? “t” or “tsp” #1 1 point</p>	<p>What is the equivalent measurement for 2 pints? <i>1 qt</i> #1 1 point</p>	<p>What is the abbreviation for one “ounce”? “oz” #1 1 point</p>
<p>Define “brown”. <i>To cook until the surface of the food is brown.</i> #1 1 point</p>	<p>What do you use to roll a pie crust? <i>Rolling pin</i> #1 1 point</p>	<p>What can be used to put soup into a bowl? <i>Ladle</i> #1 1 point</p>
<p>Define “stir fry”. <i>To cook and toss food in small amount of oil over high heat.</i> #1 1 point</p>	<p>What can you use to peel a potato or carrot? <i>Peeler or paring knife</i> #1 1 point</p>	<p>To fold and press dough with heels of hands is called ____? <i>Knead</i> #1 1 point</p>
<p>What pan would you use to bake banana bread? <i>Bread pan</i> #1 1 point</p>	<p>What pan would you use to bake an apple pie? <i>Pie tin</i> #1 1 point</p>	<p>In what type of pan would you melt chocolate? <i>Double boiler</i> #1 1 point</p>
<p>What would you use to strain tea leaves? <i>Tea strainer</i> #1 1 point</p>	<p>Define “toast”. <i>To brown by direct heat in toaster or oven.</i> #1 1 point</p>	<p>What are two abbreviations for tablespoon? <i>T or tbsp</i> #1 1 point</p>
<p>What might you measure for a recipe in a liquid measuring cup? <i>Liquids such as oil, milk, etc.</i> #1 1 point</p>	<p>What’s the abbreviation for a minute? <i>min</i> #1 1 point</p>	<p>What’s the equivalent of 16 tablespoons? <i>1 cup</i> #1 1 point</p>
<p>What can you use to sift flour? <i>Flour sifter or large strainer</i> #1 1 point</p>	<p>What pan can you use to fry an egg? <i>Frying pan</i> #1 1 point</p>	<p>On what can you bake cookies in an oven? <i>Cookie sheet</i> #1 1 point</p>

TIME TO SET THE TABLE!

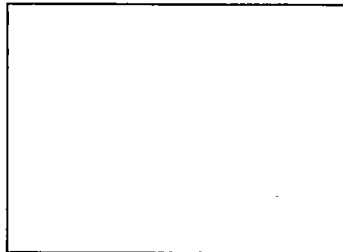
Remember:

- Silverware and plate should be placed in a straight line one inch from edge of table.
- Silverware pieces are arranged so those to be used first are farthest from the plate.
- The knife's cutting edge should face the plate. Tines of forks and bowls of spoons should be face up.

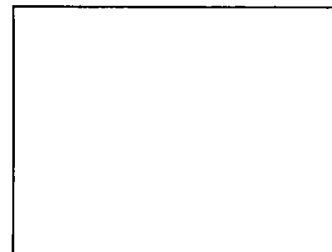
DRAW SINGLE PLACE SETTINGS FOR THE FOLLOWING MENUS

(A place setting is the area used by one person at a table. Serving pieces are sometimes set on a place mat.)

Hamburger on a Bun
Fried Potatoes
Carrot Sticks
Milk

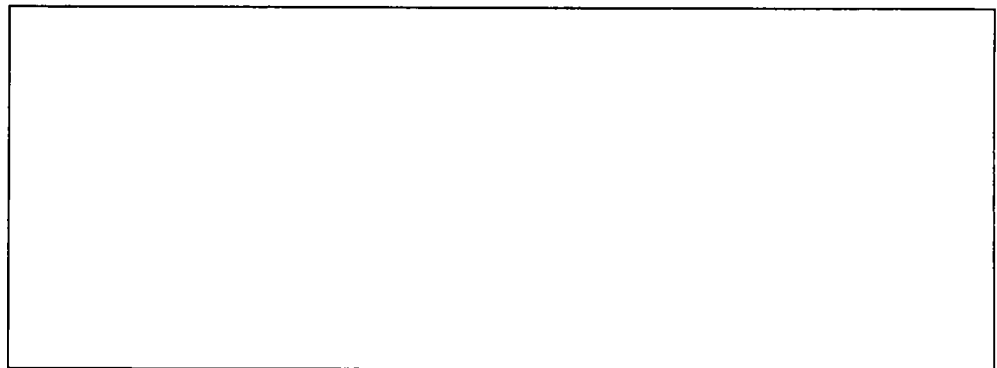


Tomato Soup
Beef and Noodles
Green Beans
Tossed Salad
Roll and Butter
Coffee Milk



DRAW A PLAN FOR A PARTY BUFFET TO SERVE 12 PEOPLE

Ham Sandwiches
Relish Tray
Potato Chips
Fruit Salad
Small Cakes and Cookies
Taco Dip and Chips
Punch



NOW PLAN A REAL



Plan! Make lists. You can also draw a picture of table settings.

1. Party theme
2. Date and time
3. Guest list
4. Invitation method
5. Budget
6. Timing of preparations
7. Help needed
8. Menu
9. Recipes
10. Food shopping list
11. Party supplies (decorations, tableware, dishes, glasses, napkins.)
12. Table setting
13. Entertainment

YOU'RE THE CHEF FOR ONE DAY!



TIME TO PLAN.....

Breadfast Menu Receipe Ingredients Needed Utensils Needed Shopping List

Lunch Menu Receipe Ingredients Needed Utensils Needed Shopping List

Dinner Menu Receipe Ingredients Needed Utensils Needed Shopping List

Oral Pre-Test
“Hungry? Eat Healthy!!”
(Level 1 - Minimal)

1. Do you analyze what you eat each day to see if your dietary requirements are met? Do you know how to judge if your health needs are met?
 - a. What is the Food Guide Pyramid and why was it created? *(A guide created by nutritionists to help make healthy food choices. It was made to simplify understanding.)*
 - b. How many servings of bread and cereal are recommended per day? *(6-11)*
Servings of vegetables? (3-5); Servings of fruits? (2-4)
 - c. How many oz of cereal are considered a serving? *(1 oz)* Ounces of cooked meat? *(2-3oz)*
 - d. What are the values of eating the recommended foods each day? *(Health, looks, energy, etc.)*
2. Have you placed an order and eaten in a fast foods or cafeteria restaurant?
 - a. Where have you eaten in a cafeteria restaurant? Whom did you pay for your food? *(Answers vary.)*
If your food cost is \$4.39 and you paid your check with a \$10.00 bill, what change would you get? *(\$5.61)*
 - b. What foods can you choose in a fast foods restaurant so that all food groups are represented?
(Examples: hamburger, green salad, orange juice, milk.)
3. Have you read a menu and ordered a meal in a family or specialty food restaurant?
 - a. What is the difference between family and specialty food restaurants? *(Family restaurants serve full meals including main course, salad, soup, desserts, etc. Specialty restaurants serve special foods such as steaks, ethnic foods, fish, etc.)*
 - b. What is an entree? *(The main course.)*
 - c. What is an appetizer? *(A first course to encourage appetites. It is served before the meal.)*
 - d. What are tipping policies? *(Usually 10-15% of bill before taxes are added. Sometimes the tip is automatically added to the bill. Upscale restaurants recommend 15-20% tip if special service is given and if there is more than one person waiting on the table.)*
 - d. How do you order your food? *(From waiter/waitress at your table.)*
4. Which kitchen utensils do you use for the following jobs?
 - a. peel a potato? *(vegetable peeler or knife)*
 - b. flip a pancake? *(pancake turner or metal spatula)*
 - c. serve soup? *(ladle or large spoon)*
 - d. clean cake batter from a bowl? *(spatula)*
 - e. drain spaghetti? *(strainer)*
 - f. measure water? *(liquid measuring cup)*
5. Have you prepared food for yourself for breakfast, lunch, and dinner? *(Answers vary)*
 - a. What are some examples of the foods you prepared?
 - b. Explain how you prepared one of the foods.
 - c. What utensils did you use?
 - d. What temperatures did you use?
6. What do the following cooking terms mean?
 - a. What's the difference between mixing and beating? *(Mix means to stir two or more ingredients together. Beating is a more vigorous motion often using an electric mixer.)*
 - b. How do you sauté onions? *(Heat them in a small amount of fat until they are transparent.)*
 - c. What's the difference between dicing and mincing? *(Dice is to cut into pieces the size of dice. Mincing means to cut into fine pieces similar to mince meat sizes.)*
 - d. What is the most difficult recipe you have made?
7. Have you set a table before?
 - a. Describe a standard place setting. *(Dish is in center. Fork is placed on left side of plate with tines upward. A napkin is at the left of the fork or on top of the plate. Knife is on right side of plate with knife edge toward the plate. The spoon is to the right of the knife. If more utensils are needed, they are placed in the order of their use. A soup spoon, dessert spoon or fork can also be placed at the top of the plate. A glass is placed at the tip of the knife. A cup and saucer are placed at the right of the spoon with handle parallel to table edge. Silverware and plate are placed in an even row one inch from the edge of the table.)*

EVALUATION FOR *HUNGRY? EAT HEALTHY!*
(Minimal)

Place a "T" in front of the statements that are true. Place an "F" in front of the statements that are false.

1. _____ Potatoes belong in the bread and cereal food group.
2. _____ You should have 4-5 servings of fruit a day.
3. _____ A five ounce serving of meat is about the size of a deck of cards.
4. _____ Eating fat is what makes you gain weight.
5. _____ The food group pyramid is a simple healthy eating guide.
6. _____ Some of the meat group foods must be combined to be able to build body tissues.
7. _____ One cup of cooked rice is considered one bread serving.
8. _____ Brown sugar should be placed loosely in a dry measuring cup before leveling off with straight edge.
9. _____ Dried beans have all nine essential amino acids to build body tissues.
10. _____ A colander can be used to open a cork from a bottle.
11. _____ One cup of sweetened cereal can be considered as one serving of cereal.
12. _____ A toaster oven can be used to cook meat.
13. _____ Pizza fits into more than one food group.
14. _____ Convection ovens bake faster than regular ovens.
15. _____ Tips are expected in fast food restaurants.
16. _____ If gratuity is added to a restaurant bill, you don't need to tip more.
17. _____ There are nutritious foods served in fast food restaurants.
18. _____ Silverware pieces are arranged so those used first are farthest from the plate.
19. _____ One stick of margarine is equal to one cup.
20. _____ A buffet table is sometimes used so guests can serve themselves easily.

Match the following measurements by placing the correct letter in front of the measurement..

- | | |
|-----------------|-----------------------|
| 21. _____ 5/8 c | a. 1/2 c plus 2T |
| 22. _____ 3 t | b. 3/4 c |
| 23. _____ 4 T | c. 1 T |
| 24. _____ 12 T | d. 1/2 c plus 2 2/3 T |
| 25. _____ 2/3 c | e. 1 c |
| 26. _____ 16 T | f. 1/4 c |
| 27. _____ 1/2 c | g. 4 fluid oz |

Match the correct term with its definition:

- | | |
|------------------|--|
| 28. _____ poach | a. Cook gently in hot liquid just below boiling point |
| 29. _____ simmer | b. Cut away outer skin |
| 30. _____ boil | c. Cook until bubbles rise and break on surface of liquid. |
| 31. _____ baste | d. Brush liquid over food as it cooks. |
| 32. _____ pare | e. Cook over low heat until small bubbles form |

Match the container with food to be prepared:

- | | |
|--------------------------|--------------------|
| 33. _____ pancakes | a. 6 quart pot |
| 34. _____ cupcakes | b. muffin tin |
| 35. _____ nut bread | c. loaf pan |
| 36. _____ vegetable soup | d. 9 x 13 cake pan |
| 37. _____ chocolate cake | e. frying pan |

Place an "X" in front of all of the correct answers.

38-42. To mix with spoon by cutting through mixture and sliding spoon across bottom of bowl to turn mixture over.

- _____ combine
- _____ blend
- _____ mix
- _____ beat
- _____ fold

43-47. Scald means to:

- _____ heat to just below boiling point when bubbles form on edges
- _____ pour boiling water over food
- _____ dip food into boiling water for short time
- _____ cook till bubbles rise and break at surface of liquid
- _____ all of the above

48-52. A pepperoni pizza represents the following food groups:

- meat group
- fruit group
- bread/cereal group
- milk
- all of the above

53-57. Which of the following foods can make a person gain weight?

- pizza
- carrots
- bread
- candy bars
- potatoes

58-62. The number of servings needed for the basic food groups are:

- 2-3 for milk group
- 1-2 for meat group
- 2-4 for vegetable group
- 6-11 for bread group
- 2-5 for fruit group

63-67. Correct serving sizes for meeting one serving in the daily food requirements are:

- 1 c ice cream
- 1/2 c fruit juice
- 2 eggs
- 1/2 c raw or cooked vegetables
- 1/2 bagel

68-72. When setting the table, tableware should be placed as follows:

- salad plate to right of spoons
- bread and butter plate above forks
- cup and saucer slightly above and to the right of the spoon
- drinking glass at tip of knife
- napkins to right of spoon

73-77. Which of the following statements are true?

- Fats are necessary nutrients for the body.
- Diets should include only 1/4 of the day's calories from fat.
- Saturated fats include vegetable oils and nuts.
- Partially hydrogenated fats are found in stick margarine.
- Fat is necessary for the storage of vitamins A and D in the body.

78-82. Match the following menu terms with their meanings:

- | | |
|---------------------------------------|---|
| <input type="checkbox"/> entree | a. A fixed price for all courses of a meal |
| <input type="checkbox"/> al a carte | b. Small foods served before a meal to stimulate appetite |
| <input type="checkbox"/> table d hote | c. Each menu item is priced separately |
| <input type="checkbox"/> au jus | d. Served with natural juice or gravy |
| <input type="checkbox"/> appetizers | e. American main course |

83-93: Analyze the following menus to see if the minimum pyramid food requirements are met for one day:

Breakfast

- 1 oz Cheerios with 1 T sugar
- 1 c milk
- 1 medium banana
- 1 c coffee

Lunch

- 3 oz hamburger on bun
- 1/2 c French fried potatoes
- Apple
- Diet soda

Dinner

- 2 tortillas
- 1 c refried beans
- 1/4 c cheddar cheese
- 1 c shredded lettuce

List the number of servings needed from each food group to meet the minimum servings required by the food pyramid?

- milk group
- meat group
- bread/cereal group
- vegetable group
- fruit group

94-95: Explain why eating the recommended foods from the food pyramid is important.

**EVALUATION FOR "HUNGRY? EAT HEALTHY!"
(Minimal)**

Place a "T" in front of the statements that are true. Place an "F" in front of the statements that are false.

1. F _____ Potatoes belong in the bread and cereal food group.
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3. F _____ A five ounce serving of meat is about the size of a deck of cards.
4. F _____ Eating fat is what makes you gain weight.
5. T _____ The food group pyramid is a simple healthy eating guide.
6. F _____ Some of the meat group foods must be combined to be able to build body tissues.
7. F _____ One cup of cooked rice is considered one bread serving.
8. F _____ Brown sugar should be placed loosely in a dry measuring cup before leveling off with straight edge.
9. F _____ Dried beans have all nine essential amino acids to build body tissues.
10. F _____ A colander can be used to open a cork from a bottle.
11. F _____ One cup of sweetened cereal can be considered as one serving of cereal.
12. T _____ A toaster oven can be used to cook meat.
13. T _____ Pizza fits into more than one food group.
14. T _____ Convection ovens bake faster than regular ovens.
15. F _____ Tips are expected in fast food restaurants.
16. F _____ If gratuity is added to a restaurant bill, you don't need to tip more.
17. T _____ There are nutritious foods served in fast food restaurants.
18. T _____ Silverware pieces are arranged so those used first are farthest from the plate.
19. F _____ One stick of margarine is equal to one cup.
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|-------------------|-----------------------|
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| 23. f _____ 4 T | c. 1 T |
| 24. b _____ 12 T | d. 1/2 c plus 2 2/3 T |
| 25. d _____ 2/3 c | e. 1 c |
| 26. e _____ 16 T | f. 1/4 c |
| 27. g _____ 1/2 c | g. 4 fluid oz |

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- _____ blend
- _____ mix
- _____ beat
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- _____ all of the above

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- X meat group
- fruit group
- X bread/cereal group
- X milk
- all of the above

53-57. Which of the following foods can make a person gain weight?

- X pizza
- X carrots
- X bread
- X candy bars
- X potatoes

58-62. The number of servings needed for the basic food groups are:

- X 2-3 for milk group
- 1-2 for meat group
- 2-4 for vegetable group
- X 6-11 for bread group
- 2-5 for meat group

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- 1 c ice cream
- X 1/2 c fruit juice
- X 2 eggs
- X 1/2 c raw or cooked vegetables
- X 1/2 bagel

68-72. When setting the table, tableware should be placed as follows:

- salad plate to right of spoons
- X bread and butter plate above forks
- X cup and saucer slightly above and to the right of the spoon
- X drinking glass at tip of knife
- napkins to right of spoon

73-77. Which of the following statements are true?

- X Fats are necessary nutrients for the body.
- Diets should include only 1/4 of the day's calories from fat.
- Saturated fats include vegetable oils and nuts.
- X Partially hydrogenated fats are found in stick margarine.
- X Fat is necessary for the storage of vitamins A and D.

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- | | |
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| c <input type="checkbox"/> al a carte | b. Small foods served before a meal to stimulate appetite |
| a <input type="checkbox"/> table d hote | c. Each menu item is priced separately |
| d <input type="checkbox"/> au jus | d. Served with natural juice or gravy |
| b <input type="checkbox"/> appetizers | e. American main course |

83-93: Analyze the following menus to see if the minimum pyramid food requirements are met for one day:

Breakfast

- 1 oz Cheerios with 1 T sugar
- 1 c milk
- 1 medium banana
- 1 c coffee

Lunch

- 3 oz hamburger on bun
- 1/2 c French fried potatoes
- Apple
- Diet soda

Dinner

- 2 tortillas
- 1 c refried beans
- 1/4 c cheddar cheese
- 1 c shredded lettuce

List the number of servings needed from each food group to meet the minimum servings required by the food pyramid?

- 0 milk group
- 0 meat group
- 1 bread/cereal group
- 1 vegetable group
- 0 fruit group

94-95: Explain why eating the recommended foods from the food pyramid is important.

The food pyramid shows, in a simple manner, the nutrients that a body needs to perform at its best. If the recommended foods are eaten, the person stays healthier, feels better, performs to capacity, and looks better. It also stores nutrients needed for future use.

HUNGRY? EAT HEALTHY!

A Mini-Micropedia

(Level 2, INTERMEDIATE)

These experiences are designed for adequate knowledge needed for nutritional food choices and preparation.

- Persons teaching foods and nutrition can use *Hungry? Eat Healthy! A Mini-Micropedia* or *I CAN DO IT! A Micropedia Of Living On Your Own* along with these added learning experiences.
- The learning materials can be used with the *Mini-Micropedia*, the *Micropedia* or by themselves.
- There is a pre-oral test and an objective post-test included.
- Activities may be reproduced in one school or educational setting.

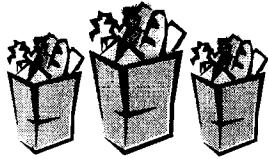
The objectives of this unit are to:

1. Know how to store food safely
2. Understand how to judge food quality
3. Plan and prepare a full day's meals within a food budget
4. Shop for groceries using comparative shopping techniques (specials, coupons, labels, etc.)
5. Follow instructions for preparing canned and frozen foods safely
6. Understand how to prepare and store food safely.

Suggested Added Learning Experiences

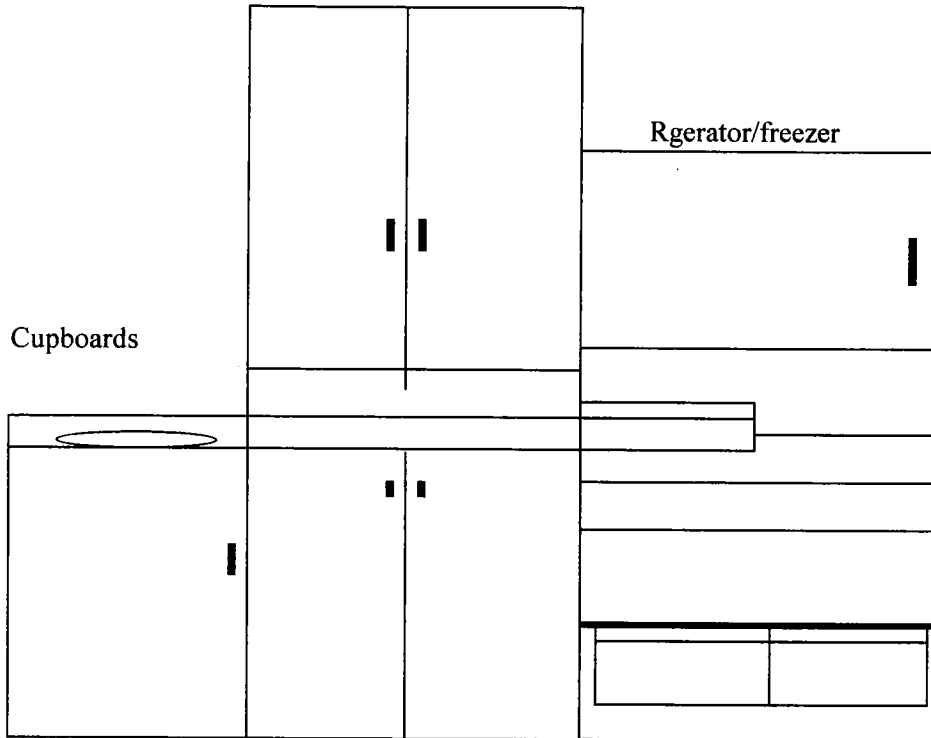
(These can be used according to the capability of the learner.)

1. Create a nutritious, safe picnic meal. Then go for a picnic.
2. Visit a farmer's market, food pantry, or quality food store.
3. Create a holiday turkey advice sheet.
4. Create an economical meal using items found in food ads.
5. Analyze food ads to understand how people react to them and why.
6. Write a TV script to role play reasons for eating right. Consider perspective of parents, community, teenager, etc.
7. Visit an orchard and pick fallen fruit.
8. Grow bacteria from hands using petri dishes. Observe under a microscope to see growth of bacteria.
9. Keep pieces of food in the refrigerator and observe them over a period of time to see the changes.
DON'T EAT THEM! (A fresh, whole fish is interesting to watch.)
10. Create a healthy bag lunch.
11. Make a drawing of a super market so shopping will be easier.
12. Analyze the placement of specials in a super market.
13. Clean cupboards and refrigerator finding ways to improve storage.
14. Interview someone who's recently gone on his own. Ask what he wished he had known about foods.
15. Create a foods BINGO game about labels, food safety, and shopping for foods.
16. Create a community food safety campaign. Research internet for information. (FDA Hotline is a good resource.)



EMPTY THOSE GROCERY BAGS

Place the name or number of the food where it should be stored.



1. corn flakes
2. frozen orange juice
3. milk
4. crackers
5. margarine
6. canned corn
7. rice
8. hot dogs
9. flour
10. dry Navy beans
11. corn meal
12. hamburger
13. carrots
14. grapes
15. frozen TV dinners
16. cheese
17. eggs
18. lettuce

THINK AND COMPARE !

Answer the following questions. Then share your answers with someone else to see if you agree.

- 1 Why should grocery bags be emptied as soon as they are brought home?
- 2 How can you protect food such as corn meal from bugs?
- 3 How should eggs be stored?
- 4 What should be done with lettuce before storage?
- 5 Why should cheese be tightly wrapped?
- 6 Which of the foods would be stored best in a dry, moderately cool spot?
- 7 Should frozen fish and poultry be frozen in their original containers?
- 8 What would a date written on a package of bologna mean?
- 9 Where should bread be stored?
- 10 What should you do with the canned corn if the can is bulging ?
- 11 Why should food be dated when it is put into a freezer?
- 12 What temperature is best for storing canned goods?
- 13 How can a quantity of meat be prepared to freeze in smaller portions for later use?
- 14 What should you do with eggs that got cracked on the way home?
- 15 Where should you thaw turkey if you want to use it in two days?
- 16 What should you do if the wrappings on frozen foods have been torn?
- 17 Where should bananas be stored?
- 18 Where should packages of compressed yeast be stored?
- 19 Where should packages of dry yeast be stored?
- 20 Have you ever emptied grocery bags for a full week's shopping before?



JUDGING FRESH PRODUCE



Various governmental agencies protect the food sold in the United States. Such concerns as safety, grading, processing, enforcement, labeling, and food processing are carefully controlled. Most foods are graded for quality. Eggs, for example are Graded AA, A, and B. Eggs are also graded by size.

Since fresh fruits and vegetables deteriorate quickly, quality and grading are difficult. For this reason it's important to be able to judge the quality yourself before you buy. Fresh produce gives the most nutrition and taste for your \$\$\$.

Do you know how to judge the quality of produce? Here's a research challenge.



RESEARCH PROCESS:

1. Gather some ripe fruits and vegetables and observe them as they age. Leave them at room temperature for observation. (Very ripe and over-ripe produce can be found at grocery stores where produce departments are getting rid of them.. They can also be gathered from homes.)
2. Research how to judge quality of fresh fruits and vegetables. List names of fruits and vegetables. Write or draw how each can be judged for quality. Use books or the internet. (You might like to share the job with someone.)
3. Plan to interview a super market produce manager or someone knowledgeable about produce. Prepare questions beforehand. (i.e. What is done with older produce? Do you recycle? What hints can you suggest for purchasing fruits and vegetables? Where is produce purchased? What is "organic" produce? What can I do if produce I buy in a package is rotten? What education is needed to become a produce manager? etc.)
4. Visit a grocery store to explore the quality of produce. You will probably find fruits and vegetables that you haven't seen or tasted before. Answer the following questions:

Which produce was not top quality?

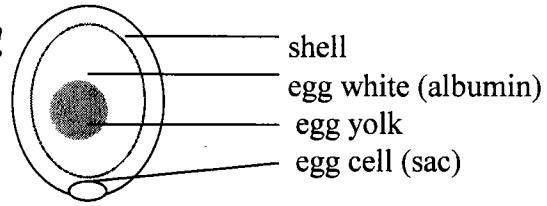
What produce had you not seen before?

What produce haven't you tasted? (You might like to plan a tasting party!)

What did you learn from this research?

HOW TO TELL WHAT'S INSIDE...

Let's look inside an egg!



It's difficult to see what's inside an egg to tell if it's fresh or not. Government regulations can help. Eggs are graded according to weight and to the size of the air cell inside the egg. As an egg ages, the cell (sac) grows larger, the white and yolk get thinner. When an old egg is broken open, the yolk and white flatten out. When a fresh egg is broken open, the white and the yolk give a high, rounded appearance. If the egg is very old, it smells very bad when broken open! (Don't eat it!) If you are not sure about an egg's freshness, it is best to break it into a dish to check it. (If you break it into a batter, for example, you could ruin the whole batter.) Eggs are graded and dated on the package (sometimes on each egg.) As eggs grow older, their quality lessens. Eggs are graded as AA for freshest followed by A and B. Sizes range from Jumbo (30oz), followed by Extra Large, Large, Medium, Small, Peewee.

Want to see inside an egg? **You'll need:** a cardboard tube from kitchen toweling; an egg; a flashlight; a dark room. Hold the egg on an open end of the tube. Flash the light in the other end. Look at the egg to find the air cell and the yolk. (You will have to test several eggs to see the differences in age.) This process, done a bit differently by egg producers, is called candling.

WHAT CAN I DO TO SEE INSIDE CANS?



Government agencies like the USDA (United States Department of Agriculture) set up standards for canned goods. The goods are graded, starting with Grade A (Fancy), Grade B (Extra Standard), Grade C (Standard), and Grade D (Sub-standard). Labels on cans will give the grading information. You will find that qualities vary. Manufacturers may pack several grades of foods and use a different brand name for each to indicate its quality. There will be: generic brands, name brands, house brands, economy brands. Prices will vary. The only true way to decide which brand and quality you like is to buy a can and try it. Choose what is best for your purposes. Lesser quality tomatoes, for example, are great for sauces.

1. Tour your cupboards to read the labels. 2. Buy 3 qualities of a product. Taste and compare.

WHAT ABOUT MEAT PACKAGES?



Meats are graded also. As an example, the best quality of beef is labeled Choice followed by Select, Standard (Commercial), Utility (cutter and canner). Standard (commercial) are often sold as store brand or ungraded. Utility is seldom found in the retail market. Hamburger is labeled with the amount of fat content in the meat. The labels should also be dated so the buyer can judge freshness and length of time to keep the meat before use.

- Pork is generally not graded because of its tenderness.
- Veal is either Prime or Choice.
- Poultry's top grade of A is usually found in retail markets. Grades B and C are usually used in places where it can be cut up into pieces..

Explore your meat market cases to see the difference in qualities.

????? WHAT OTHER PRODUCTS NEED GRADING?????

Explore market shelves.



IT'S YOUR CHOICE.... YOU'RE THE CHEF!
PLAN and PREPARE LOW COST MENUS FOR ONE DAY

(Most single persons spend less than 15% of their income on their food per month.)

If your take home pay is \$ 200.00 per week, what can you spend for food each week? $\$200 \times .15 = \$$ _____

What can you spend for one day? \$ _____

Prepare a day's menus using the amount figured above for a full day's meals. Consider using low cost foods, coupons, and "specials" listed in newspaper ads. (Choose where you can shop easily so you don't have extra transportation costs.) Be creative! Also remember to plan to get foods required in the food pyramid.

<u>Meal Menu Items</u>	<u>Recipe ingredients</u>	<u>Cost/serving</u>	<u>I did it!</u>
Breakfast			

Lunch

Dinner

What was the total cost of the meals \$ _____ Did you meet your budgeted amount? _____
 Did you meet your dietary needs? _____

CONFUSED? LABELS HELP!

NUTRITION FACTS

Serving Size 2.5 oz
(70g/about 1/3 box)
(Makes about 1 cup)

Servings per container about 3

Amount Per Serving	In Box	Prep*
Calories	260	410
Calories from Fat	25	170
Total Fat 2.5 g**	4%	28%
Saturated Fat 1 g	5%	23%
Cholesterol 10mg	3%	3%
	% Daily Value ***	
Sodium 560mg	23%	31%

Total		
Carbohydrate 47mg	16%	16%
Dietary Fiber 1 g	4%	4%
Sugars 7 g		

Protein 11 g		
Vitamin A	0%	15%
Vitamin C	0%	0%
Calcium	10%	10%
Iron	15%	15%

*Prepared with Margarine and 2% reduced fat milk.

** Amount in Box. When prepared, one serving (about 1 cup) contains an additional 16 g total fat (3.5 g sat. fat), 190 mg sodium, and 1 g total carbohydrate (1 g sugars).

***Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

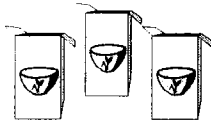
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholest	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carb		300g	375g
Fiber		25g	30g

INGREDIENTS: ENRICHED MACARONI PRODUCT (DURHAM WHEAT FLOUR, WHEAT FLOUR, NIACIN, FERROUS SULFATE, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), CHEESE SAUCE MIX: WHEY, WHEY PROTEIN CONCENTRATE, CHEESES (GRANULAR AND CHEDDAR (MILK, CHEESE CULTURE, SALT, ENZYMES)) CONTAINS LESS THAN 2% OF SALT, SODIUM TRIPOLYPHOSPHATE, CITRIC ACID, SODIUM PHOSPHATE. YELLOW 5. YELLOW 6

WHAT'S IN THE BOX?

- 1 What do you think the above product is?
- 2 Are there words that you don't understand?
- 3 If you were concerned with losing weight, how would you prepare this product?
- 4 What other information do you think would be on the box?
- 5 If you ate two servings of this product, how much more salt (sodium) should you have during the day to eat the recommended amount?
- 6 You really like this product and want to eat all 3 cups of it? How much more fat should you have during the day to eat the recommended amount?
- 7 Can this product be considered a high protein source?
- 8 How many servings from the bread and cereal group are in one cup of this product?

Plan a menu with this product. (Yes, it is macaroni and cheese!) Have the menu include a representative of each food group. You'd better have two from the vegetable group to meet your daily needs.



**Now take a look at 3 or more cereal boxes.
Compare the nutrients.
Compare cost per serving.
Decide which you'd buy.**

WHAT'S IN THIS BOX*?

INGREDIENTS

Sugar, enriched flour bleached (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, partially hydrogenated soybean and cottonseed oil, leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate, dicalcium phosphate, aluminum sulfate), wheat starch, modified corn starch, propylene glycol monoesters, lactose, salt, dextrose, monoglycerides, maltodextrin, sodium-stearoyl lactylate, diacetylated tartaric acid esters of monoglycerides, xanthan gum, mono and diglycerides, artificial flavor, sodium caseinate, corn starch, dried corn syrup, yellow 5 & 6, freshness preserved by tocopherol and citric acid.

Do you feel that you need to be a food chemist to read this?
Why are food additives added to food products?
Which additives should concern you?
You might try finding out more using the Internet!
How do these ingredients compare to a home made cake?

* Would you believe it's a yellow cake mix?

SUPER SHOPPER SCAVENGER

Ever been on a grocery store scavenger hunt? Here's a list of what you need to find. Fill in the blanks.

(Hint: If you can draw a floor plan of the store where you'll be hunting, you'll find things much faster. Make a picture of the aisles and the location of the special departments such as bakery, produce, meat.)

Time I began my hunt _____ Time I finished my hunt _____

1. Name of an advertised coupon or newspaper ad item _____ Cost: _____
2. Name of an equal product that costs less _____ Cost: _____

Brand names of 14.5 oz cans of creamed corn:

Generic brand name _____	Grade _____	Cost _____	Unit price _____
Name brand name _____	Grade _____	Cost _____	Unit price _____
House brand name _____	Grade _____	Cost _____	Unit price _____
Economy brand name _____	Grade _____	Cost _____	Unit price _____

3. Name of a juice that is 100% juice _____ Unit price _____
 Name of a "juice drink" _____ %Amount of juice _____ Unit price _____

4. Brand names of packages of corn flakes:

Brand name _____	Cost _____	Unit price _____
Brand name _____	Cost _____	Unit price _____
Brand name _____	Cost _____	Unit price _____
Brand name _____	Cost _____	Unit price _____

5. Compare measurements for unit pricing for toilet paper

Brand name _____	Cost _____	Unit price _____
Brand name _____	Cost _____	Unit price _____
Brand name _____	Cost _____	Unit price _____
Brand name _____	Cost _____	Unit price _____

6. Find dates on the following containers:

Can of peas _____ Loaf of bread _____ Hot dogs _____ Hamburger _____
 Milk _____ Cottage cheese _____ Eggs _____

7. A product that has "LIGHT" on label _____ Amount of calories _____

8. A product that has "GOOD SOURCE" on label _____ What nutrient is considered the "Good Source"? _____ How much of this nutrient is there in the product? _____

9. Find nutrient content of a cola drink _____ Unit price _____
 Find nutrient content of a diet soda _____ Unit price _____
 Find nutrient content of milk _____ Unit price _____

10. Compare prices on the following foods:

1 lb white potatoes _____	1 lb potato chips _____	Difference _____
1 lb frozen chicken breasts _____	1 lb fresh chicken breasts _____	Difference _____
1 lb lean hamburger _____	1 lb extra lean hamburger _____	Difference _____
1 lb apples _____	16 oz can applesauce _____	Difference _____
16oz package of frozen green beans _____	1 lb of fresh green beans _____	Difference _____
package of 8 hamburger buns: brand name _____	fresh bakery _____	Difference _____

11. Find name of a food sale item that is outdated _____
12. Find name of a fresh meat product that shows cooking instructions _____
13. What are two extra services available at the store. _____

“You’ve Never Even Opened a Can?” (Research and Role Play)



Pedro’s friend George moved in with him. One of the first things they did was plan how they would share cooking. (They were hungry after the move.)

They decided to use whatever they could find in the cupboard and freezer for lunch. They explored and decided to use frozen hamburger patties, canned baked beans, and frozen peaches. They had half a package of hamburger buns and some milk. That sounded like a nutritious, quick lunch! Since they were REALLY hungry, they decided to make their first meal together so George could get acquainted with the kitchen.

Surprise! Pedro found that George had never even opened a can of beans..... or cooked any frozen foods. Pedro said, “George, all you need to do is read the labels!” Pedro said, “Sorry, George, there are no instructions on this can.”

Pedro knew he had a problem. He decided to teach George some of the basics.

What do you think that Pedro should teach George about the following things?

1. How to heat foods from cans
2. How to figure number of servings in cans
3. When foods in cans need to be thrown away rather than eaten
4. Defrosting frozen foods
5. Preparing frozen foods
5. How to judge when frozen foods are too old for safety or food quality
6. What other things should Pedro teach George?

Wonder if Anyone Got Sick After Thanksgiving?

It's Thanksgiving time.... time to prepare David's first Thanksgiving turkey! He wanted to do it right.*

He took out his partially frozen turkey early Wednesday morning and placed it on the bread board to thaw so it wouldn't stain his counter. He wanted it thawed by evening so he could stuff it when he got home from work. He planned to store it in the refrigerator overnight to bake early in the morning.

When he got home, he prepared the dressing. He placed the turkey in a roaster. He rinsed the bread board with warm water. Then he used the board to cut the onions and celery for the dressing. The onion had some mold on the outside. He pulled off the moldy skin and chopped the rest of the onion. Then he mixed the bread and seasonings with the raw eggs and hot water. When he added the pepper, he spilled some. It kept him sneezing for half an hour with no tissue handy! He put the hot dressing into the turkey. He placed the stuffed turkey into the refrigerator to keep it safe. Then he made the cranberry/apple Jell-O. He cut the apples on the bread board so he didn't hurt the kitchen counter.

He was up early the next day to put the turkey into the oven. After breakfast, he set the table. He then prepared a favorite corn casserole. One of the cans of creamed corn had a slight dent and bulge in it. Since it didn't smell bad, he felt it was safe to use. He put in the raw eggs, crackers, and milk. When he was adding the milk, he spilled a bit on the floor. He quickly grabbed a dish cloth to wipe up the spill. He didn't want to slip on a slippery floor! He left the corn casserole on the counter until it was time to put it in the oven.

Then he dished up the pickles, relishes, and jelly so they would be ready. This would save some last minute rushing. When he opened the jelly, he found a light mold on top. Since he had no other jar of jelly, he decided to remove the mold a bit at a time, using the same spoon. Since the jelly didn't smell bad, he decided to use it.

David's dog, Bruno, kept begging for tastes of food. When David finally gave in, Bruno licked his hand in appreciation. David kept on preparing food. The potatoes were cooked and mashed. He had planned to warm a couple of cans of peas, but found the inside of the can slightly discolored. He threw the peas away.

Now it was time to take out the turkey. He wanted to have the turkey sliced before guests arrived. He knew it would stay warm if he put the lid on the roaster. When he cut the turkey breast next to the wings, the juices were pink. He hadn't used a meat thermometer. He wondered if the turkey hadn't really been totally thawed. "Oh, well, it sure tastes good!" he said out loud to himself. "It's tender!"

He started making the gravy He tasted with his spoon as he seasoned it. He had to hurry. The guests were arriving in fifteen minutes. "Thank goodness my brother is bringing the pies!", he said to Bruno.

The dinner was a smashing success. Everyone ate and ate and talked and talked. They continued nibbling at the food for over four hours. When the guests decided to leave, they helped with clean-up. The large quantities of left-overs were dished into big covered containers that they filled to the top. Guests gave their compliments as they left. David's first Thanksgiving dinner had been a great success.

Wonder if anyone got sick the next day?

**Underline any potential food safety problems that you see. Discuss them with others.*

Wonder if Anyone Got Sick After Thanksgiving?



1. frozen turkey early Wednesday morning and placed it on the bread board to thaw so it wouldn't stain his counter . Frozen turkey should be thawed in the refrigerator. It may take two or three days for a turkey.
2. rinsed the bread board with warm water. Bread boards should be sterilized after using for raw poultry to avoid contamination. A warm water rinse is not enough to clean it.
3. Then he used the board to cut the onions and celery The bread board was not sterilized. See above.
4. pulled off the moldy skin and chopped the rest of the onion. The mold would need to be totally gone. The mold should be cut off 1" around and below the mold. A knife shouldn't touch the mold.
5. sneezing for half an hour with no tissue handy! Mouth should be covered for sneezes. Hands should be washed after using to cover a sneeze.
6. hot dressing into the turkey The hot dressing inside a cold turkey will allow bacteria to grow when allowed to sit for a period of time.
7. cut the apples on the bread board The apples will be contaminated with any bacteria from the raw poultry juices that were not cleaned well enough.
8. cans of creamed corn had a slight dent and bulge in it Foods in cans that are bulging or rusted should be thrown away. The food should not even be tasted!
9. dish cloth to wipe up the spill. Dish cloths should not be used to wipe floors. They can contaminate everything they touch afterwards.
10. left the corn casserole on the counter The eggs in the casserole left at room temperature can cause food poisoning.
11. remove the mold a bit at a time, using the same spoon. Mold can be safely removed from jelly by taking out the mold with a spoon. Another clean spoon should then scoop out around the spot. If the rest smells fermented it should be thrown away.
12. didn't smell bad Mold should never be smelled. It can cause respiratory problems.
13. licked his hand in appreciation. David kept on preparing food. He should have washed his hands before continuing food preparation
14. He threw the peas away. Slight discoloration on the inside of cans is not harmful.
15. the juices were pink. Juices from well done turkey are clear. There is no pink visible in the meat.
16. meat thermometer. A meat thermometer should be used when cooking a turkey.
18. tasted with his spoon A different spoon should be used each time a taste is taken. Another way is to use one spoon for dipping and then transferring a small amount to a tasting spoon that can be used over again.
19. over four hours Foods should be refrigerated after being at room temperature for two hours.
20. dished into big covered containers that they filled to the top Smaller containers should be used so foods can cool more quickly.

Wonder if anyone got sick the next day?

Oral Pre-Test for "Hungry? Eat Healthy!"

(Level 2 - Adequate)

1. Have you ever stored a week's supply of groceries? *(Answers vary.)* Explain where to store: onions and potatoes, canned goods *(cool dry place)*; TV dinners *(freezer)*; dry pastas and beans *(tightly closed container)*; eggs *(in original containers in refrigerator)*; bananas *(at room temperature)*; compressed yeast *(refrigerator)*.
 - a. Why should you date food that is put in the freezer? *(So it doesn't get too old to eat safely and you know when quality is deteriorating.)*
 - a. What should you do if a can of food is bulging? *(Throw it away. Don't taste it!)*
2. How can you judge quality in the foods you buy? *(Read the information given on containers such as grading and nutrition information. Fresh produce requires a person's own knowledge.)*
 - a. What are general qualities for judging produce? *(Color, texture, blemishes, stem ends of fruits, etc.)* Explain how you judge the quality of: fresh corn ears *(Soft silks, no worms, green leaves, juicy kernels)*; citrus fruit *(Heavy for size, firm, bright and smooth skins)*; broccoli *(Firm, good green color of buds, clean/compact buds)*.
 - b. How do you judge quality in packaged foods? *(Read labels)*
What information is found on food labels? *(name of product, manufacturer's name and address, ingredients, nutrition information, serving size, servings in container, etc.)* Why is label information meaningful to you? *(It helps to compare with other products so you can find the best buys; helps with health concerns including nutrition and allergies; furnishes addresses for complaints, etc.)*
 - c. How can you tell how much of your daily diet requirements are being met with a serving of food? *(Labels list % of daily requirements of nutrient such as fat, calories, sodium protein in each serving.)*
 - d. Does "No sugar added" mean there is no sugar in a product? *(It means that no sugar was added to natural state of the product such as peaches which are already sweet.)*
3. Do you have a food budget? How many meals do you plan and prepare each week? How much do you spend on food? *(Answers will vary.)*
 - a. What is the average percentage of a single person's take-home pay that is spent on food? *(About 15%)*
Do you spend about 15% of your income on food? *(Answers will vary.)*
 - b. How do you plan so that you stay within your food budget? *(Preplan meals, figure costs, buy wisely using comparative shopping with ads, read product labels, don't buy more than I need, etc.)*
4. What shopping techniques can you use to stay on a low cost food budget? *(Don't shop when hungry, preplan menus and costs, make shopping lists and stick to them, read and compare food ads, use appropriate food coupons, read and compare food labels, grow own food, pick own food, visit food pantries, use food stamps, etc.)*
 - a. What do brand names such as DelMonte tell you? *(They tell you the names of the producers. The producers often put different grades of foods under different brand names.)*
 - b. What is unit pricing? *(Labels on grocery shelves that tell the product name, price, and cost per unit of food.)* How can unit pricing be helpful to the shopper? *(Allows a true comparison of product prices.)*
5. How do you prepare canned vegetables? *(Read labels. Products are usually just heated and served.)* How do you prepare frozen foods? *(Read package instructions. Frozen foods are usually prepared on range top, microwave, or oven.)*
 - a. What is the best way to thaw frozen meats? *(Refrigerator thawing is best. Can also thaw in microwave as directed. Another method: thaw under cold water in waterproof covering.)*
6. To keep foods safe for eating what would you do for the following problems:
 - a. Small amount of mold on top of jelly *(Remove mold with one spoon. Take another clean spoon and scoop out around the spot. If jelly smells fermented, throw it away.)*
 - b. Moldy soft fruits and vegetables, nuts, and dried grains? *(Throw them away!)*
 - c. Washing dog dishes *(Wash separately from other dishes or use dishwasher if dishwasher sterilizes.)*
 - d. Bread board needs to be cleaned *(Sterilize with soap and bleach solution: 1T bleach to 1 qt of water. Clean with brush and cloth. Don't use steel pad.)*
 - e. You have a cold. *(Wash hands often. Don't sneeze on food.)*
 - f. You have to use the bathroom while preparing dinner. *(Wash hands carefully afterwards.)*
 - g. How long should foods be left at room temperature? *(Less than two hours. Hot foods should be kept at 165- 212 degrees F.)*

**EVALUATION FOR "HUNGRY? EAT HEALTHY!"
(Intermediate)**

Place a "T" in front of the statements that are true. Place an "F" in front of the statements that are false.

1. _____ Moldy foods should not be smelled.
2. _____ Freezing foods keeps bacteria from growing.
3. _____ Hot foods should be cooled quickly for storage and placed in small containers.
4. _____ Frozen meats can be safely refrozen if ice crystals are present.
5. _____ It's important to comparative shop when on a limited income.
6. _____ It's economical to buy advertised food "specials" all over town each week.
7. _____ Foods in rusty or dented cans are safe to eat.
8. _____ Bright yellow and purple color on broccoli buds indicate good quality.
9. _____ A turkey can be safely thawed under cold running water in a waterproof covering.
10. _____ Quality Idaho (white) potatoes should be smooth, firm, and have shallow eyes with no sprouts.
11. _____ Pineapples have a fragrance when ripe.
12. _____ Dates on packages of food can indicate date by which food should be sold.
13. _____ Ingredients on labels are listed with the heaviest first and the rest in descending order.
14. _____ Daily food shopping can save time and money.
15. _____ Food coupons are always money savers.
16. _____ Eggs are judged by a candling process and by size.
17. _____ Only Grade A poultry is generally found in food markets.
18. _____ Pork is generally not graded.
19. _____ Grade A foods are always the best buy, regardless of their intended use.
20. _____ There are always preparation instructions on canned foods.

Place an "X" in front of all of the correct answers.

21-25. A quality head of iceberg lettuce should have:

- _____ crisp leaves
- _____ hard and solid feel
- _____ hard bumps on top
- _____ tan or brown color on leaves
- _____ brown core

26-30. A label that states that a food is "FREE" of calories means that there are:

- _____ less than five calories in the product
- _____ no (or almost no) fat, cholesterol, sodium, sugars, or calories
- _____ at least 25% less calories than the food being replaced
- _____ no calories at all
- _____ at least 10% less calories

31-35. Nutrition labels must include:

- _____ name and address of packer, manufacturer, or distributor
- _____ nutrition information
- _____ RDA percentages
- _____ serving sizes
- _____ picture of the product

36-40. To keep things clean and safe in a kitchen you should:

- _____ use soapy steel pads to clean bread boards well
- _____ wipe spills up immediately on floor with dish cloths to avoid falling
- _____ wash pet dishes with regular dishes in the sink
- _____ rinse hands after sneezing or using bathroom
- _____ keep fingernails clean.

41-45. Put groceries away safely by:

- rewrapping fresh meat
- unpacking and putting groceries away immediately when they are brought home
- examining packaged foods carefully
- putting frozen foods directly into the freezer
- storing bananas in the refrigerator

36-50. Fruit quality can generally be judged by:

- appropriate color
- no blemishes
- firmness
- softening at stem end
- all of the above

51-55. Some low cost nutritional foods are:

- rice
- eggs
- peanut butter
- sugared cereals
- Navy beans

56-60. The following methods can be used to help stay within a limited budget:

- preplan meals
- figure cost of chosen foods
- read labels
- read food ads
- be prepared to make quick changes in plans.

61-62. Fill in the blanks with the correct answers:

Mary's take-home pay is \$120.00 each week.

How much money should she be able to spend on groceries each week? _____

How much money should she be able to spend on groceries each day? _____

63-67. List five values of nutrition labeling:

- 1.
- 2.
- 3.
- 4.
- 5.

68-70. List three economical, legal ways to get food when your food budget is limited.

- 1.
- 2.
- 3.

71-75. List five ways to save money when shopping for food:

- 1.
- 2.
- 3.
- 4.
- 5.

76-80. Explain how foods are graded.

**KEY FOR EVALUATION FOR "HUNGRY? EAT HEALTHY!"
(Intermediate)**

Place a "T" in front of the statements that are true. Place an "F" in front of the statements that are false.

1. T Moldy foods should not be smelled.
2. F Freezing foods keeps bacteria from growing.
3. T Hot foods should be cooled quickly for storage and placed in small containers.
4. T Frozen meats can be safely refrozen if ice crystals are present.
5. T It's important to comparative shop when on a limited income.
6. F It's economical to buy advertised food "specials" all over town each week.
7. F Foods in rusty or dented cans are safe to eat.
8. F Bright yellow and purple color on broccoli buds indicate good quality.
9. T A turkey can be safely thawed under cold running water in a waterproof covering.
10. T Quality Idaho (white) potatoes should be smooth, firm, and have shallow eyes with no sprouts.
11. T Pineapples have a fragrance when ripe.
12. T Dates on packages of food can indicate date by which food should be sold.
13. T Ingredients on labels are listed with the heaviest first and the rest in descending order.
14. F Daily food shopping can save time and money.
15. F Food coupons are always money savers.
16. T Eggs are judged by a candling process and by size.
17. T Only Grade A poultry is generally found in food markets.
18. T Pork is generally not graded.
19. F Grade A foods are always the best buy, regardless of their intended use.
20. F There are always preparation instructions on canned foods.

Place an "X" in front of all of the correct answers.

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- X crisp leaves
- hard and solid feel
- hard bumps on top
- tan or brown color on leaves
- brown core

26-30. A label that states that a food is "FREE" of calories means that there are:

- X less than five calories in the product
- X no (or almost no) fat, cholesterol, sodium, sugars, or calories
- at least 25% less calories than the food being replaced
- no calories at all
- at least 10% less calories

31-35. Nutrition labels must include:

- X name and address of packer, manufacturer, or distributor
- X nutrition information
- X RDA percentages
- X serving sizes
- picture of the product

36-40. To keep things clean and safe in a kitchen you should:

- use soapy steel pads to clean bread boards well
- wipe spills up immediately on floor with dish cloths to avoid falling
- wash pet dishes with regular dishes in the sink
- X rinse hands after sneezing or using bathroom
- X keep fingernails clean.

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56-60. The following methods can be used to help stay within a limited budget:

- preplan meals
- figure cost of chosen foods
- read labels
- read food ads
- be prepared to make quick changes in plans.

61-62. Fill in the blanks with the correct answers:

Mary's take-home pay is \$120.00 each week.

How much money should she be able to spend on groceries each week? (No more than 17% = Less than \$20.40)

How much money should she be able to spend on groceries each day (no more than \$2.91)

63-67. List five values of labeling laws:

- | | |
|---|---|
| 1. Helps to comparison shop | 6. Gives name and address for any complaints |
| 2. Helps people with allergies | 7. Helps evaluate nutritional value of foods |
| 3. Gives serving sizes so planning is easier | 8. Tells amount of ingredients in order of weight |
| 4. MDR helps compare foods & judge nutrients needed | 9. Protects consumer from false information |
| 5. Important for people with health problems | 10. Tells grade of products |

68-70. List three economical, legal ways to get food when your food budget is limited.

1. Food stamps, farmer's markets, pick your own produce, food kitchens, food pantries, work in a restaurant, grow your own food, use comparative shopping techniques, etc.
- 2.
- 3.

71-75. List five ways to save money when shopping for food:

1. Use food coupons, read newspaper ads, don't shop when hungry, make a shopping list so not
2. tempted, read labels, buy "specials", buy when food is in season, buy quality of food appropriate
3. to use, use a food budget, use unit pricing when available to compare products, etc.
- 4.
- 5.

75-80. Explain how foods are graded.

Foods are graded by rules set up by federal government agencies. Each type of food has its own grading system. For example, beef grades are Choice, Select, Standard, Utility. Pork is generally not graded because of its tenderness. Veal is either Prime or Choice. Poultry grades are A, B, and C. Eggs are graded by weight and freshness. Canned goods are also graded so customers can tell the quality without seeing it. (Answers will vary.)

HUNGRY? EAT HEALTHY!

A Mini-Micropedia

(Level 3, ADEQUATE)

These experiences are designed for adequate knowledge needed for making nutritional food choices and preparation.

- Persons teaching foods and nutrition can use *Hungry? Eat Healthy! A Mini-Micropedia* or *I CAN DO IT! A Micropedia of Living On Your Own* along with these added learning experiences.
- The learning materials can be used with the *Mini-Micropedia*. The *Micropedia*, or by themselves.
- There is a pre-oral test and an objective post-test included.
- Activities may be reproduced in one school or teaching setting.
-

The objectives of this unit are to:

1. Apply nutrition knowledge to meal planning
2. Follow recipe instructions
3. Adjust recipes to feed more or less people
4. Understand food budgeting and shopping techniques
5. Plan, shop for, and prepare a full day's menus
6. Plan a full week's menus and shopping list using a food budget.

Suggested Added Learning Experiences

(These can be used according to the capability of the learner.)

1. Create a nutritional meal for a children. Find ways to make the food "fun."
2. Collect recipe books and recipes.
3. Make a recipe collection of your favorites.
4. Make a list of groceries. Go to two or more stores and compare the prices of the chosen items.
5. Watch a television program about cooking.
6. Visit a cooking school and research careers in food preparation.
7. Create an egg incubator and hatch a fertile egg.
8. Demonstrate flour measuring by comparing sifted flour with unsifted flour.
9. Create menus and meals from different cultures.
10. Plan an intercultural pot-luck. Invite people to bring their favorite cultural foods to share.
11. Have groups or individuals go to a grocery store to consider buying specific products (i.e. cereal, bread, etc.) Each person or group should plan to spend an equal amount of money. After completing their choices, they should compare what they spent and the reasons for their choices.
12. Plan meals with family or roommates that meet the needs of each person.
13. Research weight loss methods and plan a week's menus for weight loss.
14. Interview a dietitian with preplanned questions.
15. Research nutrition needs of athletes. Plan a week's menus for an athlete.
16. Interview older persons to find how eating choices today are different from when they were growing up.



ARE THESE MENUS GOOD OR BAD?



How do you judge a menu? Taste? Appearance? Variety? Nutrition?

Consider the following menus served on a white plate. Think what they would taste like and look like.

- | | | | |
|------------------|-------------------|-----------------------|----------------------------|
| #1 Mashed Potato | #2 Scrambled Eggs | #3 Crispy Tacos | #4 Sauerkraut with Sausage |
| Broiled Halibut | Mashed Potatoes | Potato Chips | Dill Pickles |
| Cauliflower | Creamed Corn | Carrot Strips | Sourdough Bread Slices |
| White Bread | Applesauce | Crisp Oatmeal Cookies | Lemon Ice |

Which menu number has foods that are: all one color? _____ all with creamy texture? _____ all with crispy texture? _____ all with only one flavor? _____

Taste and appetizing appearance are the pleasurable parts of eating. Dietitians recommend menus with a variety of flavor, texture, color, and temperatures in foods.



NOW ANALYZE THESE DIETS FOR NUTRITIONAL VALUE

Meal Menu	Write # of Servings of:				
	Fruits	Vegetables	Meat	Bread	Milk
Day 1 Breakfast					
Sugared Cereal (1 c)					
Milk (1/2 c)					
Donut					
Coffee					
Day 1 Lunch					
French Fries					
Coke					
Day 1 Dinner					
Ham Slice (3oz)					
Baked Potato					
Green Beans (1/2c)					
White Bread (2 slices)					
Chocolate Cake					
Milk (1 c)					
Day 1 Snacks					
Candy Bar					
Potato Chips and Soda					
Day 2 Breakfast					
Oatmeal (1 c cooked)					
Milk (1/2 c)					
Orange Juice (8 oz)					
Toast (1 slice)					
Day 2 Lunch					
Bologna (3oz)					
Bread (2 slices)					
Carrot Sticks (1/2 c)					
Apple					
Day 2 Dinner					
Hamburger Patty (3oz)					
Cheese Slice (2oz)					
Baked Beans (1/2c)					
Lettuce Salad (1 c)					
Applesauce (1/2c)					
Day 2 Snacks					
Cookies (3)					



NUTRITION ANALYSIS

HOW MANY MORE SERVINGS ARE NEEDED TO MEET THE MINIMUM RECOMMENDED REQUIREMENTS FOR ONE DAY?

Day 1
 Fruits ____ Vegetables ____ Meat ____
 Bread ____ Milk ____

Day 2
 Fruits ____ Vegetables ____ Meat ____
 Bread ____ Milk ____

RATE THE MENUS FOR VARIETY of temperature, color, flavor, & texture. Place an "X" by the varieties that are met.

Day 1 Breakfast
 Temperature ____ Color ____ Flavor ____
 Texture ____

Day 1 Lunch
 Temperature ____ Color ____ Flavor ____
 Texture ____

Day 1 Dinner
 Temperature ____ Color ____ Flavor ____
 Texture ____

Day 2 Breakfast
 Temperature ____ Color ____ Flavor ____
 Texture ____

Day 2 Lunch
 Temperature ____ Color ____ Flavor ____
 Texture ____

Day 2 Dinner
 Temperature ____ Color ____ Flavor ____
 Texture ____

HOW IMPORTANT IS VARIETY IN FOOD? IS NUTRITION MORE IMPORTANT?

COOKING DEMONSTRATION BY GUEST



CHEF _____

The television cameras are rolling. It's you under the hot lights preparing a Devil's Food Layer Cake today. Plan to demonstrate or tell someone how to measure the ingredients and do the baking. Here's the recipe. You make the script explaining the terms and processes. (You'll need to make a list of utensils that you will need so you can demonstrate.)

Devil's Food Layer Cake

- | | |
|---------------------------|-------------------|
| 1 1/4 c sifted cake flour | 3/4 c cocoa |
| 2 t baking powder | 5 eggs, separated |
| 1/8 t salt | 1 c cold water |
| 2 c sugar | 1 t vanilla |

Sift flour, baking powder, and salt together twice. Mix sugar and cocoa in large bowl. Beat egg yolks until thick; add to sugar mixture. Add water and vanilla; stir well. Add half the flour mixture; stir 25 strokes. Add remaining flour mixture; stir 50 strokes. Beat egg whites until stiff peaks form; fold gently into batter using 20-25 folding strokes. Pour into 9-inch layer pans. Bake at 365 degrees for 25 minutes.

Chocolate Frosting

- | | | |
|---|----------|-----------|
| 1/2 c margarine or butter | 5 T milk | 5 T cocoa |
| 3 1/2 c sifted confectioner's sugar (1 box) | | |

Mix milk, margarine, and margarine together in saucepan. Bring to boil, stirring constantly. Add sugar. Mix until smooth. Frost cake.

List of information to include in demonstration:

1. How to sift flour
2. How to measure flour, baking powder, salt, sugar, and cocoa
3. How to separate eggs (Remember that eggs should be broken individually into a container before adding them to other ingredients. If only a tiny speck of yolk is in the white, the white won't whip well. Even the container for the whites must be free of fat or grease.)
4. How to measure water and vanilla
5. Terms of mix, beat, add, stir, stiff peak form, fold

List of equipment needed for preparation:

Be ready to answer or demonstrate answers to the following questions from the audience:

1. How do you measure brown sugar?
2. What's the difference between cake flour and regular flour?
3. Why wasn't an electric mixer used for the cake itself?
4. How can I make only a one layer cake? (A whole cake is too much for me.)
5. What if directions don't say "sift flour"?
6. How do I measure granulated sugar if it is lumpy? What do I do about lumpy confectioner's sugar?
7. If I want to use stick margarine, how much is there in one stick?

To be sure you know how to make a recipe for more or fewer people, here's some practice.

Cut measurements in half for half of a recipe (divide by 2)				Double the measurements for making twice as much (multiply by 2)			
1/2 c _____	1/4 c _____	1/8 c _____	3/4 c _____	1/2 c _____	1/4 c _____	1/8 c _____	3/4 c _____
7/8 c _____	1 T _____	1/2 T _____	pinch _____	7/8 c _____	1 T _____	1/2 T _____	pinch _____
1 t _____	1/4 t _____	1/2 t _____	1/8 t _____	1 t _____	1/4 t _____	1/2 t _____	1/8 t _____

OOPS!

I NEED TO CHANGE THE RECIPE

“I love lasagna, but my recipe serves 8. I can freeze part of it, so I’d like to make enough for just 4.”

Here’s how I’ll measure:

Recipe calls for:	Here’s what I’ll use
1 lb ground beef	_____
1 clove garlic, minced	_____
2 T salad oil	_____
1 8oz can tomato sauce	_____
2 1/2 c tomatoes	_____
1 t salt	_____
1/8 t pepper	_____
1/2 t ground oregano	_____
1/2 lb lasagna or wide noodles	_____
1 lb cottage or ricotta cheese	_____
1/2 c grated Parmesan cheese	_____
1/2 lb mozzarella or cheese	_____

“That lasagna was good! Think I’ll serve it for a party. There’ll be 16 so I’ll have to double it.”

Here’s how I’ll measure:

Recipe calls for:	Here’s what I’ll use
1 lb ground beef	_____
1 clove garlic, minced	_____
2 T salad oil	_____
1 8oz can tomato sauce	_____
2 1/2 c tomatoes	_____
1 t salt	_____
1/8 t pepper	_____
1/2 t ground oregano	_____
1/2 lb lasagna or wide noodles	_____
1 lb cottage or ricotta cheese	_____
1/2 c grated Parmesan cheese	_____
1/2 lb mozzarella or cheese	_____

“I’m having a small party and want a hot drink. I’ll use just a fourth of my recipe for Russian Tea.”

Here’s how I’ll measure:

Recipe calls for:	Here’s what I’ll use:
1/2 c sugar	_____
1 1/2 qt water	_____
1 stick cinnamon	_____
1 c tea	_____
1 small can frozen orange juice	_____
1/3 c lemon juice	_____
1 12oz can pineapple juice	_____
1 c ginger ale (optional)	_____

“My friend asked me to make a list of equivalents. Here it is.”

3 t = _____	4 T = _____
8 T = _____	12 T = _____
2/3 c = _____	5/8c = _____
7/8 c = _____	16 T = _____
few grains, dash, or pinch = _____	
8 fluid oz = _____	1 fluid oz = _____
2 c = _____	4 c = _____
4 qt = _____	2 pt = _____
1 lb sifted flour = _____	
1 lb brown sugar = _____	
1 lb granulated sugar = _____	
1 lb confectioners’ sugar = _____	
2 medium eggs = _____	
2 large eggs = _____	
3 medium eggs = _____	3 large eggs = _____

