

Cooking Basics: Teacher's Guide

Objective: To provide basic information on cooking tools and terms and how to measure food.

This is the message we should convey to participants -

Cooking:

- can be fun.
- is not difficult to learn.
- skills should be taught to children.
- home-made meals can save you money.

Sample **ANCHOR** questions for participants:

“Why do you cook?”

“Why don’t you cook?” Have a discussion on the benefits of homemade meals. This may encourage participants to want to learn how to cook homemade meals.

If during your discussion involving ANCHOR questions participants did not suggest what they would like to learn about cooking, you may want to ask: *“What kind of information about cooking would be useful for you to learn?”*

Background Information - Choose the appropriate information below to **ADD** to your lesson. Demonstrations will be necessary for much of this information.

Cooking Basics:

- Measuring ingredients accurately.
- Use the right kind of kitchen equipment for the right job.
- Sometimes there are substitutes for kitchen tools that can be used successfully.
- Learn the basic terms related to cooking, to cutting, and to mixing.
- It is helpful to know some measuring abbreviations and how much is equal in teaspoons, tablespoons, cups, pints, quarts, gallons, and pounds.

Kitchen Tool Substitutes

biscuit/cookie cutters	jar lids
pot holder	folded towel
rolling pin	smooth sided bottle, jar, or can without a label
round cake pan	a square pan of same diameter
pastry blender	two knives or two spoons held side by side
mixing bowls	deep kettle or pan
soup ladle	cup with handle or liquid measuring cup
sifter	a fine mesh strainer

Basic Measuring (See pictures below)

To measure granulated sugar:

1. Spoon sugar into a dry measuring cup.
2. Level sugar with a flat edge utensil.

To measure liquid oil:

1. Pour into a liquid measuring cup.
2. Read the measure at eye level.

To measure solid shortening:

1. Have the fat at room temperature so it is soft.
2. Spoon fat into a dry measure cup.
3. Pack fat tightly into the cup. Fill the measure higher than the rim.
4. Level off excess fat with the edge of a spatula.
5. Use a rubber spatula to remove all fat from the measure cup.

To measure flour (stirred method):

1. Stir flour in the flour container with a spoon.
2. Spoon flour gently into dry measuring cup.
3. Level flour with the edge of a spatula.

To measure flour (dipped method):

1. Dip dry measuring cup into flour bin until the cup overflows.
2. Level flour with edge of a flat utensil.

To measure "sifted" flour:

1. Dip dry measuring cup into the flour container until the cup overflows and pour into a sifter.
2. Sift flour onto wax paper or a flat plate.
3. Spoon the flour gently into dry measuring cup.
4. Level flour with the edge of a flat utensil.

Measuring Help - What Equals What?

3 teaspoons (tsp)	= 1 tablespoon (Tbsp)	2 cups	= 1 pint
2 tablespoons	= 1/8 cup	4 cups	= 1 quart
4 tablespoons	= 1/4 cup	4 quarts	= 1 gallon
5 tablespoons + 1 teaspoon	= 1/3 cup		
8 tablespoons	= 1/2 cup	16 ounces	= 1 pound
16 tablespoons	= 1 cup		

Basic Cooking, Cutting, and Mixing Terms

Cooking Terms

Boil - to cook in liquid until bubbles of air rise rapidly to the top

Simmer - to cook in liquid so bubbles form slowly

Sauté - to cook quickly in a small amount of fat

Broil - to cook directly under heat

Roast - to bake in the oven; usually refers to meat cooking

Cutting Terms

Chop - to cut into small pieces

Dice - to cut into very small pieces, 1/4 to 1/2 inch in size

Cut in - to work fat (butter, shortening) into dry ingredients with a pastry blender or two knives, with the least amount of blending

Grate - to rub foods against a grater to cut into smaller pieces or shreds

Pare or Peel - to cut off the outside covering, usually of a fruit or vegetable

Mixing Terms

Cream - to mix one or more foods together until soft and creamy

Fold - to turn over and over gently by sliding spoon or spatula across bottom of mixing bowl

Stir - to mix in a circular motion usually with a spoon

Whip - to beat quickly to add air; usually done with some kind of mixer or beater

Activities (APPLY):

1. Prepare a display of basic kitchen equipment. Take along substitutes for basic kitchen equipment and ask if they have other suggestions for substitute equipment.
2. Prepare a demonstration measuring various basic ingredients. Demonstrate how to measure dry and liquid ingredients.
3. Demonstrate basic cooking, cutting and mixing terms.
4. Enclosed are snack recipes that you might choose to make with Activities 1. - 3.

Handouts (AWAY):

“Basic Cooking, Cutting and Mixing Terms”

“Cooking Measurements”

“Snack Recipes”

“Altering Recipes for Better Health”

SNACK RECIPES

Gorp

3 cups of two different dry cereals

1/2 cup of one dried fruit

1/2 cup of one salty food

1 cup of one sweet food

Suggested ingredients:

Any dry cereal Chocolate candies

Sunflower seeds Chocolate chips

Pumpkin seeds Corn chips

Roasted soybeans Bite-size crackers

Raisins Marshmallows

Any nuts Pretzels

1. Mix everything together in a mixing bowl.
(Do not feed to small children because they could choke on some of the food items.)

Shaped Bread Sticks

1 frozen loaf whole wheat bread dough

1. Thaw and divide each loaf into 16 equal pieces.
2. Roll each piece of dough into a 10 inch long strip.
3. Place strips on a greased baking sheet.
4. Form into any desired shape.
5. Brush with melted margarine.
6. **Sprinkle with one or two of these:**
 garlic salt onion salt
 sesame seeds poppy seeds
7. Let rise in a warm place for 15 minutes.
8. Bake at 400°F for 15 minutes.

Vegetable Dipping Sauce

1/4 cup plain nonfat yogurt
1/4 cup light sour cream
2 teaspoons honey
2 teaspoons spicy brown mustard

1. Mix together all ingredients.
2. Serve with your favorite fresh vegetables.

Fruit Dipping Sauce

1 cup nonfat or low fat sour cream
1/3 cup apricot or peach preserves or marmalade
2 - 3 Tbsp. skim milk

1. Combine sour cream and preserves in a small bowl.
(Cut up any large pieces of fruit in preserves). Mix well.
Stir in enough milk to make mixture of dipping consistency.
2. Chill and serve with assorted fresh fruit. For canned fruit,
cut fruit into small chunks and serve with toothpicks for dipping.

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Measuring Tools



Liquid Measuring Cup



Dry Measuring Cup



Measuring Spoons

