#10531
KITCHEN “FUN”DAMENTALS: COMMON TOOLS

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Grade Level: 6-13+
35 Minutes
4 Instructional Graphics Included

Captioned Media Program Related Resources

#10534 SMALL APPLIANCES A TO Z: TECHNOLOGY TO THE RESCUE

Funding for the Captioned Media Program is provided by the U.S. Department of Education
Name: ____________________________

Kitchen Fundamentals

1. When washing your hands, you must wash under your fingernails by ____________________________

2. Restaurants don’t usually use wooden cutting boards because ____________________________

3. The most important thing about knives is that they are ____________________________

4. Serrated (or bread) knives are also use to cut ____________________________, ___________________________ and other ____________________________, ____________________________

5. Paring knives are used to cut ____________________________ or ____________________________

6. Put your ___________________________ on one side and your ____________________________ on the other side of the knife and curl your fingers away from the blade.

7. ____________ = to cut into thin, broad pieces, such as carrot rounds

8. ____________ = to cut into square, chunky pieces, roughly the same size

9. When you dice, you need to cut food into ____________________________

10. ____________ = to cut into 1/4 inch cubes

11. ____________ = to chop or cut into very fine pieces

12. To cut bread, use a ____________________________ knife.

13. When cutting bread, instead of a thousand little motions, make ____________ motions for each slice, going forward and back.

14. When what you’re grating is getting small, spread out your fingers and push with your ____________.

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15. Use a rubber ___________ to get the last drop out of a container.

16. A ___________ ___________ blends shortening into flour.

17. ___________ = to put one or more dry ingredients into a fine sieve.

18. Sift first, then ___________ flour.

19. ___________ = to distribute solid shortening through dry ingredients.

20. ___________ = to mix gently with a spoon in a rotary motion.

21. To make a pie crust light and fluffy, roll lightly with a ___________ ___________.

22. ___________ = to beat rapidly to incorporate air and increase volume.

23. To whip, one may use a ___________ ___________, a ___________ ___________ or an ___________ ___________.

24. ___________ ___________ occur when the peaks fall over on themselves.

25. ___________ = to combine a delicate ingredient to a solid mixture.

26. The two basic operations of an oven are ___________ and ___________.

27. ___________ = to cook by dry heat, usually in an oven.

28. ___________ = to cook meat or poultry by dry heat, usually in an oven.

29. ___________ = to moisten food while it’s cooking to add flavor.

30. ___________ = to cook under direct heat in a boiler or over hot coals.

31. Broiling is made for things that are naturally ___________.

32. Electric stoves don’t go on or off ___________.

33. ___________ = to cook in liquid at boiling temperature (212°)

34. ___________ = to cook in liquid just below the boiling point
35. ________ = to cook in a closed pot with only enough water to generate steam

36. When steaming, open the lid ________ _________ _________.

37. ________ = to cook in liquid and simmer on the stove or in the oven

38. ________ = to cook in a small amount of hot fat in a skillet

39. When you use a non-stick pan, you don’t have to use as much ________.

40. Microwaves are great for ________ food but not as good for cooking food.

41. Microwaves make food ________ even though the containers may be cool.

42. ________ = to combine a dry substance with a liquid so they merge

43. Don’t put ________________ in a microwave.

44. Don’t run the microwave ________________.

45. Liquids or foods with fat work very ________ in the microwave.

46. ________________ ________________ in the microwave speeds up the heating time.

47. Remember to __________ a tightly covered container when microwaving.

48. Venting means to ________________ ________________.

49. Basic Rules of Cooking:

   A. Wash ________________ ________________.

   B. Read the ________________.

   C. Remember ________________ ________________.

   D. Enjoy ________________!
Kitchen Fundamentals

1. When washing your hands, you must wash under your fingernails by working up a lather, pinching your fingers together so the fingernails dig into your palm.

2. Restaurants don’t usually use wooden cutting boards because they are very hard to keep clean.

3. The most important thing about knives is that they are sharp.

4. Serrated (or bread knives) are also use to cut melons, tomatoes and other soft things.

5. Paring knives are used to cut potatoes or apples.

6. Put your thumb on one side and your forefinger on the other side of the knife and curl your fingers away from the blade.

7. **Slice** = to cut into thin, broad pieces, such as carrot rounds

8. **Chop** = to cut into square, chunky pieces, roughly the same size

9. When you dice, you need to cut food into squares.

10. **Dice** = to cut into 1/4 inch cubes

11. **Mince** = to chop or cut into very fine pieces

12. To cut bread, use a serrated (or bread) knife.

13. When cutting bread, instead of a thousand little motions, make two motions for each slice, going forward and back.

14. When what you’re grating is getting small, spread out your fingers and push with your palm.
15. Use a rubber **scraper** to get the last drop out of a container.

16. A **pastry blender** blends shortening into flour.

17. **Sift** = to put one or more dry ingredients into a fine sieve.

18. Sift first, then **measure** flour.

19. **Cut-in** = to distribute solid shortening through dry ingredients.

20. **Stir** = to mix gently with a spoon in a rotary motion.

21. To make a pie crust light and fluffy, roll *lightly* with a **rolling pin**.

22. **Whip** = to beat rapidly to incorporate air and increase volume.

23. To whip, one may use a **wire whip**, a **hand beater**, or an **electric mixer**.

24. **Soft peaks** occur when the peaks fall over on themselves.

25. **Fold** = to combine a delicate ingredient to a solid mixture.

26. The two basic operations of an oven are **baking** and **roasting**.

27. **Baking** = to cook by dry heat, usually in an oven.

28. **Roasting** = to cook meat or poultry by dry heat, usually in an oven.

29. **Basting** = to moisten food while it’s cooking to add flavor

30. **Broil** = to cook under direct heat in a boiler or over hot coals.

31. Broiling is made for things that are naturally **tender**.

32. Electric stoves don’t go on or off **instantly**.

33. **Boil** = to cook in liquid at boiling temperature (212°)

34. **Simmer** = to cook in liquid just below the boiling point
35. **Steam** = to cook in a closed pot with only enough water to generate steam

36. When steaming, open the lid **away from you**.

37. **Braise** = to cook in liquid and simmer on the stove or in the oven

38. **Sauté** = to cook in a small amount of hot fat in a skillet

39. When you use a non-stick pan, you don’t have to use as much **oil**.

40. Microwaves are great for **reheating** food but not as good for cooking food.

41. Microwaves make food **hot**, even though the containers may be cool.

42. **Dissolve** = to combine a dry substance with a liquid so they merge

43. Don’t put **metal** in a microwave.

44. Don’t run the microwave **empty**.

45. Liquids or foods with fat work very **well** in the microwave.

46. **Covering food** in the microwave speeds up the heating time.

47. Remember to **vent** a tightly covered container when microwaving.

48. Venting means to **leave a space for steam to escape**.

49. Basic Rules of Cooking:
   
   A. Wash **your hands**.

   B. Read the **recipe**.

   C. Remember **safety rules**.

   D. Enjoy **yourself**!
**Common Kitchen Terms**

Match the cooking term listed on the right to the correct definition. Write the term’s letter to the left of the correct term.

<table>
<thead>
<tr>
<th>Definition</th>
<th>Terms</th>
</tr>
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<tbody>
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<td>1. to cook in liquid at boiling temperature</td>
<td>A. bake</td>
</tr>
<tr>
<td>2. to cut into 1/4 inch cubes</td>
<td>B. baste</td>
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<tr>
<td>3. to distribute solid shortening through dry ingredients</td>
<td>C. boil</td>
</tr>
<tr>
<td>4. to cook by dry heat, usually in an oven</td>
<td>D. braise</td>
</tr>
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<td>E. broil</td>
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<td>6. to moisten food while it’s cooking to add flavor</td>
<td>F. chop</td>
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<td>7. to beat rapidly to incorporate air and increase volume</td>
<td>G. cut-in</td>
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<td>9. to cook in a closed pot with only enough water to generate steam</td>
<td>I. dissolve</td>
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<td>10. to cut into square, chunky pieces, roughly the same size</td>
<td>J. fold</td>
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<td>11. to cut or to chop into very fine pieces</td>
<td>K. mince</td>
</tr>
<tr>
<td>12. to cook in liquid and simmer on the stove or in the oven</td>
<td>L. roast</td>
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<td>13. to combine a dry substance with a liquid so they merge</td>
<td>M. sauté</td>
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<td>14. to cook under direct heat in a boiler or over hot coals</td>
<td>N. simmer</td>
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<td>15. to cook in liquid just below the boiling point</td>
<td>O. slice</td>
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<td>16. to cook in a small amount of hot fat in a skillet</td>
<td>P. steam</td>
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<td>17. to mix gently with a spoon in a rotary motion</td>
<td>Q. stir</td>
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<tr>
<td>18. to cut into thin, broad pieces or slices, such as carrot rounds</td>
<td>R. whip</td>
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## Common Cooking Terms

Write in the correct cooking term for each definition given.

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Kitchen Fundamentals Quiz

1. Tell how to wash your hands before cooking. List at least four ideas given from the video:

__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

2. If you use a wooden cutting board, be sure to ____________________________________________

__________________________________________________________________________

3. You should help guide your knife by putting your index finger on the dull part of the knife.
   (Circle yes or no.) yes no

4. What kind of knife should be used to cut soft things such as tomatoes?
   A. paring
   B. French
   C. serrated
   D. cleaver

5. A _____________ strips the outer covering of vegetables or fruits.

6. Use a _____________ knife to cut apples or potatoes.

7. How many motions used to be used to cut each slice of bread?
   A. one
   B. two
   C. three
   D. lots
8. When the item you are grating gets small, you should start pushing the item with your:
   A. palm
   B. fingertips
   C. knuckles
   D. other hand

9. If a recipe calls for sifted flour, you should measure it:
   A. before sifting
   B. after sifting
   C. either before or after sifting
   D. right from the bag; it’s already sifted

10. Broiling needs open heat, so:
    A. tightly close the oven door
    B. set the temperature wherever you want
    C. crack open the oven door
    D. open the oven door often

11. When taking a lid off a pot on the stove, you should: __________________________
    __________________________

12. When you use a non-stick pan, you don’t have to use as much ____________________.

13. Are microwaves best for reheating food or for cooking food? _________________

14. Microwaves:
    A. keep both the food and containers cool
    B. make both food and containers very hot
    C. make containers hot even though the food may be cool
    D. make food hot even though the containers may be cool
15. Never put _________ in a microwave oven.

16. It’s all right to run the microwave empty to warm it up. (Circle yes or no.)
   yes    or    no

17. How can you speed up the cooking time needed in a microwave oven?
   A. warm up the microwave oven
   B. heat up the pan first
   C. cover up the food
   D. all the above

18. What should you do with before putting a tightly covered container in a microwave oven?

19. Finish the basic rules of cooking:
   A. Wash your ________________.
   B. Read the ________________.
   C. Remember the ________________.
   D. __________________________ yourself!
Teacher's Key

Kitchen Fundamentals Quiz

1. Tell how to wash your hands before cooking. List at least four ideas given from the video.

*Answers will vary. They must include at least four of the following ideas:*
* use enough soap to make a lather, wash the backs of the hands, wash between the fingers, pinch your fingers so your fingernails dig in your palm, go up around your wrists, wash long enough to be able to sing the Happy Birthday song; turn off the faucet with your wrist and dry with a paper towel you can throw away.

2. If you use a wooden cutting board, be sure to **clean it thoroughly and adequately**.

3. You should help guide your knife by putting your index finger on the dull part of the knife. (Circle yes or no.) yes ☒

4. What kind of knife should be used to cut soft things such as tomatoes?
   - A. paring
   - B. French
   - **C. serrated**
   - D. cleaver

5. A **scaper** strips the outer covering of vegetables or fruits.

6. Use a **paring** knife to cut apples or potatoes.

7. How many motions used to be used to cut each slice of bread?
   - A. one
   - **B. two**
   - C. three
   - D. lots
8. When the item you are grating gets small, you should start pushing the item with your:
   A. palm
   B. fingertips
   C. knuckles
   D. other hand

9. If a recipe calls for sifted flour, you should measure it:
   A. before sifting
   B. after sifting
   C. either before or after sifting
   D. right from the bag; it’s already sifted

10. Broiling needs open heat, so:
    A. tightly close the oven door
    B. set the temperature wherever you want
    C. crack open the oven door
    D. open the oven door often

11. When taking a lid off a pot on the stove, you should open the lid away from you.

12. When you use a non-stick pan, you don’t have to use as much oil (or fat).

13. Are microwaves best for reheating food or for cooking food? reheating

14. Microwaves:
    A. keep both the food and containers cool
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    C. make containers hot even though the food may be cool
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Teacher's Key

Kitchen Fundamentals Quiz

1. Tell how to wash your hands before cooking. List at least four ideas given from the video:

   *Answers will vary. They must include at least four of the following ideas:* use enough soap to make a lather, wash the backs of the hands, wash between the fingers, pinch your fingers so your fingernails dig in your palm, go up around your wrists, wash long enough to be able to sing the Happy Birthday song; turn off the faucet with your wrist and dry with a paper towel you can throw away.

2. If you use a wooden cutting board, be sure to **clean it thoroughly and adequately.**

3. You should help guide your knife by putting your index finger on the dull part of the knife.
   (Circle yes or no.) **yes**  

4. What kind of knife should be used to cut soft things such as tomatoes?
   - A. paring
   - B. French
   - C. **serrated**
   - D. cleaver

5. A **scraper** strips the outer covering of vegetables or fruits.

6. Use a **paring** knife to cut apples or potatoes.

7. How many motions used to be used to cut each slice of bread?
   - A. one
   - B. **two**
   - C. three
   - D. lots
15. Never put **metal** in a microwave oven.

16. It's all right to run the microwave empty to warm it up. (Circle yes or no.)
   
   yes or **no**

17. How can you speed up the cooking time needed in a microwave oven?
   
   A. warm up the microwave oven
   
   B. heat up the pan first
   
   C. **cover up the food**
   
   D. all the above

18. What should you do with before putting a tightly covered container in a microwave oven? **Vent it.**

19. Finish the basic rules of cooking:
   
   A. Wash your **hands.**
   
   B. Read the **recipe.**
   
   C. Remember the **safety rules.**
   
   D. **Enjoy** yourself!