

ACTIVITY

Soup and Stew Talk

Directions: Check your knowledge of terms used to describe soups and stew. Read each description in the left column. Below the description, write the term being described. In the right column, give two examples of that kind of soup or stew.

<p>1. Thick, chunky soup. Term: _____</p>	<p>Example: _____ Example: _____</p>
<p>2. Thick, rich soup traditionally made with butter and cream along with pureed seafood, poultry, or vegetables. Term: _____</p>	<p>Example: _____ Example: _____</p>
<p>3. Canned soup with some of the water removed in processing. Term: _____</p>	<p>Example: _____ Example: _____</p>
<p>4. Thick, hearty mixture of chunky vegetables. Can also include meat, poultry, or fish cooked slowly in liquid. Term: _____</p>	<p>Example: _____ Example: _____</p>
<p>5. Soup served chilled at the start or end of a meal. Main ingredient is fruit. Term: _____</p>	<p>Example: _____ Example: _____</p>
<p>6. Seasoned liquid strained off after cooking meat, fish, or vegetables. Term: _____</p>	<p>Example: _____ Example: _____</p>
<p>7. Concentrated broth. Term: _____</p>	<p>Example: _____ Example: _____</p>

ACTIVITY

Soup's On

Directions: Making your own broth is an important skill. Fill in the missing steps in the chart below.

Steps to Making Broth

1. Choose a meat.
2. _____
3. _____
4. Bring liquid to a boil, lower heat, and cook gently until meat is tender or chicken falls from bone.
5. _____
6. _____
7. _____

Directions: There are several steps you can take to add nutrients and variety to soups and stews while keeping the fat content low. Complete the tips for making soup below.

1. To add protein to a simple soup, add _____,
_____, _____,
_____, or _____.
2. For extra _____, stir in dry nonfat milk or add low or nonfat yogurt to creamed soup.
3. To lower the fat in creamed soups, use _____ instead of _____.
4. To add more _____ and less _____ than thickening with a mixture of butter and flour, thicken soups with pureed vegetables, grains, or legumes.

Soup's On continued

Directions: Soups and stews are part of cultures the world over. For each soup described in the chart below, fill in the soup name and the country or culture from which that soup originated. Choose the soup names and countries or cultures from the lists that follow. You will not use all the soups or cultures.

- | | |
|-------------------|-------------------------------|
| Soup Names | Countries and Cultures |
| Avgolemono | Australia |
| Borscht | Caribbean |
| Callaloo | China |
| Egg drop soup | Creole |
| Gazpacho | Greece |
| Gumbo | Russia |
| Mulligatawny | Spain |
| Peanut soup | West Africa |

Soup Name	Description	Country or Culture
	Made with chicken stock, spices, green onions, and egg.	
	Combines chicken, tomatoes, peanut butter or peanuts, and spices.	
	Made from large, edible greens of the taro root. Flavored with coconut milk, okra, yams, and chilies.	
	Lemon and egg soup with rice.	
	Deep-red soup. The main ingredient is beets.	
	Spicy soup made with okra, tomatoes, onions, and meat or fish.	
	Made with chopped or pureed fresh tomatoes, cucumbers, onions, and peppers; served chilled.	

ACTIVITY

Meal in a Pot

Directions: Answer the following questions on the lines provided.

1. Name three kinds of mixed dishes using leftovers and cooked in a single utensil.

2. List four advantages of mixed dishes.

3. Nutritionally, what do each of the following four food types contribute to mixed dishes?

A. High-carbohydrate foods: _____

B. Vegetables: _____

C. Cheese: _____

D. Meats, poultry, fish, dry beans, tofu, eggs, cheese: _____

4. How does the cooking of a casserole differ from that of a skillet meal or stir-fry?

5. How does the cooking of a skillet dish differ from that of a stir-fry?

6. What are two grain foods that are typically part of casseroles and other mixed dishes?

7. To make a complete meal, what three dishes would you add to a main course casserole?

ACTIVITY

Making Creative Mixed Dishes

Directions: What’s for dinner? Imagine you have the items listed below in your kitchen cabinets, refrigerator, and freezer. Select from these ingredients to create each of the dishes indicated. For each dish, list the ingredients you will use and describe the steps required to make it. Use any of the ingredients you wish, but cross them off as you use them and do not use any ingredient more than once.

In the cabinet

1 can tuna fish	1 jar tomato sauce	1 package shell-shaped pasta	ginger
1 package lentils	1 can cream of mushroom soup	1 box rice	Italian herbs
1 can black beans	3 cans vegetable-tomato juice	1 box couscous	cayenne pepper
onions	1 pound spaghetti	dry bread crumbs	basil
potatoes		dry flaked corn cereal	cooking oil
1 can chicken broth			soy sauce

In the refrigerator

broccoli	1 cup leftover chicken	1 pound mozzarella cheese	milk
zucchini	1 package tortillas	6 ounces grated Parmesan cheese	1/2 jar salsa
carrots	1/2 pound cheddar cheese		1/2 pound tofu
celery			1/2 dozen eggs
1 sweet bell pepper			

In the freezer

1 package frozen spinach	1 package frozen green beans	1 pound ground beef	1/2 pound frozen precooked shrimp
--------------------------	------------------------------	---------------------	-----------------------------------

Mixed Dish I: A pasta-based casserole

Ingredients: _____

Preparation steps: _____

Continued

Making Creative Mixed Dishes *continued*

Mixed Dish 2: A skillet dish cooked in a single pan on top of the range

Ingredients: _____

Preparation steps: _____

Mixed Dish 3: A stir-fry

Ingredients: _____

Preparation steps: _____

Mixed Dish 4: A mixed dish from another country

Ingredients: _____

Preparation steps: _____

Directions: Choose one of the dishes you have created. In the margin next to the ingredients and preparation steps, list the food groups of its ingredients.

ACTIVITY

Food in the Hand

Directions: For the sentences below, select the best choice for each of the missing terms and write the letter corresponding to your choice on the line provided.

- _____ 1. Cheese in a sandwich adds _?_.
 A. fiber B. calcium C. complex carbohydrates
- _____ 2. Oatmeal sandwich bread provides more _?_ than white bread does.
 A. fiber B. calcium C. complex carbohydrates
- _____ 3. Shredded carrots and tomatoes in a sandwich add _?_.
 A. vitamins B. fats C. protein
- _____ 4. Refried beans and tuna fish add _?_ to a sandwich.
 A. vitamins B. fats C. protein
- _____ 5. Spreads that prevent bread from becoming soggy may be high in _?_.
 A. vitamins B. fats C. protein
- _____ 6. A sandwich built on a single, bottom slice of bread is called _?_.
 A. grilled B. open-face C. pita
- _____ 7. To keep an egg salad sandwich cold and safe for lunch, _?_ it the night before.
 A. freeze B. pack C. refrigerate
- _____ 8. A sandwich made of a flat bread folded around a filling is called a _?_.
 A. wrap B. pita C. hero
- _____ 9. A bread with a pocket to hold fillings is called _?_ bread.
 A. wrap B. pita C. hero

ACTIVITY

Pizza from Italy and Elsewhere

Directions: On the lines provided, write answers for the following.

1. List four food items that can provide a base (crust) for pizza.

- A. _____ C. _____
- B. _____ D. _____

2. List six canned sauces that can be used when you make pizza.

- A. _____ D. _____
- B. _____ E. _____
- C. _____ F. _____

3. List four pizza toppings from the Meat & Beans Group.

- A. _____ C. _____
- B. _____ D. _____

4. List six pizza toppings from the Vegetable Group.

- A. _____ C. _____
- B. _____ D. _____

5. List four cheeses that can be used on pizza.

- A. _____ C. _____
- B. _____ D. _____

6. What are two ways you can lower the fat content of pizza?

- A. _____
- B. _____

ACTIVITY

Creativity in the Kitchen

Directions: Design sandwiches or pizzas to meet the following requests. Indicate the bread or crust, fillings or toppings, the spread or sauce, and any seasonings you would use. For a sandwich, tell whether it is open-face, rolled, or wrapped, and describe any cooking procedure.

1. A low-fat, nutrient-rich, vegetarian sandwich.

Ingredients: _____

Procedure: _____

2. A hot meat and cheese sandwich containing at least two vegetables.

Ingredients: _____

Procedure: _____

3. A fruit pizza for breakfast or dessert.

Ingredients: _____

Procedure: _____

4. A wrap or rolled sandwich with at least four filling ingredients.

Ingredients: _____

Procedure: _____

Soups

Soup with Sam

Directions: Assume you are a food columnist named Sam. The topic for your column today is Soup Savvy. You have received the letters below. Answer the letters on the lines provided.

1. Dear Sam,

Help! I tried my best to make a good chicken broth, but it's full of fat. No one will want to eat it like this. Is there anything I can do besides throw it out?

2. Dear Sam,

I made some creamy vegetable soup with a white sauce and carrots, celery, and potatoes. The soup curdled long before the vegetables were tender. What should I have done?

3. Dear Sam,

I don't drink much milk but I love cream soups like cream of broccoli, cream of potato, and clam chowder. Can I count the milk in these soups toward the number of servings of milk I need each day?

4. Dear Sam,

I eat a lot of soup because it is fast and convenient and I like it. How healthful is soup? Are there ways to make it even more healthful?

Soups

Soup Match Ups

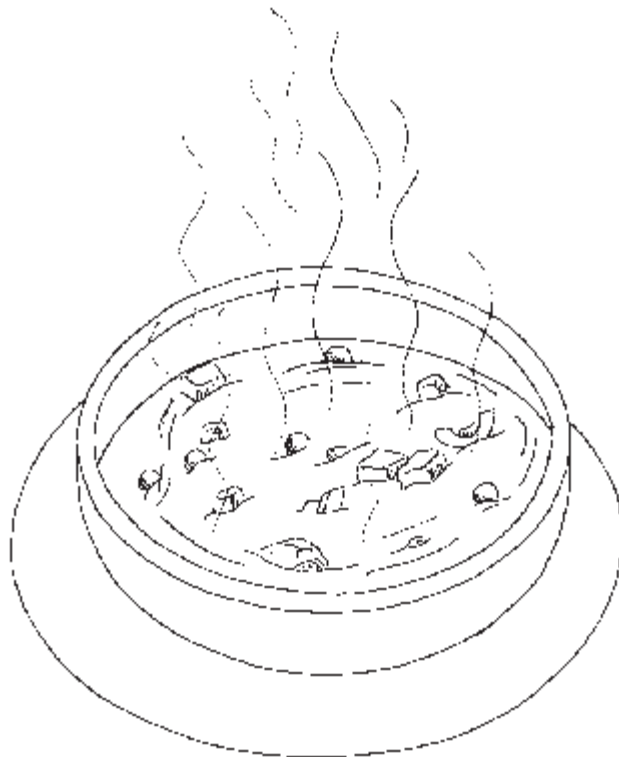
Directions: Match each definition in the left column with the correct term from the right column. Write the letter of the term in the space provided. Do not use any term more than once. Some terms will not be used.

Definitions

- ___ 1. Soup that only needs to be heated and served.
- ___ 2. A thick soup made with vegetables, fish, or seafood.
- ___ 3. A flavorful liquid made by long slow cooking of meat or poultry in water.
- ___ 4. A soup made from cooked vegetables, meat, or poultry.
- ___ 5. A soup often based on white sauce.
- ___ 6. A clear flavorful liquid that can be made from cubes or granules.
- ___ 7. The liquid in soup.

Terms

- A. Bouillon
- B. Broth
- C. Chowder
- D. Convenience soup
- E. Cream soup
- F. Hearty soup
- G. Light soup
- H. Microwave soup
- I. Stock



Main Dish Mixtures

Scrambled Ingredients

Directions: Listed below in scrambled form are nine ingredients often used in one-dish meals. Unscramble the letters to discover the ingredient. On the lines provided, describe how each ingredient is used in a one-dish meal.



Scrambled Ingredients	Ingredients	Use in Main Dish Mixtures
1. vieencnoecn dosof	_____	_____ _____
2. ohlwe risgan	_____	_____ _____
3. ilo	_____	_____ _____
4. lporuyt	_____	_____ _____
5. teihw ueasc	_____	_____ _____
6. ttoopsea	_____	_____ _____
7. snsognise	_____	_____ _____
8. gpnipsot	_____	_____ _____
9. tysae gdohu	_____	_____ _____

Main Dish Mixtures

Main Dish Crossword

Directions: Fill in the crossword puzzle by placing the answers to each number below in the appropriate space.

Across

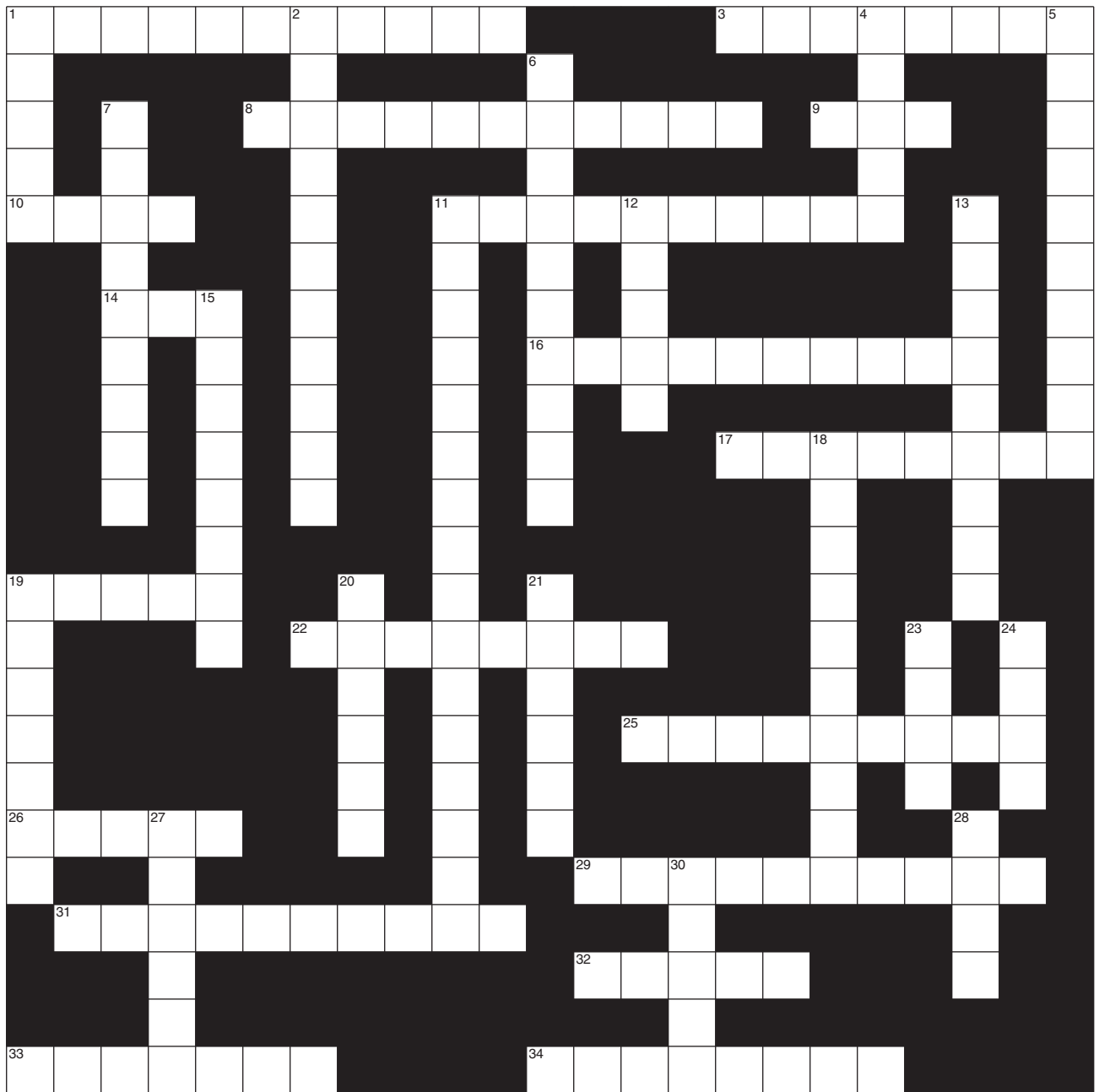
1. A food that can be used as a base for pizza. (2 words)
3. A source of protein in casseroles. (2 words)
8. A type of main dish mixture made on the range. (2 words)
9. A large pan with a rounded bottom used for stir-frying.
10. A food often served with stir-fry.
11. An ingredient mixed with water for thickening.
14. An ingredient in which stir-fry is cooked.
16. Pizza crust is usually made from this. (2 words)
17. One of the last vegetables to add when stir-frying.
19. A type of main dish mixture with a crust or base, sauce, toppings, and cheese.
22. A topping for casseroles.
25. A mixture of foods baked together.
26. Main dish mixtures can be cooked on this appliance.
29. A common ingredient in stir-frying.
31. A type of protein convenience food used in one-dish meals. (2 words)
32. One step in using ground meat or poultry in a casserole.
33. A kind of vegetable often used in stir-frying.
34. A nutrient often supplied by main dish mixtures.

Down

1. Whole grains provide this in one-dish meals.
2. A type of pan often used to make pizza. (2 words)
4. An ingredient used as a liquid in casseroles.
5. Ingredients added to flavor main dish mixtures.
6. Cooking food quickly in hot oil. (2 words)
7. An appliance used to thaw or precook ingredients before preparing main dish mixtures.
11. May be used to reduce the preparation time of main dish mixtures. (2 words)
12. A food used to complete a meal when serving a main dish mixture.
13. A topping used on pizza.
15. Protein food used to lower fat content in main dish mixtures. (2 words)
18. A kind of cheese used on pizza.
19. Provides protein in some main dish mixtures.
20. A type of ingredient in casseroles that adds nutrients and flavor while holding ingredients together.
21. Cooking method used with a skillet meal.
23. To cut ingredients into small pieces for casseroles or stir-fry.
24. A main dish mixture similar to soup, but with less liquid.
27. A spice used to flavor some main dish mixtures.
28. One of the first ingredients to cook when stir-frying.
30. What you do to cheese before it is put on pizza.

Continued on next page

Main Dish Crossword (Continued)

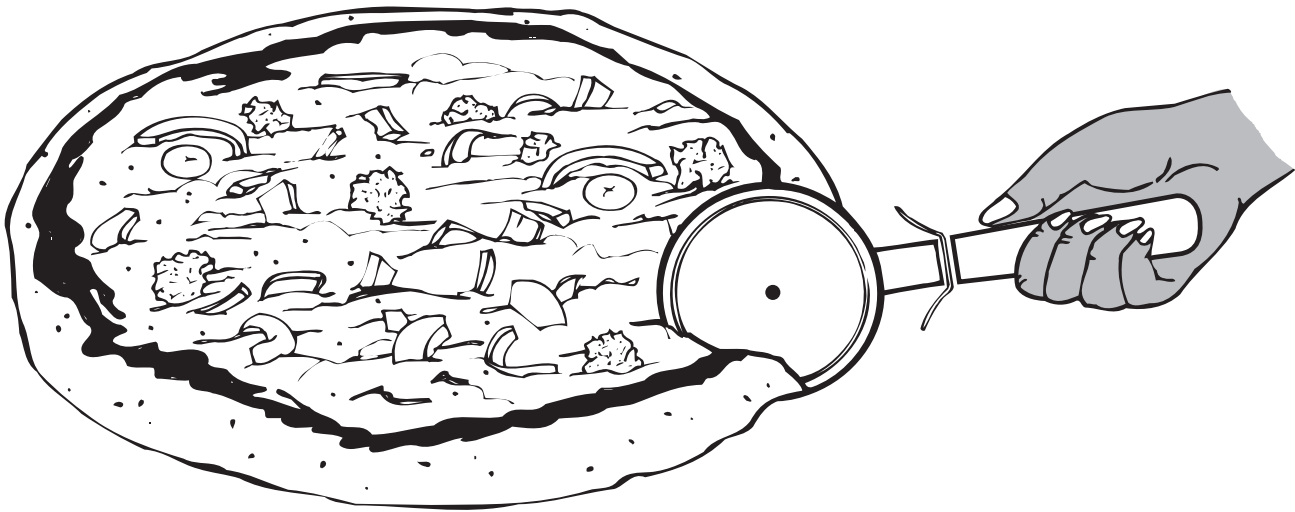


Copyright © by The McGraw-Hill Companies, Inc. All rights reserved.

Main Dish Mixtures

Designer Pizza

Directions: This is your chance to design a pizza that suits your taste buds! Start out by choosing a crust or base. Select a sauce you like, at least four toppings, and at least one kind of cheese. Remember that all the ingredients should work together to create a pleasing blend of flavors and textures.



CRUST OR BASE: _____

SAUCE: _____

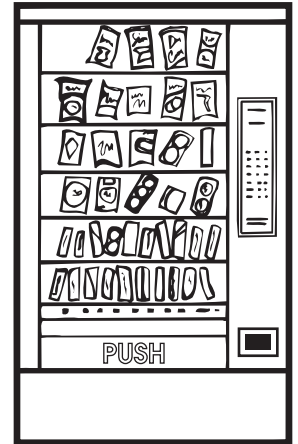
TOPPINGS: _____

CHEESE: _____

Snacks

Vending Machine Choices

Directions: You and some friends are at a vending machine to buy after school snacks. In each case, your friends have narrowed the decision down to two choices. Use your knowledge of snack foods to tell them which would be a wise choice and why.



1. Nayha can't decide between a package of peanut butter cheese crackers or a chocolate and nut candy bar. Which of these is the best choice? Why?

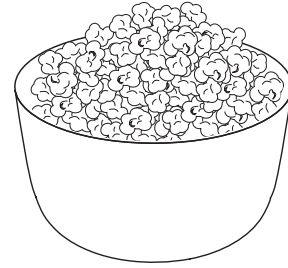
2. Kelsey is trying to decide between a package of buttered popcorn and barbecue corn chips. Which do you think would be more nutritious and have fewer calories?

3. Blake is considering a package of devils food snack cakes and a box of chocolate-covered raisins. Which of these snacks would provide more nutrients? Why?

4. Audrey is considering a package of unsalted peanuts and a peanut-chocolate candy bar. Which is the better choice? Why?

Snacks

Great Snacks



Directions: Read each situation described below. Answer the questions on the lines provided.

1. You will be having dinner in less than an hour, but you're starving. You find some watermelon in the refrigerator and brownies on the kitchen counter. Which would be a better snack choice? Why?

2. It's your turn to bring a snack to eat during an after-school club meeting. You have potato chips, pretzels, and chocolate-covered pretzels on hand. One club member is diabetic. Which would you bring? Why?

3. You are going to an outdoor concert at the park with some friends. People are allowed to bring food along, or they may purchase it at a concession stand. Would you buy popcorn or bring your own? Several of you are watching your fat intake closely.

4. Pizza is your all-time favorite food, but your family has it only about once a week. How could you enjoy pizza more often without baking an entire pizza?

5. If you were trying to choose healthful snacks to eat, what characteristics would you look for?

Beverages

Where's the Juice?

Directions: Where should a shopper look for juices in the supermarket? Match each beverage in the left column with the correct location in the supermarket from the right column. Write the letter of the location in the space provided. Each location will be used at least once.

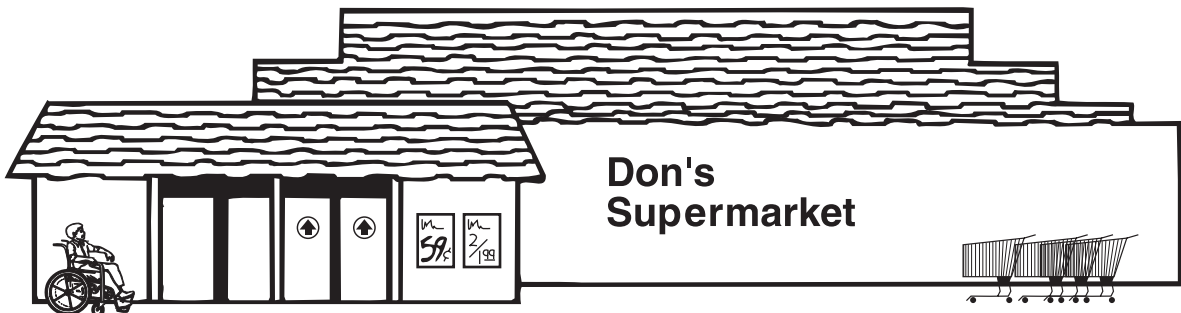
Beverages

- ___ 1. Powdered orange drink mix
- ___ 2. Canned tomato juice
- ___ 3. Bottle of cranberry-apple juice
- ___ 4. Frozen pineapple juice concentrate
- ___ 5. Fresh grapefruit juice
- ___ 6. Individual boxes of grape juice
- ___ 7. Canned vegetable juice
- ___ 8. Fresh orange juice
- ___ 9. Canned grapefruit juice
- ___ 10. Individual boxes of apple juice
- ___ 11. Frozen grape juice concentrate
- ___ 12. Canned apricot nectar

Supermarket Locations

- A. Frozen section
- B. Grocery shelves
- C. Refrigerated section

Copyright © by The McGraw-Hill Companies, Inc. All rights reserved.



Beverages

Coded Messages

Directions: The following sentences contain coded terms from the chapter. Use the example and the sentences to break the code. Then decode the mystery message in number 10.

Example: $\frac{B}{Y} \frac{E}{V} \frac{V}{E} \frac{E}{V} \frac{R}{I} \frac{A}{Z} \frac{G}{T} \frac{E}{V} \frac{S}{H}$

1. Sometimes a mixture of fruit juices is called a $\frac{U}{I} \frac{I}{F} \frac{R}{G} \frac{K}{F} \frac{M}{X} \frac{S}{S}$.
2. A beverage high in potassium and vitamin C is $\frac{L}{I} \frac{Z}{M} \frac{T}{V} \frac{Q}{F} \frac{R}{X} \frac{V}{V}$.
3. The only way to know exactly what is in a beverage container is to $\frac{I}{V} \frac{Z}{W} \frac{G}{S} \frac{V}{V} \frac{O}{Z} \frac{Y}{V} \frac{O}{O}$.
4. Coffee and tea contain $\frac{X}{Z} \frac{U}{U} \frac{V}{R} \frac{M}{V}$ that can stimulate the nervous system.
5. Drinking $\frac{D}{Z} \frac{G}{V} \frac{I}{I}$ is the best way to quench a thirst.
6. A product that contains some juice with water and sweeteners is called a $\frac{U}{I} \frac{F}{R} \frac{G}{W} \frac{I}{R} \frac{M}{P}$.
7. Drinking $\frac{N}{R} \frac{O}{P}$ provides vitamins A and D.
8. Regular soft drinks contain lots of $\frac{H}{F} \frac{T}{Z} \frac{I}{I}$.
9. Until you are ready to use them, keep fruit juice concentrates $\frac{U}{I} \frac{L}{A} \frac{V}{M}$.
10. $\frac{X}{Z} \frac{I}{V} \frac{U}{F} \frac{O}{O} \frac{B}{X} \frac{S}{L} \frac{L}{H} \frac{V}{Y} \frac{V}{E} \frac{V}{I} \frac{Z}{T} \frac{V}{H}$
 $\frac{U}{L} \frac{I}{T} \frac{L}{L} \frac{W}{S} \frac{V}{Z} \frac{O}{G} \frac{S}{Z} \frac{M}{W} \frac{T}{L} \frac{L}{W}$
 $\frac{M}{F} \frac{G}{I} \frac{R}{G} \frac{R}{L} \frac{M}{M}$