

## Check the Terms and Techniques

**Directions:** Put a check mark under *yes* or *no* after each statement below to check your knowledge of cooking terms and techniques. For all “no” responses, cross out the italicized word(s) and write the correct words above them.

Cooking Terms and Techniques		Yes	No
1	Baking and roasting are examples of <i>dry-heat</i> cooking.		
2	Chicken can be cooked by <i>either roasting or baking</i> .		
3	Broiling is a method of <i>moist-heat</i> cooking.		
4	A thermometer is the best way to check whether <i>pasta</i> is done.		
5	When vegetables are steamed, they are <i>cooked in boiling water</i> .		
6	Foods that are simmered lose fewer <i>calories</i> than foods that are boiled.		
7	Braising involves browning food in a small amount of <i>liquid</i> .		
8	The oven should be preheated before <i>baking or roasting</i> foods.		
9	<i>Simmering</i> is cooking with fat.		
10	Eggs and fish are sometimes <i>pan-fried</i> .		
11	Food that is stir-fried is cooked very <i>slowly</i> at high heat.		
12	Cutting food into <i>uniform</i> sizes helps it cook evenly in the microwave.		
13	<i>Metal</i> pans should not be used in the microwave.		
14	Nutrients are <i>lost</i> when foods are cooked in the microwave.		
15	The best way to stop a grease fire is to <i>throw water on the fire</i> .		

# Cooking Methods

**Directions:** Write the terms from the list under the headings to categorize the types of cooking methods. Not all terms will be used. Then follow the directions in *Cooking in the Past*.

<b>Baking</b>	<b>Poaching</b>	<b>Deep-fat frying</b>	<b>Simmering</b>	<b>Microwaving</b>
<b>Sautéing</b>	<b>Stewing</b>	<b>Roasting</b>	<b>Grilling</b>	<b>Panfrying</b>
<b>Steaming</b>	<b>Broiling</b>	<b>Boiling</b>	<b>Braising</b>	<b>Stir-frying</b>

<b>Dry-Heat Methods</b>	<b>Moist-Heat Methods</b>	<b>Cooking with Fat</b>

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

## Cooking in the Past

Did people who lived hundreds of years ago have all these cooking methods available to them? How was cooking similar to and different from methods today? Research cooking methods in a time period of your choosing and write your findings on separate paper. Include what methods were most common and which would not have been known to people at that time.

# Master Chef

**Directions:** Read each scenario. Then use what you have learned in the chapter to write a response to each situation in the space provided.

<b>1</b>	<p>Brennan is fixing pasta for dinner. He is not sure how to tell when it is done cooking. What can you tell him?</p> <hr/> <hr/> <hr/>
<b>2</b>	<p>To save money, Megan bought an inexpensive piece of beef to fix for dinner. Her friend said the meat would probably be tough. What cooking options might Megan consider, and why?</p> <hr/> <hr/> <hr/>
<b>3</b>	<p>Dylan is getting ready to deep-fat fry some french fries. His four-year-old cousin is “helping” him in the kitchen. What safety tips should Dylan follow?</p> <hr/> <hr/> <hr/>
<b>4</b>	<p>Kim was peeling potatoes to put in the soup she was making. Her brother Kennard said, “It’s better if you leave the peels on.” What might his reasoning be?</p> <hr/> <hr/> <hr/>
<b>5</b>	<p>Wanting a quick meal before going to her guitar lesson, Lydia put a potato in the microwave to bake. Then she heard a loud noise and saw potato pieces all over the inside of the microwave. What happened and why?</p> <hr/> <hr/> <hr/>