

Activity 39

Crispy Rice Treats

Use your microwave oven for a fun project. These little treats are easy to make and are also a great project to do with children.

Supplies

- 5 cups (1,250 mL) crispy rice cereal
- 4½ cups (1,125 mL) miniature marshmallows
- ¼ cup (50 mL) plus 1 tsp. (5 mL) margarine or butter
- assortment of small candies, such as string licorice, sprinkles, fruit roll-type candy, and mini candy-coated chocolates
- *optional*: decorative squeeze frosting

Directions:

1. Wash your hands before beginning this activity.
2. In a large, microwave-safe bowl, melt ¼ cup (50 mL) of margarine. Add in 4½ cups (1,125 mL) of miniature marshmallows and stir.
3. Microwave the margarine and marshmallow mixture for approximately 1½ minutes or until the marshmallows have almost melted. Remove from the microwave and stir until completely melted.
4. Mix in 5 cups (1,250 mL) of crispy rice cereal.
5. Rub your fingers with a teaspoon (5 mL) of margarine or butter to make working with the mixture easier.
6. Create squares, balls, or other shapes from the mixture.
7. Decorate with frosting, sprinkles, licorice pieces, fruit candy, or chocolate pieces.
8. Eat and enjoy!

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Activity 40

Menu-Planning Decisions

Directions: Read each situation, then answer the questions that follow.

Situation A: Kelsey had been looking forward to her cousin Nikki's visit. Kelsey and her mother had planned a special dinner—a beef-and-rice casserole, steamed broccoli, a tossed salad, and baked apples. When Nikki got off the train, the two cousins hugged each other. "What's new?" Kelsey asked. Nikki replied, "I've become a vegetarian!"

1. What options does Kelsey have? _____

2. If you were Kelsey, what decision would you make regarding the dinner plans? Why?

Situation B: Matthew was taking care of his younger brothers while his mother was at a meeting. He wanted to make a special dinner that would appeal to young children, and he wanted the meal to contain foods from all of the food groups. He knew that would be tricky, because Matthew's little brother Danny (age 3) doesn't like to drink milk.

3. If you were Matthew, what dinner would you make for the children? _____

4. How would you include milk or milk products in the menu, keeping in mind Danny's dislike for the taste of milk?

5. Why do you think that this meal would be appealing and attractive to young children?

Situation C: Katie is always in a big hurry on school mornings. She rarely has time to eat breakfast.

6. What quick, easy, and balanced breakfast would you advise Katie to prepare? _____

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Activity 41

Dried Fruit Hangers

String dried fruit to use as a decorative hanger. It doubles as an air freshener. The fruit looks especially nice in a kitchen and will last about three months.

Supplies

- selection of apples, oranges, lemons, and limes
- fishing line
- 1 yard (0.95 m) of 1½ in.-wide (3.8 cm-wide) grosgrain ribbon
- darning needle
- slicing knife
- cutting board

Drying Methods

- Sun dry. Lay the slices on a cookie sheet, and cover with gauze if bugs are present. Turn the slices occasionally to dry completely.
- Oven dry. Dry on a cookie sheet at a low heat for six hours or until completely dry.
- Food dehydrator. Follow manufacturer's instructions.

Directions:

1. Slice the fruit into round slices, about ¼-in. (6-mm) thick. **See Fig. 41-1.**
2. Choose one of the drying methods listed above and dry the fruit slices.
3. Thread the needle with fishing line and knot the end.

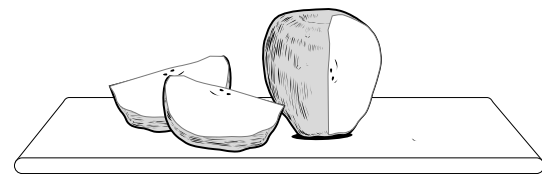


Fig. 41-1

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Activity 41 *continued*

4. Thread the dried fruit on the fishing line, alternating different types of fruit as desired. Make the hanging fruit approximately 12-in. (30.5-cm) long.
See Fig. 41-2.



Fig. 41-2

5. Poke the threaded needle through the middle of the ribbon and knot the fishing line. **See Fig. 41-3.**

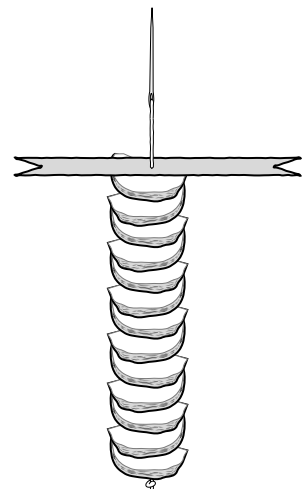


Fig. 41-3

6. Tie the ribbon into a bow and trim the ends to the desired length. **See Fig. 41-4.**
7. Hang the finished hanger from a hook on the wall.



Fig. 41-4

Activity 42

Global Food Terms

When you visit a restaurant, you may find a lot of different food terms on the menu. Knowing how to pronounce them and what they mean can help you feel at ease when eating out.

Directions: Practice pronouncing each of the terms below, then look them up in print or online sources. On the line next to each term, give the origin of the term and its meaning.

1. au jus (ō-'zhü): _____
2. hors d'oeuvre (ô-r-dərv): _____
3. roux (rü): _____
4. smorgasbord (smor-gəs-bord): _____
5. baklava (bak klə vä): _____
6. couscous (küs-küs): _____
7. pesto (pes-tō): _____
8. strudel (strü-dəl): _____
9. arroz con pollo (ä-ros kon po-yo): _____
10. moussaka (mü sä kä): _____
11. gazpacho (gə spä chō): _____
12. phyllo (fē-lō): _____
13. paella (pä-e-yä): _____
14. pilaf (pe läf): _____
15. nan (non): _____
16. wasabi (wäs-à bē): _____