

Activity 43

Using Math in the Kitchen

Part I Directions: For each of the customary measurements listed below, provide the approximate metric equivalent.

- | | |
|----------------------------|--------------------------------|
| 1. 1 teaspoon _____ | 6. 1 quart _____ |
| 2. 1 tablespoon _____ | 7. $\frac{1}{2}$ gallon _____ |
| 3. 3 tablespoons _____ | 8. $\frac{1}{2}$ pound _____ |
| 4. $\frac{1}{2}$ cup _____ | 9. $1\frac{1}{2}$ pounds _____ |
| 5. 3 cups _____ | 10. 3 pounds _____ |

Part II Directions: Complete each equation below by filling in the blank to make the customary measure equal the customary equivalent.

- | | |
|--|--|
| 11. 1 tablespoon = ____ teaspoons | 14. $1\frac{1}{2}$ cups = ____ tablespoons |
| 12. 3 tablespoons = ____ teaspoons | 15. $1\frac{1}{2}$ pounds = ____ ounces |
| 13. $\frac{1}{4}$ cup = ____ tablespoons | |

Homemade Tomato Soup

Servings: 6

Ingredients: 4 pounds fresh tomatoes, 4 green onions, 1 tablespoon olive oil, 1 tablespoon chopped basil leaves, 3 tablespoons lemon juice, $\frac{1}{2}$ cup plain yogurt

Part III Directions: Read the list of ingredients and answer the questions that follow.

16. How many pounds of tomatoes would you need if you were preparing this soup to feed nine people instead of six?

17. How many teaspoons of chopped basil leaves would you need if you were preparing this soup to feed three people instead of six?

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Activity 44

Cooking Knowledge Quiz

You have learned how to read a cookbook, and you understand many cooking terms. Now test your knowledge of cookbook terms, phrases, and recipe ingredients.

Part I Directions: Answer the following questions. Use cookbooks and a dictionary for reference if necessary.

1. What are cremini, chanterelle, and portobello? _____
2. How can you tell if a cake has baked long enough? _____
3. How can you tell when to flip a pancake? _____
4. How can you slice an onion without having your eyes water? _____

5. If a recipe calls for half an egg, what do you do? _____
6. What is the common major ingredient in Eggs Florentine and Trout Florentine?

7. What is the difference between a fish fillet and a fish steak? _____

8. How do you prepare an orange for easy peeling? _____

9. What vegetables are the main ingredients in the following soups?
gazpacho: _____
borscht: _____
10. What herb is the major ingredient in pesto? _____

Part II Directions: Check your answers to make sure that they are correct. Then try stumping another experienced cook with the questions. You might also play another round of the quiz in class, taking turns making up other cooking knowledge questions to ask one another.

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Activity 45

International Cheeses

For people of long ago, cheese was not just a delicious way to add extra calcium to their diets—it was also a way to preserve their milk supply. Before refrigerators were invented, fresh milk could not be kept for more than a day without spoiling. In fact, many cheeses improved in flavor as they aged.

There are more than 400 kinds of cheese. Most are made from the milk of cows or goats, but people also make cheese from the milk of buffalo, reindeer, camels, and zebras. Many people find that all kinds of cheeses are delicious with crackers, bread, or sliced fruit. Cheeses are also used as an ingredient in countless recipes.

Directions: Use cookbooks and other reference books to find out about the cheeses listed below and to complete the chart. Include facts about the texture of each cheese and the country in which it was first made. Then use a cookbook or your own experience to name a recipe in which each cheese might be used.

Type of cheese	Texture	Country of origin	Recipe in which this cheese might be used
1. Gouda (gü-də)			
2. Roquefort (ˈrök-fərt)			
3. Cheddar			
4. Gruyère (grü-ˈyer)			
5. Mozzarella (mät-sə-ˈre-lə)			
6. Feta (fə-ˈtə)			
7. Parmesan (pär-mə-,zän)			
8. Muenster (ˈmən(t)-stər)			
9. Swiss			
10. Havarti (hə-ˈvār-tē)			

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