

Activity 52

Start Cooking

Experienced cooks know from practice how to select and prepare different ingredients. When you first start cooking, though, there's a lot to learn.

Directions: Answer the following questions about cooking and selecting different kinds of foods.

Fruit

1. What happens to the nutrients in fruits during cooking?

2. How can you minimize nutrient loss when cooking fruits?

3. What is the advantage of buying fruits when they are in season?

Vegetables

4. How can you minimize nutrient loss when cooking vegetables?

5. How can you tell if vegetables are cooked properly?

6. What nutrients do vegetables provide?

7. How should you store fresh vegetables?

Breads

8. What is the difference between quick breads and yeast breads?

9. What ingredients do you need to make a basic sandwich?

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Grains

10. Why should you not rinse rice before cooking it?

11. How can you find out how long to cook rice?

12. What happens to the size of pasta when it cooks?

13. When cooking pasta, what can you do to prevent the pasta from sticking together?

Milk Products

14. Why do you have to be especially careful when cooking with milk products?

15. What happens when milk curdles?

16. Why should you avoid overcooking cheese?

Meat, Poultry & Fish

17. For what cuts of meat would you use moist-heat cooking methods?

18. For what cuts of meat would you use dry-heat cooking?

19. Why must hamburger, pork, and poultry be cooked thoroughly?

20. What is the difference between braising and broiling?
