

I SPY IN THE KITCHEN

1. Be able to identify parts of the food pyramid and number of servings recommended from each group. (Pages 5-7)
2. Be able to explain the steps that need to happen before you start to cook. (Page 8)
3. Be familiar with the common cooking words. (Page 9)
4. Be able to identify kitchen tools (page 10)
5. Be able to explain the steps to correct measuring which includes dry ingredients, liquids, shortening, and brown sugar and be able to know which measuring utensils are used for which ingredients. (Pages 11 & 12)
6. Be familiar with safety tips in the kitchen. (Pages 15, 26, 27)
7. Be able to explain how to break an egg (page 39)
8. Know what calcium does for your body. (Page 16)
9. Practice making the vegetable nibblers and snacks on pages 27 & 28.
10. Why are vegetables and fruits good snacks? (Pages 26-35)
11. Why should a person not eat raw cookie dough? (Page 39)
12. Be able to explain how to grease a pan. (Page 40)
13. Be able to explain why cookies must be baked at the correct temperature and for the correct length of time. (Page 41)
14. Know why manners matter. (Page 44)
15. Know the table-time tips on pages 44 & 45.