

MINI MEAL MAGIC

1. Know correct measuring techniques. (Pages 61 - 63)
2. Be able to explain cooking terms on page 60.
3. Be familiar with experiment explanations on pages 58 and 59.
4. Name food groups in the pyramid. Give examples of foods in each group and number of servings recommended daily from each group.
5. Know the steps that should be followed when preparing to cook. (Page 12)
6. Safety tips on pages 13, 30, and 42.
7. Demonstrate the correct way to set a table (Page 33)
8. List the 1-2-3- way for cleaning up after cooking (Page 25)
9. How can fiber be added to the diet and why is it important? (Page 32)
10. Cookies can be nutritious because _____ . (Page 55)
11. List 3 types of baked cookies and describe how they are made (Page 49)