



Pathfinder's Name

Cooking

1. Know how to properly operate the kind of stove you have in your home. Know how to put out an oil or grease fire on your stove.

Know how to prevent such a fire.

Know safety precautions while cooking, including consideration of small children.

2. Know how to properly use
- a. Measuring spoons
 - b. Measuring cups
 - c. An electric mixer
 - d. A blender
 - e. Food processor.

3. What is meant by

boiling _____

broiling _____

frying _____

baking _____

simmering _____

waterless cooking _____

microwave cooking _____

Which are the most healthful ways of preparing common foods?

Which are the most unhealthful ways?

- 4. Demonstrate your ability to properly prepare two different kinds of hot cereal, a healthful hot drink, and cook eggs in two different ways other than frying.

Methods

Hot cereal	1. _____	2. _____
Hot drink	1. _____	2. _____
Eggs	1. _____	2. _____

- 5. Prepare potatoes healthfully by two different methods.
1. _____ 2. _____

- 6. Cook three other vegetables in the most healthful way.

Vegetables	Method cooked
1. _____	_____
2. _____	_____
3. _____	_____

- 7. Prepare a simple salad.
Why do we need fresh salads in our diet?

- 8. Know the food pyramid guide.

Why is it important that we follow the food pyramid guide in our diet every day?

Make a chart for one week of the foods you eat to see if you are following the food pyramid guide. (Complete Meal Chart)

- 9. Set the table properly for your family for an evening meal.

Serve a balanced meal that you have planned and prepared as much as possible by yourself. Include main dish, vegetable, and salad.

Main dish _____

Vegetable _____

Salad _____

Additional items _____

- 10. Follow a recipe correctly in making a vegetarian entree or a vegetable casserole.

Recipe _____

- 11. Start a recipe file of your own. Put into it 10 recipes of dishes you have personally prepared from entrees, vegetables, salads, and beverages.

Cooking—Meal Chart

Make a chart for one week of the foods you eat to see if you are following the food pyramid guidelines

	MORNING	AFTERNOON	EVENING
Day 1 <u>day of the week</u>			
Day 2 <u>day of the week</u>			
Day 3 <u>day of the week</u>			
Day 4 <u>day of the week</u>			
Day 5 <u>day of the week</u>			
Day 6 <u>day of the week</u>			
Day 7 <u>day of the week</u>			

Cooking, Advanced

- 1. Have the Cooking Honor.
- 2. How many cups make a quart? (How many mls to make a liter?)

How many table spoons to a cup?

How many teaspoons to a table spoon?

- 3. Prepare two main casserole dishes using macaroni, noodles, beans, or rice.

Macaroni

1. _____ 2. _____

Noodles

1. _____ 2. _____

Beans

1. _____ 2. _____

Rice

1. _____ 2. _____

- 4. Prepare two different vegetable casserole dishes.

1. _____ 2. _____

- 5. Prepare two kinds of salad.

1. _____ 2. _____

How are salads kept crisp?

- 6. Know the difference in food value between whole milk, lowfat milk, and non-dairy milk.

Whole milk _____

Lowfat milk _____

Non-dairy milk _____

- 7. Prepare a balanced breakfast using the food pyramid guide.

Menu _____

- 8. Prepare a vegetarian entree dish.

Entree _____

- 9. Plan menus for one week, choosing at least three dishes in which left overs may be used. (Complete Meal Chart)

Leftovers

1. _____ 2. _____

3. _____

- 10. Prepare a balanced meal using a vegetarian entree, a vegetable casse-
role, and a salad.

Vegetarian entree _____

Vegetable caserole _____

Salad _____

Additional items _____

- 11. Know several reasons why vinegar is unhealthful.

12. What does caffeine do to the body?

List five foods that contain caffeine.

1. _____
2. _____
3. _____
4. _____
5. _____

13. Have 25 recipes of personally-prepared dishes, not more than five of which are candies or desserts.