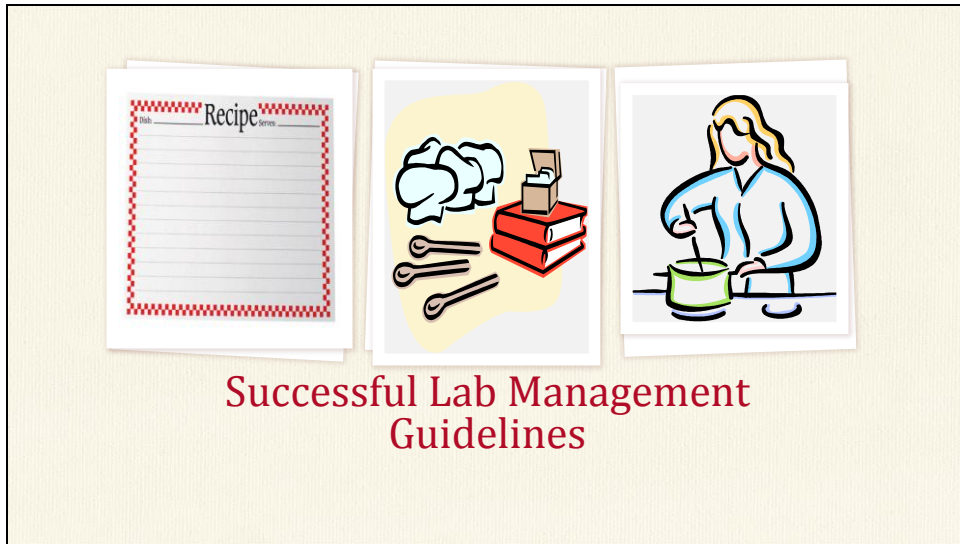


Presentation Notes

Successful Lab Management Guidelines

Slide 1



In order for the lab to run smoothly, lab and food safety rules must be followed so that everyone will have a successful learning experience.

The following guidelines are suggested activities. Be sure to follow your school district guidelines.

Presentation Notes

Successful Lab Management Guidelines

Slide 2

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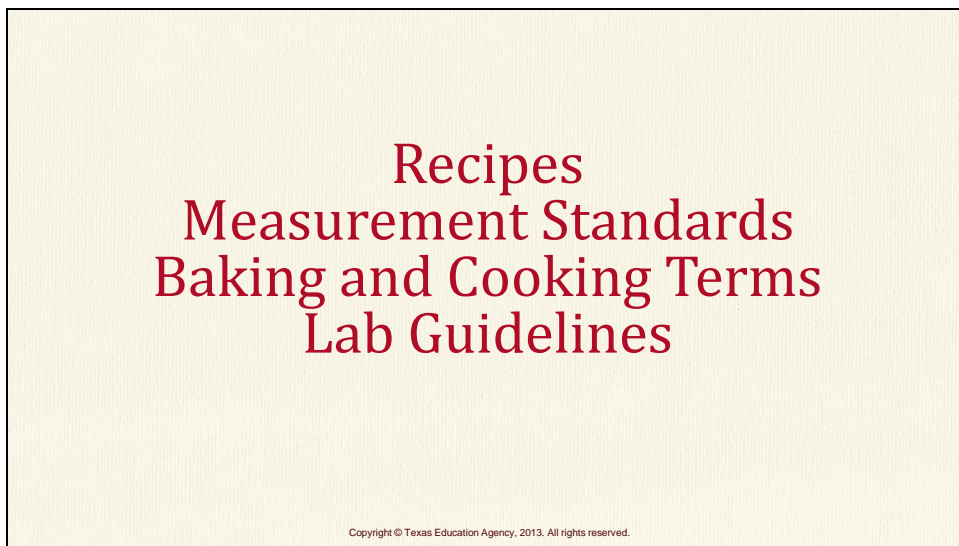
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Presentation Notes

Successful Lab Management Guidelines

Slide 3



This slide presentation will cover the following topics:

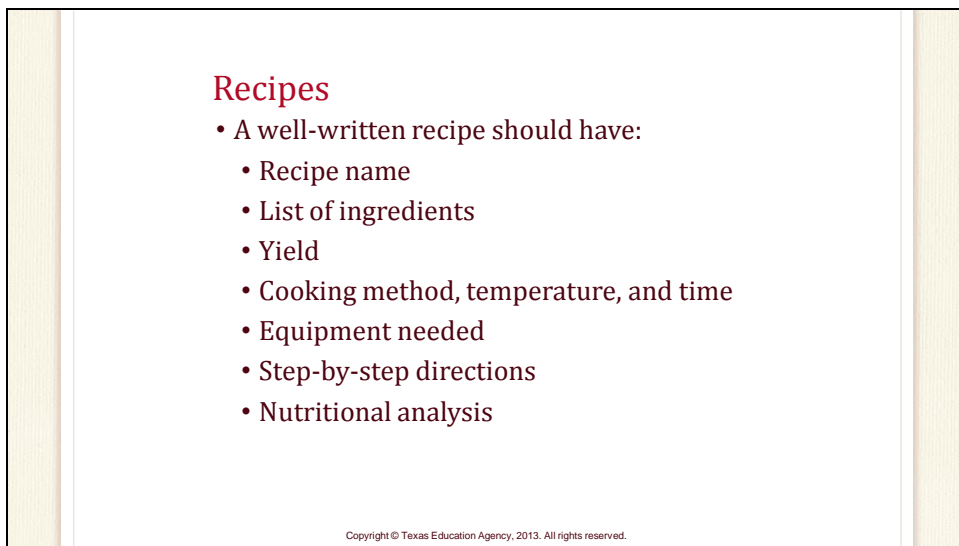
- Recipes
- Measurement standards
- Cooking terms
- Lab guidelines

The lesson may be used in its entirety or used a section at a time.

Presentation Notes

Successful Lab Management Guidelines

Slide 4



Recipes

- A well-written recipe should have:
 - Recipe name
 - List of ingredients
 - Yield
 - Cooking method, temperature, and time
 - Equipment needed
 - Step-by-step directions
 - Nutritional analysis

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A recipe is a set of directions for making a food or beverage.

As you know, anyone can write a recipe and post it on the Internet and write cookbooks. But are they easy to follow?

All recipes should include:

- Recipe name
- List of ingredients – ingredients are given in exact amounts and they are listed in the order they are used
- Yield – the amount or the number of servings that the recipe makes
- Cooking method, temperature, and time – Cook, bake, chill at certain temperatures and the amount of time needed
- Equipment needed – type and size of pan, dish, or container needed to prepare recipe
- Step-by-step directions – good recipes have clear, easy-to-follow directions that describe all of the steps in logical order
- Nutrition analysis – choose recipes that provide the calories and nutrients you need


Presentation Notes

Successful Lab Management Guidelines

Slide 5

Recipe Tips

- Read the recipe thoroughly
- Gather ingredients and equipment needed
- Multiply or divide recipe if needed



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This is a good time to start collecting recipes if you have not already begun. Choose recipes you can prepare successfully.

Places to find recipes:

- Cookbooks
- Family
- Friends
- Internet
- Magazines
- Newspapers
- Package labels

Review the recipe carefully to make sure it has all the needed information. Then practice the recipe to work out any problems.

Presentation Notes

Successful Lab Management Guidelines

Slide 6



An important skill needed for successful food preparation is knowledge of measurements, measuring equipment, and equivalents.


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Slide 7

Measuring Standards

- Recipe success depends on accurate measuring
- Abbreviations may be used to save space
- Liquids, dry ingredients, and fats are measured differently



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Coffee mugs, soup spoons, and juice glasses do not work well as measuring tools as they may vary in sizes.

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Slide 8

Measuring Utensils

- Dry measuring cups
- Liquid measuring cups
- Measuring spoons



[How to Measure Dry Ingredients](#)



[How to Measure Wet Ingredients](#)
(Click on links)

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Display the measuring utensils:

- Dry measuring cups
- Liquid measuring cups
- Measuring spoons

View Food Network's videos on measuring:

- How to Measure Dry Ingredients

Exact measurement for dry ingredients is key for baking. Use our tricks!

<http://www.foodnetwork.com/videos/how-to-measure-dry-ingredients/85008.html>

- How to Measure Wet Ingredients

Here's how to measure liquids for accurate results every time.

<http://www.foodnetwork.com/videos/how-to-measure-wet-ingredients/85130.html>

Presentation Notes

Successful Lab Management Guidelines

Slide 9



Baking and Cooking Terms

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Slide 10

Cooking Terms

- Baking and cooking techniques
- Cutting foods
- Mixing ingredients
- Other terms



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Cooking Terms may be divided into four categories:

- Cutting foods
- Mixing ingredients
- Cooking techniques
- Other

Definitions may vary from textbook to Internet but the following slide will include basic definitions.

Presentation Notes

Successful Lab Management Guidelines

Slide 11

Baking and Cooking Techniques	Cutting Foods
<ul style="list-style-type: none">• Bake• Boil• Broil• Sauté• Simmer• Steam• Stir Fry	<ul style="list-style-type: none">• Chop• Dice• Grate or shred• Peel• Slice• Mince

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Baking and cooking techniques

Bake – To cook in an oven

Boil – To heat a food so that the liquid gets hot enough for bubbles to rise and break the surface

Broil – To cook under direct heat

Brown – To cook over medium or high heat until the surface of food browns or darkens

Sauté – To cook quickly in a little oil, butter, or margarine

Simmer – To cook in liquid over low heat (low boil) so that bubbles just begin to break the surface

Steam – To cook food over steam without putting the food directly in water (usually done with a steamer)

Stir Fry – To quickly cook small pieces of food over high heat while constantly stirring the food until it is crisply tender (usually done with a wok)

Cutting foods

Chop – To cut into small pieces

Dice – To cut into small cubes

Grate or Shred – To scrape food against the holes of a grater making thin pieces

Peel – To strip off the outside skin or peel

Slice – To cut a food into large, thin pieces with a slicing knife

Mince – To cut into very small pieces, smaller than chopped or diced pieces

Presentation Notes

Successful Lab Management Guidelines

Slide 12

Mixing Ingredients	Other Recipe Terms
• Beat	• Drain
• Blend	• Grease
• Cream	• Marinate
• Fold	• Preheat
• Knead	• Season
• Mash	
• Mix	
• Toss	

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Mixing ingredients

Beat – To mix ingredients together using a fast, circular movement with a spoon, fork, whisk, or mixer

Blend – To mix ingredients together gently with a spoon, fork, or until well-combined

Cream – To beat ingredients, such as shortening and sugar, until they are soft and creamy

Fold – To gently mix a light, fluffy mixture into a heavier one

Knead – To press, fold and stretch dough until it is smooth and uniform, usually done by pressing with the heels of the hands

Mash – To squash food with a fork, spoon or masher

Mix – To stir ingredients together with a spoon, fork, or electric mixer until well-combined

Toss – To mix ingredients, such as salad greens and dressing, by tumbling them with tongs or a large spoon and fork

Other recipe terms

Drain – To remove all the liquid using a colander or strainer

Grease – To lightly coat with oil, butter, margarine, or non-stick spray so food does not stick when cooking or baking

Marinate – To soak food in a liquid to tenderize or add flavor to it (the liquid is called a “marinade”)

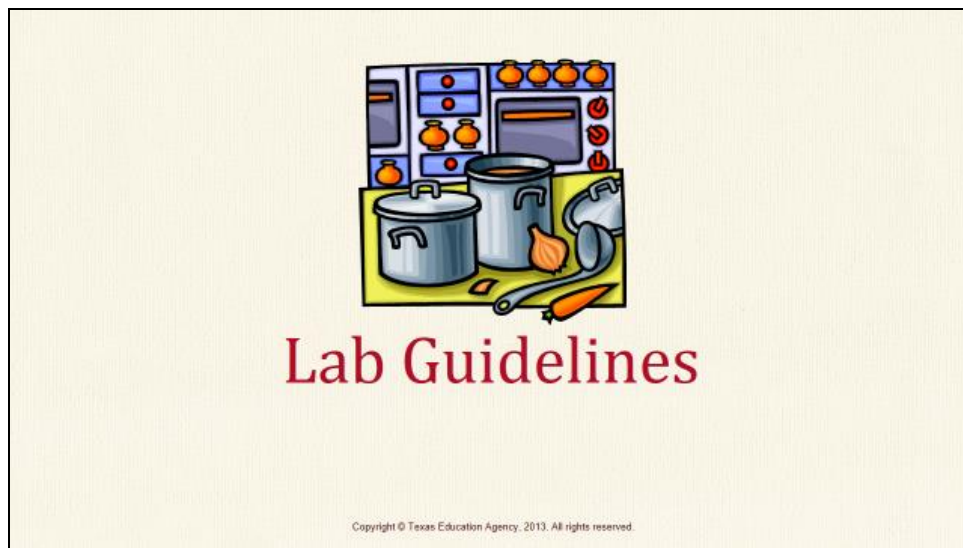
Preheat – To turn oven on ahead of time so that it is at the desired temperature when needed (usually takes about five to ten minutes)

Season – To add flavorings such as salt, pepper, herbs and spices to a food before or during cooking

Presentation Notes

Successful Lab Management Guidelines

Slide 13




Presentation Notes

Successful Lab Management Guidelines

Slide 14

Rules

- Time
- Personal belongings
- Personal hygiene
- Food safety
- Duties
- Teamwork
- Laundry
- Absence from lab
- Other



This is the time to discuss lab rules for your classroom so that the lab runs smoothly. Listed are a few items to discuss. Other rules may be added.

Time – remind students that labs begin promptly when the bell rings so that they may complete their lab in the allotted time

Personal belongings – backpacks, purses, and other items should be stored away from the kitchen so that items are not in the way. Jewelry should also be removed and stored in a safe place

Personal hygiene – hair should be pulled back, hands washed, and clean aprons worn the day of lab (hair nets may be provided if studying for food safety)

Food safety – remind students of food safety rules learned in prior lesson

Duties – explain the duties and responsibilities for each person in the group

Teamwork – remind students that the lab experience is a group activity and everyone should work together to complete the lab. No one in the group may leave the lab until the kitchen is checked and they are dismissed

Laundry – explain laundry procedures

Absence from lab – explain how a student who is absent the day of lab can make up the lab grade

Other – anything else that is important for a successful lab

Presentation Notes

Successful Lab Management Guidelines

Slide 15

Questions?



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Slide 16

References and Resources

Images:

- Microsoft Office Clip Art: Used with permission from Microsoft.

Textbooks:

- Duyff, D. L. (2010). *Food, nutrition, and wellness*. Columbus, OH: Glenco/McGraw-Hill.
- Kowtaluk, H. (2010). *Food for today*. Columbus, OH: Glencoe/McGraw-Hill.

Food Network™ Videos:

- How to Measure Dry Ingredients
Exact measurement for dry ingredients is key for baking. Use our tricks!
<http://www.foodnetwork.com/videos/how-to-measure-dry-ingredients/85008.html>
- How to Measure Wet Ingredients
Here's how to measure liquids for accurate results every time.
<http://www.foodnetwork.com/videos/how-to-measure-wet-ingredients/85130.html>

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