

## **Lesson 5 – Preparing and Cooking Food**

**Purpose:** To teach general cooking terms and techniques needed to follow recipes and prepare foods.

**Instructor’s Note:** Learners may need help getting organized to prepare a recipe even after they have learned cooking terms and techniques.

They need to:

- Wash their hands
- Wash the counter
- Collect equipment
- Collect ingredients
- Work through the recipe, one step at a time

### **How to Teach Cooking**

- Work with small groups, no more than four learners to one instructor.
- Give each learner an opportunity to do all of the steps in a recipe.
- Start with simple recipes appropriate to learners’ ability and gradually work towards preparing a simple meal.
- Ask learners what they would like to prepare. Keep in mind their specific situation and use simple, nutritious recipes that they will be able to make at home.



**Tip:** Learners may not need to know the definitions of all the terms, but will need to know how to do the procedures.

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### **Activity 1**

**Literacy Stage 1**

1. Hand out [Resource Sheet 4.4: Words Used in Preparing Food](#). Read it together as a group. Go over each of the terms and demonstrate them if possible.
2. Hand out [Activity Sheet 4.8: Cooking Words](#). Ask learners to fill in the blanks to complete the sentences. Discuss the answers.

**Lesson 5 – Preparing and Cooking Food continued...**



**Tip:** Encourage learners to try making simple recipes at home.

**You will need:**

Flip chart or white board  
Cooking facilities and equipment  
Recipe ingredients

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**Literacy Stage 2**

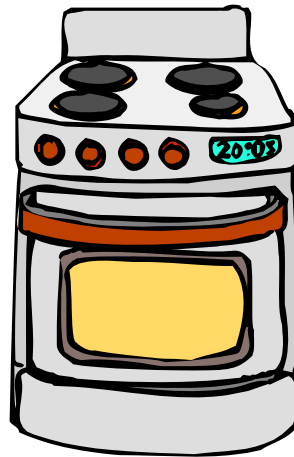
**Activity 2**

1. On a flip chart or white board, write down ten words used in preparing foods. Ask learners what they think the words mean. Discuss their answers.
2. Review the terms used in the preparation of food.
3. Hand out [Activity Sheet 4.7: Food Preparation Word Search](#). Ask learners to find and circle the words.

**Literacy Stage 3**

**Activity 3**

1. Review the terms used in the preparation of food.
2. Hand out [Activity Sheet 4.9: Cooking Methods](#). Ask learners to write all the different ways each food can be cooked. Discuss the answers.
3. Choose a simple recipe to prepare with learners that will show various methods of food preparation and cooking procedures. See [Now You're Cooking!](#) and select either Metric or Imperial recipes from these cookbooks. Examples: **Hamburger, Macaroni and Cheese, Lazy Day Stew.**
4. Give learners a copy of the recipe. Tell learners what each word means and then demonstrate it.
5. If possible, let learners prepare the food and cook it.



## Words Used in Preparing Food

**Bake:** Cook in oven.

**Beat:** Mix rapidly in an under and over movement with a spoon or fork, or round and round with a beater.

**Blend:** Mix two or more ingredients until smooth.

**Boil:** Cook in steaming liquid in which bubbles break the surface.

**Broil:** Cook under the broiler (top element in an oven or toaster oven).

**Combine:** Mix together.

**Chill:** Allow food to become thoroughly cold by putting it in the refrigerator or other cool place.

**Chop:** Cut into pieces with knife or chopper.

**Coat:** Cover with thin layer of flour, fine crumbs, icing sugar or crushed nuts.

**Cool:** Let stand at room temperature until no longer hot.

**Cream:** Combine ingredients by pressing them against the inside of the bowl or beating with a mixer until smooth.

**Dissolve:** Mix a dry ingredient into a liquid until the whole mixture is liquid.

**Drain:** Pour off liquid or fat

**Flour:** Dust greased pans with flour until well coated. Shake out extra flour that does not stick to the greased pans.

**Fry:** Cook in small amount of fat in skillet.

**Grate:** Rub against grater to cut into small pieces.

**Grease:** Spread bottom and sides of pan with butter, oil or shortening.

**Knead:** Press dough with the heel of your hands, fold it towards you, turn it, and repeat.

**Mix:** Combine ingredients by stirring.

**Peel:** Take off outer skin, for example, from a potato or orange.

**Roast:** Cook in oven.

**Roll-out:** Flatten with a rolling pin.

**Shred:** Cut into very thin strips with a knife or grater.

**Sift:** Put through flour sifter or fine sieve.

**Simmer:** Cook liquid that is almost boiling or to cook something in liquid, for example, cooking potatoes in water.

**Slice:** Cut into a thin, flat slice.

**Stir:** Mix round and round with spoon.

### Food Preparation Word Search

Find and circle each word below. Look across and down.

- |        |        |       |
|--------|--------|-------|
| bake   | beat   | boil  |
| melt   | clean  | cook  |
| fry    | cut    | cream |
| brown  | heat   | cool  |
| blend  | recipe | roast |
| medium |        |       |




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r	o	a	s	t	a	q	s	t
p	c	u	t	c	r	b	d	k
f	r	y	o	n	e	l	m	v
f	e	t	c	b	c	e	e	j
z	a	v	o	c	i	n	d	m
u	m	e	o	b	p	d	i	p
a	<b>b</b>	<b>a</b>	<b>k</b>	<b>e</b>	e	r	u	o
w	r	b	c	a	m	e	m	b
c	o	o	l	t	y	o	m	y
i	w	i	e	g	k	k	e	f
b	n	l	a	l	d	q	l	r
x	j	h	n	h	e	a	t	e

Answers: Activity Sheet 4.7

r o a s t a q s t  
p c u t c r b d k  
f r y o n e l m v  
f e t c b c e e j  
z a v o c i n d m  
u m e o b p d i p  
a b a k e e r u o  
w r b c a m e m b  
c o o l t y o m y  
i w i e g k k e f  
b n l a l d q l r  
x j h n h e a t e

## Cooking Words

Use one of the cooking words below to complete the sentences.

### Cooking Words:

greased	cut	mixed
turned	stirred	peeled
washed	poured	rinsed

### Example:

Gary cut the carrot into sticks.

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1. Karen \_\_\_\_\_ milk into the cup.
2. Gerry \_\_\_\_\_ the pork chop over.
3. Debbie \_\_\_\_\_ the skin off the onion.
4. Elsie \_\_\_\_\_ the lettuce with water.
5. Martha \_\_\_\_\_ the cake pan before adding the batter.
6. Ron \_\_\_\_\_ the hamburger with an egg.
7. Percy \_\_\_\_\_ the grapefruit in half.
8. Linda \_\_\_\_\_ the broccoli in water.
9. Fred \_\_\_\_\_ the stew with a wooden spoon.



### Cooking Methods

Fill in the blanks below with the **numbers** to show all of the ways the food can be cooked.

- |          |              |
|----------|--------------|
| 1. fry   | 5. bake      |
| 2. boil  | 6. roast     |
| 3. broil | 7. microwave |
| 4. steam |              |



Example:

Green beans – 2, 4, 7

- |                 |                         |
|-----------------|-------------------------|
| bacon _____     | hamburger _____         |
| chicken _____   | pork chops _____        |
| broccoli _____  | carrots _____           |
| potato _____    | corn on the cob _____   |
| muffins _____   | peas _____              |
| fish _____      | cabbage _____           |
| spaghetti _____ | rice _____              |
| eggs _____      | apple pie _____         |
| onions _____    | oatmeal _____           |
| hot dog _____   | macaroni & cheese _____ |