

Section 21.1 Choosing Cooking Techniques

Basic Cooking Techniques

Directions As you read, list four dry-heat cooking methods, six moist-heat cooking methods, and three methods for cooking with fat. Use a graphic organizer like the one below to organize your information.

Dry-Heat Methods	Moist-Heat Methods	Cooking with Fat

Section 21.2 Healthful Cooking Methods

CHAPTER

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Basic Cooking Techniques

Directions As you read, record how to use appearance to identify when food is done. Use a graphic organizer like the one below to organize your information.

Appearance: When Is Food Done				
	Cake	Pancakes	Beef	Poultry
Undercooked				
Cooked				