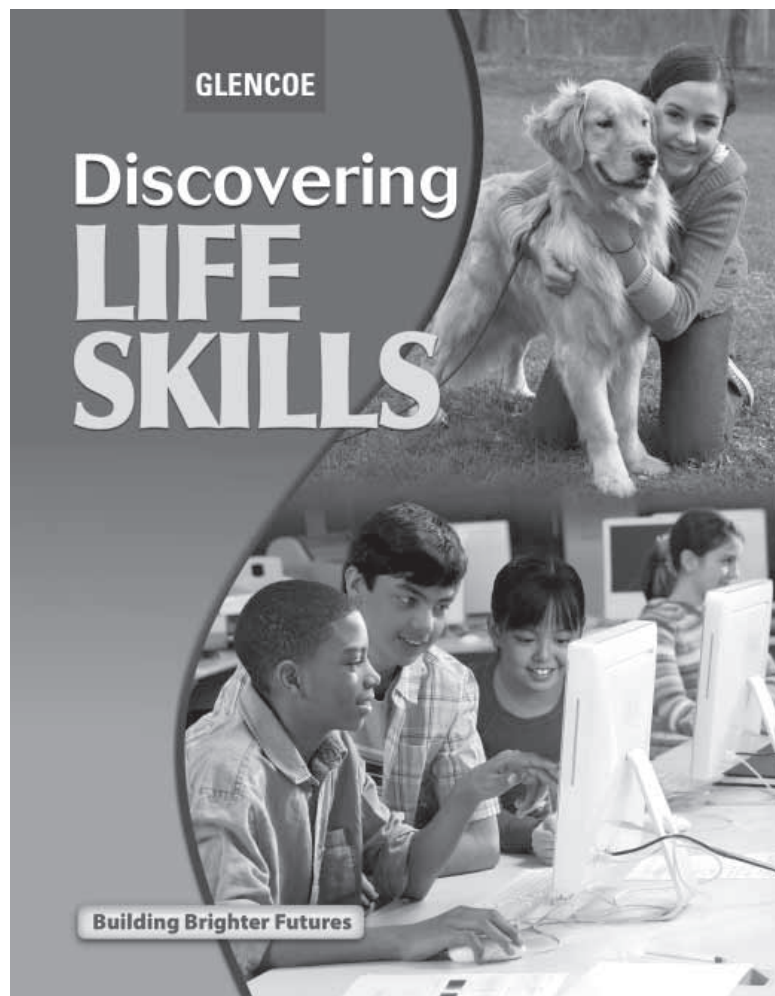


Discovering **Life Skills**

Units 9 & 10 Foods Labs





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How to Use *Discovering Life Skills Foods Labs* with Your Textbook

Units 9 and 10 of your textbook introduce the basic topics you must know when you learn about the kitchen and the basics of cooking and baking.

Unit 9 teaches you about nutrition and your health. Good nutrition and enough physical activity each day help you stay fit and be the best that you can be.

Unit 10 teaches you the basics of working in your kitchen. You must understand the rules of food and kitchen safety. They will help you learn what you need to know so that you can prepare fun and nutritious meals for yourself and others.

With your teacher's permission, use these lab activities to practice your food preparation skills. Before using these activities, read your textbook to make sure you understand the words and steps in each activity.

Before you prepare food, remember these rules of the kitchen:

- 1.** Wash your hands! Keeping your hand clean can prevent the spread of foodborne illness. Use separate towels for drying your hands and dishes.
- 2.** Keep your kitchen and utensils clean. If you spill something on the floor, wipe it up immediately with a paper towel, cloth, or mop. Wash cutting boards, utensils, and tools after handling raw meat, poultry or, seafood.
- 3.** Prepare foods properly. Thaw frozen foods in the refrigerator or microwave oven. Keep raw meat, poultry, and seafood away from other foods. Wash raw fruits and vegetables thoroughly.
- 4.** Serve and store food safely. Keep hot foods hot, and cold foods cold. Be sure to cook meat, poultry and fish to a safe temperature. Refrigerate leftovers immediately.
- 5.** Be aware. Watch out for anything that might cause an accident. Handle knives safely, use a step stool, and follow other common-sense safety rules. Know how to handle accidents before they occur. This way, you'll be ready when they happen.

Foods Lab 1

Snack Smorgasbord

In Denmark and Sweden, the word smorgasbord ('smor-gas-bord) means a buffet meal made up of a delicious variety of foods. In this activity, your cooking group and the others in the class will make, share, and evaluate a smorgasbord of nutrient-dense snacks.

Part I Directions: Each cooking group should prepare one of the following snack recipes.

Fruit Kabobs

Ingredients:

16 red or white seedless grapes
1 medium-sized red delicious apple

Yield: 4 fruit kabobs

1 small can of chunk pineapple
2 bananas

Instructions:

1. Thread grapes and chunks of apple, pineapple, and banana onto long, wooden skewers.
2. Arrange kabobs on a platter.

Energy Mix

Ingredients:

¼ c. (50 mL) peanuts
¼ c. (50 mL) raisins

Yield: 1 c. (250 mL)

¼ c. (50 mL) sunflower seeds
¼ c. (50 mL) dried fruit

Instructions:

1. Mix equal parts of peanuts, raisins, sunflower seeds, sesame seeds, and dried fruit.
2. Put energy mix in a serving bowl.

Yogurt Dip

Ingredients:

1 c. (250 mL) plain or vanilla yogurt
2 T. (30 mL) powdered chocolate drink mix

Yield: 4 servings

1 t. (5 mL) cinnamon

Instructions:

1. Combine plain or vanilla yogurt with powdered chocolate drink mix and cinnamon.
2. Put the dip in a covered container and refrigerate until ready to use.
3. Arrange vanilla wafers on a platter, around the container of yogurt dip.

(Continued on next page)

Foods Lab 1 *continued*

Ham and Melon

Ingredients:

1 thick slice of ham
 ¼ cantaloupe or honeydew melon

Yield: 4 pieces

4 toothpicks

Instructions:

1. Cut a slice of boiled ham into 4 long strips.
2. Wrap each strip around a chunk of cantaloupe or honeydew melon.
3. Secure the strip with a toothpick.
4. Arrange the pieces on a plate.

Vegetable Dippers

Ingredients:

½ pkg. dry soup mix (onion or vegetable)
 1 c. (250 mL) low-fat cottage cheese
 1 t. (5 mL) lemon juice
 2 stalks of celery

Yield: 4 servings

2 carrots
 broccoli florets
 cauliflower florets

Instructions:

1. Blend dry soup mix, low-fat cottage cheese, and lemon juice until mixture is smooth.
2. Put the dip in a small covered container and refrigerate until ready to use.
3. Cut up raw celery, carrots, broccoli, and cauliflower to use as dippers.
4. Arrange vegetables on a platter, around the container of dip.

Part II Directions: Create a smorgasbord by arranging the snacks buffet-style. Make the arrangement as attractive as possible. Provide small snack plates and napkins.

Part III Directions: Sample each snack and complete the rating sheet below. Rate the taste and appearance of each snack on a scale of 1 (least desirable) to 5 (most desirable). Circle your rating in the space provided.

Name of Snack	Rating of Taste	Rating of Appearance
Fruit Kabobs	1 2 3 4 5	1 2 3 4 5
Energy Mix	1 2 3 4 5	1 2 3 4 5
Yogurt Dip	1 2 3 4 5	1 2 3 4 5
Ham and Melon	1 2 3 4 5	1 2 3 4 5
Vegetable Dippers	1 2 3 4 5	1 2 3 4 5

Foods Lab 2

High-Speed Breakfasts

Just because you're in a hurry, you don't have to sacrifice a delicious, nutritious breakfast! In this activity, your cooking group will make, share, and evaluate a variety of breakfast blender drinks.

Part I Directions: Each cooking group should prepare one of the following recipes.

Orange Breakfast Drink

Yield: Two 10-oz. (300-mL) servings

Ingredients:

1½ c. (350 mL) buttermilk	1 t. (5 mL) vanilla
6-oz. (170-g) can frozen orange juice concentrate	2 or 3 large ice cubes
2 T. (30 mL) brown sugar	

Instructions:

1. Combine buttermilk, orange juice concentrate, brown sugar, and vanilla in the blender container.
2. With the blender running, add ice cubes one at a time, through the opening in the cover.
3. Blend until smooth and frothy.

Quick & Easy Yogurt Drink

Yield: Three 8-oz. (250-mL) servings

Ingredients:

8 oz. (224 g) nonfat yogurt, plain
1 c. (250 mL) fruit of your choice, such as blueberries, strawberries, bananas
½–1 c. (125–250 mL) fruit juice of your choice

Instructions:

1. Combine yogurt, fruit, and fruit juice in the blender container.
2. Mix until well blended.

(Continued on next page)

Foods Lab 2 *continued*

Blender Fruit Drink

Yield: Three 8-oz. (250-mL) servings

Ingredients:

- 1½ c. (350 mL) orange pulp (inside of the orange), chilled, seeded
- 1 c. (250 mL) melon pulp (cantaloupe or honeydew), chilled
- 2 T. (30 mL) lemon juice
- ¼ t. (0.5 mL) salt
- ½ c. (125 mL) ice, finely crushed

Instructions:

1. Mix ingredients in blender until smooth.
2. Add lemon juice gradually to avoid gray color.
3. Serve immediately.

Fruit with Honey Drink

Yield: Three 8-oz. (250-mL) servings

Ingredients:

- 1½ c. (350 mL) unsweetened pineapple juice, chilled
- 1 ripe banana
- 2 t. (10 mL) honey
- ½ lime, juice of
- ½ c. (125 mL) ice, finely crushed

Instructions:

1. Mix ingredients in blender until smooth.
2. Serve immediately.

Part II Directions: Label each breakfast drink and pour into small cups for sampling.

Part III Directions: Sample each drink and complete the rating sheet below. Place a (√) to indicate the nutrients provided by each drink (refer to each drink’s list of ingredients), and rank the drink’s taste and appearance on a scale from 1 (did not like) to 4 (liked it a lot).

Name of Drink	Vitamins	Minerals	Carbohydrates	Proteins	Fats	Rating
Orange Breakfast Drink						
Quick & Easy Yogurt Drink						
Blender Fruit Drink						
Fruit with Honey Drink						

Foods Lab 3

Spicy Dishes from the Microwave

Many people enjoy the spicy taste of Mexican food—for snacks or at mealtimes. Here are some quick and easy recipes to try in the microwave oven.

Part I Directions: Each cooking group should prepare one of the following recipes.

Chicken (or Turkey) Enchiladas

Yield: Serves 16 as snacks

Ingredients:

2/3 c. (150 mL) onion, chopped	2 c. (500 mL) cooked poultry, chopped
2 T. (30 mL) vegetable oil	8 6-in. (15 cm) tortillas
1 4-oz. (175-mL) can tomatoes, chopped	1 avocado, peeled and puréed
2–3 cloves garlic, minced	1 c. (250 mL) Cheddar cheese, grated
1/2 t. (2–3 mL) salt	1 8-oz. (224-g) jar taco sauce, warmed

Instructions:

1. Combine the chopped onion and oil in a large, microwave-safe dish.
2. Cook uncovered for 4 to 5 minutes on HIGH; stir and rotate once during this time.
3. Stir in chilies, tomatoes, garlic, and salt.
4. Cover with a lid or microwave-safe plastic wrap. Cook 3 minutes on HIGH.
5. Uncover carefully and stir in the chicken.
6. Cover again and cook for 3 to 4 minutes on HIGH, or until chicken is hot.
7. Remove from oven and allow to stand for 2 minutes, covered.
8. During the standing time, pour taco sauce into a small saucepan.
9. Warm on the stove at low heat.
10. Wrap 4 tortillas in a moistened, white paper towel.
11. Cook 1 to 1 1/2 minutes on HIGH, or until softened.
12. Spread 1/4 c. (50 mL) chicken filling on each tortilla and top with 1 T. (15 mL) puréed avocado.
13. Roll tortilla around filling.
14. Place the rolled tortillas, seam side down, in a shallow, microwave-safe baking dish.
15. Repeat with the remaining 4 tortillas.
16. Cook the filled tortillas uncovered for 4 to 5 minutes on HIGH, or until they are heated through.
17. Sprinkle with cheese.
18. Cook an additional 1 to 2 minutes, or until cheese is melted.
19. Serve with warm taco sauce.

(Continued on next page)

Foods Lab 3 *continued*

Chili Con Queso (Spicy Hot Cheese Dip)

Yield: 3 c. (750 mL)

Ingredients:

- | | |
|--|---------------------------|
| 1 lb. (0.45 kg) Monterey Jack cheese, cut into small cubes | 1 clove garlic, minced |
| 1 green pepper, seeded and finely chopped | 1 8-oz. (224-g) jar salsa |
| 1 small onion, finely chopped | |

Instructions:

1. Place all ingredients in a microwave-safe casserole dish.
2. Stir to blend.
3. Cook on HIGH for 3 minutes.
4. Stir and rotate.
5. Cook another 2 minutes, or until cheese is melted.
6. Serve hot with corn chips, taco chips, or poured over assorted raw vegetables.

Instant Nachos

Yield: 6 servings

Ingredients:

- 1 large bag tortilla chips
- 1 4-oz. (112-g) can green chilies or jalapeño peppers, diced
- 1½ c. (350 mL) Monterey Jack or Cheddar cheese, grated
- Salsa or taco sauce

Instructions:

1. Arrange a single layer of tortilla chips on a paper plate.
2. Dot each chip with a diced chili or a jalapeño pepper.
3. Cover with a thin layer of cheese.
4. Lightly drizzle salsa or taco sauce over the chips.
5. Cook uncovered in the microwave oven for 1 minute at 75% power, or just until the cheese is melted.
6. Serve at once.

Part II Directions: Sample each snack and complete the rating sheet below. Rate the taste and appearance of each snack on a scale of 1 (least desirable) to 5 (most desirable). Circle your rating in the space provided.

Name of Snack	Rating of Taste					Rating of Appearance				
Chicken or Turkey Enchiladas	1	2	3	4	5	1	2	3	4	5
Chili Con Queso	1	2	3	4	5	1	2	3	4	5
Instant Nachos	1	2	3	4	5	1	2	3	4	5

Foods Lab 4

Cooking with Herbs

Herbs can add distinctive flavor and zest to many different types of dishes. As seasonings at the table, they are also a nutritious alternative to salt. Fresh parsley, basil, thyme, and oregano can be grown in pots on a sunny kitchen windowsill. Here are several recipes using herbs. Try them and experiment on your own, adding fresh or dried herbs to stews, roasted meats, and other dishes.

Part I Directions: Each cooking group should prepare one of the following recipes.

The Italian word *pesto* means “pounded” or “crushed.” You can make pesto from a variety of herbs, but fresh basil pesto is the most common and popular. Pesto can be used as a dip for assorted fresh vegetables, thinned with additional olive oil to use as salad dressing, or brushed onto chicken or fish before broiling or grilling.

Basil Pesto

Yield: 2 c. (500 mL)

Ingredients:

1½ c. (350 mL) fresh basil leaves, lightly packed	½–⅔ c. (125–150 mL) olive oil
2–3 cloves garlic, chopped roughly	½ t. (2–3 mL) salt
¼ c. (50 mL) pine nuts or walnuts, chopped	½ t. (2–3 mL) pepper
½ c. (125 mL) Parmesan cheese, grated	

Instructions:

1. Combine the basil leaves, garlic, nuts, and cheese in a blender or food processor.
2. Add a few tablespoons of the olive oil.
3. Blend or process until all ingredients are well chopped.
4. With the blender or processor running, add the remaining oil in a thin, steady stream until the mixture is smooth.
5. Serve immediately by stirring into freshly cooked pasta, or put the pesto into jars with tight-fitting covers and store in the refrigerator. Refrigerated, pesto will keep for up to two weeks.
6. Cut assorted vegetables into pieces. Use these to taste the pesto.

(Continued on next page)

Foods Lab 4 *continued*

This is a simple way to spice up potatoes. Use this recipe when you are roasting poultry or meat in the oven. Just slide a casserole of potatoes into the oven and roast them for the last hour that your poultry or meat is roasting.

Roasted Herbed Potatoes

Yield: 4 servings

Ingredients:

- | | |
|---|--|
| 4 medium potatoes, scrubbed but not peeled | 1 t. (5 mL) salt |
| 1 T. (15 mL) parsley, chopped or snipped | 2 t. (10 mL) pepper |
| 1 T. (15 mL) basil, chopped or snipped | ½ c. (125 mL) olive oil or vegetable oil |
| 1 T. (15 mL) fresh rosemary, chopped or snipped | |

Instructions:

1. Preheat oven to 350°F (180°C).
2. Scrub potatoes, leaving the skins on for greater flavor and nutritional value.
3. Cut each potato into three or four chunks, about the size of a walnut.
4. Place in a deep, ovenproof pot or casserole.
5. Add all other ingredients; toss by hand to coat the potatoes.
6. Roast uncovered for 1 hour, turning and stirring the potatoes about every 15 minutes.

Part II Directions: Sample each snack and complete the rating sheet below. Rate the taste and appearance of each snack on a scale of 1 (least desirable) to 5 (most desirable). Circle your rating in the space provided.

Name of Dish	Rating of Taste	Rating of Appearance
Basil Pesto	1 2 3 4 5	1 2 3 4 5
Roasted Herbed Potatoes	1 2 3 4 5	1 2 3 4 5

Foods Lab 5

Quick Main Dishes

It is easy to fix a quick dinner if you are in a hurry. The trick is to fix a quick dinner that is not the same old meal once again, but something different, tasty, and nutritious, too.

Part I Directions: Each cooking group should prepare one of the following dinner recipes.

Chicken Nuggets

Yield: 4 servings

Ingredients:

- 3 T. (45 mL) margarine, melted
- 2 t. (10 mL) Worcestershire sauce
- 2 whole, large chicken breasts (about 2 lb. [0.9 kg] total), skinned, boned, and cut into 1-in. (2.5-cm) pieces
- 50 wheat wafers, finely crushed
- $\frac{1}{3}$ c. (75 mL) Parmesan cheese, grated

Instructions:

1. Stir together margarine and Worcestershire sauce in a bowl.
2. Add chicken and toss to coat.
3. In a plastic bag, shake together crushed wafers and Parmesan cheese.
4. Add chicken pieces, a few at a time, closing bag tightly and shaking to coat pieces well.
5. Place chicken pieces in a single layer in pan.
6. Bake in a 450°F (230°C) oven for 7 to 9 minutes or until meat is no longer pink.

Sloppy Joes

Yield: 6 servings

Ingredients:

- | | |
|---|---------------------------------------|
| 1 lb. (0.45 kg) ground beef, lean | 1–1½ t. (5–7.5 mL) chili powder |
| $\frac{1}{2}$ c. (125 mL) onion, chopped | 1–2 t. (5–10 mL) Worcestershire sauce |
| $\frac{1}{2}$ c. (125 mL) green pepper, chopped | $\frac{1}{2}$ t. (2–3 mL) garlic salt |
| 1 8-oz. (224-g) can tomatoes, cut up | Dash hot pepper sauce, bottled |
| 2 T. (30 mL) rolled oats, quick-cooking | 6 hamburger buns, split and toasted |

(Continued on next page)

Foods Lab 5 *continued*

Instructions:

1. In a large skillet, cook ground beef, onion, and green pepper until meat is browned.
2. Drain fat.
3. Stir in undrained tomatoes, oats, chili powder, Worcestershire sauce, garlic salt, hot pepper sauce, and 1/4 c. (50 mL) water.
4. Bring to boiling; reduce heat.
5. Simmer for 5 to 10 minutes or until the mixture is of desired consistency.
6. Serve on hamburger buns.

Part II Directions: Sample each quick main dish. In the spaces below, review the dinner recipes for ease of preparation. (Remember that the preparation will take longer when you are working alone at home.)

Main Dish:			
Preparation Steps	Start Time	Stop Time	Total Time
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			

Part III Directions: Sample each quick main dish and complete the rating sheet below. Rate the taste and appearance of each dish on a scale of 1 (least desirable) to 5 (most desirable). Circle your rating in the space provided.

Name of Quick Main Dish	Rating of Taste	Rating of Appearance
Chicken Nuggets	1 2 3 4 5	1 2 3 4 5
Sloppy Joes	1 2 3 4 5	1 2 3 4 5

Foods Lab 6

Desserts

Some people consider dessert the most delicious part of a meal. In this activity, your class will make and sample a variety of desserts, and then evaluate them.

Part I Directions: Each cooking group should prepare one of the following dessert recipes.

Apple Crisp

Yield: 6 servings

Ingredients:

4 c. (1 L) tart apples (4-6 apples), sliced	$\frac{3}{4}$ t. (4 mL) cinnamon, ground
$\frac{2}{3}$ – $\frac{3}{4}$ c. (150–175 mL) brown sugar, packed	$\frac{3}{4}$ t. (4 mL) nutmeg, ground
$\frac{1}{2}$ c. (125 mL) all-purpose flour	$\frac{1}{3}$ c. (75 mL) margarine, softened
$\frac{1}{2}$ c. (125 mL) rolled oats	

Instructions:

1. Heat oven to 375°F (190°C).
2. Arrange apples in greased square pan, 8 x 8 x 2 in. (20 x 2 x 5 cm).
3. Mix remaining ingredients; sprinkle over apples.
4. Bake until topping is brown and apples are tender, about 30 minutes.
5. Serve warm, with vanilla frozen yogurt, if desired.

Poached Pears or Peaches

Yield: 4 servings

Ingredients:

$\frac{1}{3}$ c. (75 mL) sugar	2½–3 in. (6.5–7.5 cm) cinnamon, stick
$\frac{3}{4}$ c. (175 mL) water	4 medium pears or peaches, peeled, halved, and cored or pitted
1 t. (5 mL) vanilla	

Instructions:

1. In a large skillet, bring sugar, cinnamon, vanilla, and water to boiling.
2. Add pears or peaches.
3. Reduce heat.
4. Simmer covered, for 10 to 15 minutes or until tender.
5. Remove cinnamon.
6. Serve warm or chilled.
7. Top with vanilla frozen yogurt, if desired.

(Continued on next page)

Foods Lab 6 *continued*

Chilled Parfaits

Yield: 5 servings

Ingredients:

- 1 16-oz. (454-g) carton vanilla yogurt
- 1 c. (250 mL) granola
- 1 8-oz. (224-g) can crushed pineapple in juice, undrained
- 2 c. (550 mL) fresh mixed berries (such as strawberries, blueberries, or raspberries)

Instructions:

1. Combine yogurt and pineapple in a bowl, mixing well.
2. Slice strawberries or other large chunks of fruit and set aside.
3. Layer half of the granola, yogurt mixture, and berries in parfait glasses. Repeat to build two layers of each.
4. Garnish with additional berries if desired. Serve chilled.

Part II Directions: Sample each dessert and complete the rating sheet below. Rate the taste and appearance of each recipe on a scale of 1 (least desirable) to 5 (most desirable). Circle your rating in the space provided.

Name of Fruit Recipe	Rating of Taste	Rating of Appearance
Apple Crisp	1 2 3 4 5	1 2 3 4 5
Poached Pears or Peaches	1 2 3 4 5	1 2 3 4 5
Chilled Parfaits	1 2 3 4 5	1 2 3 4 5

Foods Lab 7

Fruit Recipes

The sweet or tangy taste of fruit can be a refreshing and delicious part of any meal—breakfast, lunch, or dinner. Here is a sampling of some delicious ways to prepare fruit.

Part I Directions: Each cooking group should prepare one of the following recipes.

Apple Dip

Yield: 2 c. (500 mL)

Ingredients:

1 8-oz. (224-g) package cream cheese, softened	1 t. vanilla
$\frac{3}{4}$ c. (175 mL) brown sugar, packed	1 c. (250 mL) pecans, finely chopped
$\frac{1}{4}$ c. (50 mL) white sugar	Tart apples, quartered and seeded

Instructions:

1. Blend the cream cheese, brown sugar, and white sugar in a large bowl, until smooth.
2. Fold in the chopped pecans, mixing thoroughly.
3. Transfer mixture to a serving bowl.
4. Just before serving, quarter and seed the apples to use as dippers.

Homemade Applesauce

Yield: 4 c. (1000 mL)

Ingredients:

4–6 firm apples, (McIntosh, Granny Smith), quartered, peeled, and seeded
 1 c. (250 mL) sugar
 $\frac{2}{3}$ c. (150 mL) water
 $\frac{1}{2}$ c. (125 mL) brown sugar, packed (or $\frac{1}{2}$ c. [125 mL] white sugar)
 $\frac{1}{2}$ t. (2–3 mL) cinnamon, ground
 $\frac{1}{4}$ t. (1 mL) nutmeg, ground

Instructions:

1. Place apples and water in a large saucepan.
2. Heat to boiling over medium heat.
3. Reduce heat and simmer uncovered until tender, about 5 to 10 minutes.
4. Stir occasionally during the simmering to break up the apples.
5. Stir in the remaining ingredients, mixing well.

(Continued on next page)

Foods Lab 7 continued

6. Heat to boiling and boil and stir for 1 to 2 minutes.
7. Cool slightly.
8. Taste and stir in additional sugar if necessary.
9. Serve warm or cold.

Chilled Blueberry Pudding

Yield: 6 servings

Ingredients:

1 qt. (1 L) blueberries, fresh, rinsed,
drained, with stems removed
1 c. (250 mL) sugar
2/3 c. (150 mL) water

To thicken the syrup:
2 T. (30 mL) flour
1/4 t. (1 mL) salt
1/4 c. (50 mL) water

Instructions:

1. Place 3 c. (750 mL) of the blueberries in a large bowl. Set aside.
2. Make a smooth paste of the flour, salt and 1/4 c. (50 mL) water in a small bowl.
3. Set near the range.
4. Combine the remaining 1 c. (250 mL) of the blueberries with the sugar and 2/3 c. (150 mL) water in a medium saucepan.
5. Cook and stir over medium heat until the blueberries darken and become soft, about 8 minutes.
6. Stir in the paste and continue to cook until the liquid thickens.
7. Remove from heat.
8. Pour the hot blueberry mixture over the raw blueberries in the large bowl.
9. Stir slightly to mix.
10. Cover the bowl with foil and refrigerate for 3 hours before serving.

Part II Directions: Sample each fruit recipe and complete the rating sheet below. Rate the taste and appearance of each recipe on a scale of 1 (least desirable) to 5 (most desirable). Circle your rating in the space provided.

Name of Fruit Recipe	Rating of Taste	Rating of Appearance
Apple Dip	1 2 3 4 5	1 2 3 4 5
Homemade Applesauce	1 2 3 4 5	1 2 3 4 5
Chilled Blueberry Pudding	1 2 3 4 5	1 2 3 4 5

Foods Lab 8

Supreme Salads

Salad bars are very popular. People enjoy nibbling fruits and vegetables, and it is clear that they often expect a salad to be more than just lettuce and tomatoes. Try some of these nutritious salad recipes!

Part I Directions: Each cooking group should prepare one of the following recipes.

Carrot-Raisin Salad

Ingredients:

3 medium carrots, shredded
1 small apple, chopped
 $\frac{1}{3}$ c. (75 mL) raisins

Yield: 6 servings

1 t. (5 mL) lemon juice
 $\frac{1}{3}$ c. (75 mL) low-fat mayonnaise or salad dressing

Instructions:

1. Combine carrots, apples, and raisins in a bowl.
2. Sprinkle with lemon juice.
3. Add mayonnaise or dressing; stir gently.
4. Cover and chill 2 to 24 hours.
5. Add milk if dressing is too thick.

Fruit-Filled Melons

Ingredients:

2 large cantaloupes
1 medium orange, peeled and sectioned
1 medium apple, cored and chopped
1 medium peach, peeled and sliced
1 c. (250 mL) blueberries

Yield: 4 servings

$\frac{1}{2}$ c. (125 mL) strawberries, halved
1 8-oz. (224-g) container pineapple yogurt
2 T. (30 mL) low-fat mayonnaise
2 t. (10 mL) brown sugar
 $\frac{1}{4}$ t. (1 mL) ginger, ground

Instructions:

1. Cut each cantaloupe in half and remove the seeds.
2. Use a melon baller to scoop out pulp, reserving shells.
3. Set aside 2 c. (500 mL) of melon balls.
4. Trim a thin slice from the bottom of each shell so that the melon halves will sit flat.

Foods Lab 8 *continued*

5. In a bowl, mix the melon balls with the other fruit.
6. Stir together yogurt, mayonnaise, sugar, and ginger.
7. Divide fruit among shells, and top each shell with $\frac{1}{4}$ of the dressing.
8. Serve.

Spinach-Orange Toss

Yield: 4 to 6 servings

Ingredients:

- | | |
|--|---|
| 4 c. (1 L) spinach, fresh, torn | 1 T. (15 mL) honey |
| 2 oranges, peeled, sectioned | $\frac{1}{4}$ t. (1 mL) poppy seed |
| $\frac{3}{4}$ c. (175 mL) mushrooms, fresh, sliced | $\frac{1}{8}$ t. (0.5 mL) garlic powder |
| 2 T. (30 mL) salad oil | $\frac{1}{4}$ c. (50 mL) almonds, toasted, slivered |
| 1 T. (15 mL) lemon juice | |

Instructions:

1. Place spinach in a large salad bowl.
2. Add oranges and mushrooms.
3. Toss lightly to mix.
4. Combine oil, lemon juice, honey, poppy seed, and garlic powder in a screw-top jar.
5. Cover tightly and shake well.
6. Pour dressing on salad and toss lightly to coat.
7. Sprinkle with toasted almonds.
8. Serve at once.

Part II Directions: After sampling all the salads, evaluate them below.

Name of Salad	List of Nutrients Supplied	Ease of Preparation (Easy, Medium, Hard)	Serve it Again? (Yes or No)
Carrot-Raisin Salad			
Fruit-Filled Melons			
Spinach-Orange Toss			

Foods Lab 9

Baking with Grains and Cereals

Homemade breads and muffins are delicious to eat, and give the kitchen a warm, inviting aroma!

Part 1 Directions: Each cooking group should prepare one of the following recipes.

Bran-Banana Muffins

Yield: 18 muffins

Ingredients:

1¼ c. (300 mL) all-purpose flour, sifted	2 c. (500 mL) 100% bran cereal
½ c. (125 mL) sugar	1¼ c. (300 mL) milk
1 T. (15 mL) baking powder	1 egg
2 ripe bananas, mashed	¼ c. (50 mL) vegetable oil

Instructions:

1. Preheat oven to 400°F (200°C).
2. In one mixing bowl, lightly stir together the flour, sugar, baking powder, and salt. Set aside.
3. In another small bowl, mash the bananas with a fork until mushy and smooth. Set aside.
4. In a large mixing bowl, combine the bran cereal and the milk.
5. Let this mixture stand for about 5 minutes, until the cereal has softened.
6. Add the egg and oil, beating well to combine.
7. Add the flour mixture, $\frac{1}{3}$ at a time, and stir only until the ingredients are combined.
8. Alternate with the bananas, $\frac{1}{3}$ at a time, until all ingredients are stirred into the bran mixture.
Note: Do not over-stir. Stirring will add air to the mixture, and too much air will result in muffins with large holes inside them, caused by air bubbles.
9. Line 18 muffin cups with paper liners. Fill any empty cups $\frac{1}{2}$ full of water.
10. Divide the batter among the 18 muffin cups.
11. Bake about 20 minutes or until lightly browned.
12. Serve warm.

Foods Lab 9 *continued*

Tropical Muffins

Yield: About 24 muffins

Ingredients:

- | | |
|--|---|
| 1¼ c. (300 mL) sugar | 2 c. (500 mL) carrots, shredded |
| 2¼ c. (550 mL) all-purpose flour, sifted | 1 large apple, shredded |
| 1 T. (15 mL) cinnamon | 1 8-oz. (224-g) can pineapple, crushed, drained |
| 2 t. (10 mL) baking powder | ½ c. (125 mL) pecans, chopped |
| ½ t. (2–3 mL) salt | 3 eggs |
| ½ c. (125 mL) coconut, shredded | ½ c. (125 mL) vegetable oil |
| ½ c. (125 mL) raisins | 1 t. (5 mL) vanilla extract |

Instructions:

1. Preheat oven to 350°F (180°C).
2. In a large mixing bowl, lightly blend sugar, flour, cinnamon, baking soda, and salt.
3. Stir in coconut, raisins, carrots, apple, pineapple, and pecans.
4. In a medium bowl, use a wire whisk to blend eggs, oil, and vanilla.
5. Add to flour mixture and stir to blend.
6. Fill paper-lined muffin cups.
7. Bake for 35 minutes or until toothpick inserted in center of muffins comes out clean.
8. Cool in pan for 10 minutes.
9. Remove from pan and cool on wire rack.

Part II Directions: Sample each muffin recipe and complete the rating sheet below. Rate the taste and appearance of each recipe on a scale of 1 (least desirable) to 5 (most desirable). Circle your rating in the space provided.

Name of Muffin Recipe	Rating of Taste	Rating of Appearance
Bran-Banana Muffins	1 2 3 4 5	1 2 3 4 5
Tropical Muffins	1 2 3 4 5	1 2 3 4 5

Foods Lab 10

Pasta Possibilities

Where would we be without pasta? Pasta comes in ribbons, like lasagna; it comes in strands, like spaghetti; it comes in tubes, like macaroni; it comes in special filled shapes, like ravioli and tortellini. For every pasta shape, there are countless recipes and endless possibilities. In this activity, your class will make, share, and evaluate two different pasta recipes.

Part I Directions: Each cooking group should prepare one of the following pasta recipes.

Fettuccine Alfredo

Ingredients:

3 T. (45 mL) light cream	4 oz. (112 g) fettuccine, packaged
1 T. (15 mL) margarine	$\frac{1}{3}$ c. (75 mL) Parmesan cheese, grated
$1\frac{1}{2}$ c. (350 mL) mushrooms, fresh, sliced	Black pepper
1 clove garlic, minced	Nutmeg, ground

Yield: 4 servings

Instructions:

1. Let cream come to room temperature.
2. In large pan, melt the margarine over medium heat.
3. Add the sliced mushrooms and minced garlic; cook and stir until tender.
4. Cook fettuccine according to package directions.
5. Drain well and place in pan with mushrooms and garlic.
6. Add cream and Parmesan cheese.
7. Toss gently to coat fettuccine evenly.
8. Transfer to serving dish.
9. Sprinkle with pepper and nutmeg.
10. Serve at once.

(Continued on next page)

Foods Lab 10 *continued*

Pasta Pomodoro

Yield: 6 servings

Ingredients:

- | | |
|--|---------------------------------------|
| 1 lb. (0.45 kg) angel hair pasta | 1½ T. (22 mL) garlic, minced |
| 4 T. (60 mL) olive oil | 1½ c. (350 mL) tomato juice |
| 3½ c. (875 mL) tomatoes, diced | ½ c. (125 mL) Parmesan cheese, grated |
| 3 T. (45 mL) basil leaves, fresh, torn | Salt and pepper |

Instructions:

1. Cook pasta according to the package directions.
2. Meanwhile, heat olive oil in a large skillet.
3. Add tomatoes, basil, and garlic and cook for 2 minutes.
4. Add tomato juice and simmer for 2 minutes longer.
5. Add hot pasta.
6. Mix well.
7. Salt and pepper to taste.
8. Blend in Parmesan cheese and serve immediately.

Part II Directions: Sample each pasta recipe and complete the rating sheet below. Rate the taste and appearance of each recipe on a scale of 1 (least desirable) to 5 (most desirable). Circle your rating in the space provided.

Name of Pasta Recipe	Rating of Taste	Rating of Appearance
Fettuccine Alfredo	1 2 3 4 5	1 2 3 4 5
Pasta Pomodoro	1 2 3 4 5	1 2 3 4 5

Foods 11 Lab

Salsa and Herb Vinegar

Create two unforgettable holiday gifts from the kitchen: spicy salsa and herb vinegar.

Directions: Prepare the following recipes.

Tip: When giving your salsa as a gift, suggest that it be served with chips, crackers, or raw vegetables.

Salsa

Ingredients:

3 jalapeño peppers

3 tomatoes

1 small onion

1 T. (15 mL) parsley, chopped

½ t. (2–3 mL) salt

Yield: 1 jar

1 clove garlic, peeled, crushed

1½ T. (22 mL) cider vinegar

½ t. (2–3 mL) cumin, ground

1 t. (5 mL) sugar

Instructions:

1. To prevent painful stinging and burns, avoid *any* contact between the jalapeño peppers' flesh, seed, or juices and your eyes or skin. Put on rubber gloves before handling the peppers.
2. With the gloves on, slice the peppers vertically.
3. Remove and discard all seeds.
4. Dice the peppers into very small pieces.
5. Place them in a mixing bowl.
6. Remove the gloves and wash them in hot, soapy water. Wash your hands thoroughly.
7. Chop the tomatoes into small chunks.
8. Add them to the peppers in the mixing bowl.
9. Chop the onion into small chunks.
10. Measure 3 T. (45 mL) of chopped onion into the mixing bowl.
11. Add all the other ingredients.
12. Mix well.
13. Process a small amount at a time in food processor container, pulsing at low speed, or in a blender.
14. Pour into a canning or jelly jar that has been sterilized.
15. Cap and refrigerate.

(Continued on next page)

Foods Lab 11 *continued*

Tip: When presenting herb vinegar as a gift, suggest that it be used in salad dressings and in any other recipes calling for plain vinegar. The herbs, garlic, and lemon peel will add an interesting flavor to many dishes.

Herb Vinegar**Ingredients:**

1 large, leafy thyme sprig
1 large, leafy rosemary sprig
1 lemon

Yield: 1 jar

1 large garlic clove
Cider vinegar

Instructions:

1. Wash herbs, garlic, and lemon.
2. Place one large, leafy sprig of both thyme and rosemary in a clean, sterilized canning jar with a tight-fitting cover.
3. Cut a strip of lemon peel approximately 2 in. (5 cm) long and $\frac{1}{4}$ in. (6 mm) wide.
4. Peel the skin off the garlic clove and wash the garlic clove.
5. Cut the wooden skewer so that it will fit into the jar.
6. Spear the garlic clove and a strip of lemon peel on the skewer.
7. Place the skewer in the bottle.
8. Fill the jar with cider vinegar and cover it.
9. Let the jar sit at least one week to bring out the flavors of the herbs, garlic, and lemon peel.

Decorating Tips:

If you give your salsa or vinegar as a delicious homemade gift, you may want to decorate the container. Here are some ideas.

1. Cut a circle of colorful or checked fabric about 2 in. (5 cm) larger than the circumference of the cover. Put the fabric over the jar cover and secure it around the neck of the container with a rubber band. Add a ribbon to cover the rubber band.
2. Make a decorative label. Print the name of your gift on the label. Add drawings of jalapeño peppers, herbs, or garlic. If necessary, use glue to affix the paper label to the jar.
3. Make a card to accompany your gift. On the card, explain how to use the gift in preparing or serving foods. Mention that the salsa should be kept in the refrigerator and that the herb vinegar should be refrigerated once it is opened.
4. Print the recipe on an index card. Include it with your gift. The person who receives it may enjoy making these treats too, once he or she has enjoyed your creation.

Foods Lab 12

Creative Vegetable Tray

Directions: Prepare an attractive and nutritious platter of raw vegetables to serve with a yogurt or sour cream dip.

Vegetable Tray

Yield: 15 servings

Ingredients:

2 c. (500 mL) nonfat yogurt or sour cream	1 cucumber
1 package dried vegetable soup	1 green pepper
1 bunch radishes	1 bunch green onions
3 carrots	

Instructions:

1. Mix the nonfat yogurt or sour cream with the dried vegetable soup mix.
2. Cover and refrigerate for at least two hours before serving.
3. Gather an assortment of raw vegetables for a vegetable bouquet: radishes, carrots, cucumbers, green peppers, and green onions.
4. Wash all the vegetables, scrubbing them as needed to remove wax and dirt.
5. To cut radishes, make 8–10 crosswise cuts in radish tops, cutting only partially through. Place the radishes in ice water so that slices fan out. Cutting straight down on radishes on all four sides will create a flower blossom shape.
6. To cut cucumber, make a V-shaped cut lengthwise down the cucumber (or run the tines of a fork lengthwise down the cucumber, just breaking the skin). Repeat around the cucumber. Slice into rounds.
7. To cut carrots, use a vegetable peeler. Cut thin, lengthwise strips from carrots. Roll up some strips to make curls, and secure with toothpicks. Thread other strips on toothpicks accordion-style to make zigzags. Put curls and zigzags in ice water; drain before serving.
8. To prepare green pepper, slice off the head of the pepper, and remove the seeds and rind inside it. Slice the body of the pepper in half, then cut thin slices of pepper. Store in cold water until ready to use.
9. To make green onion brushes, slice the roots from the ends of the green onions. Remove most of the green portion. Make slashes at both ends of the onion pieces to make fringes.
10. When all the vegetables have been prepared, remove the yogurt (or sour cream) dip from the refrigerator.
11. Stir up the dip and place it in an attractive bowl in the center of a large platter.
12. Arrange the raw vegetables around the bowl of dip before serving.

Foods Lab 13

Packing Punch into Lunch

Lunch is an important meal because it produces the energy, or “packs the punch,” that people need to carry them through the afternoon. In this activity, you’ll plan some nutritious lunches that are easy to prepare the night before, refrigerate overnight, and carry to school the next day.

Directions:

1. Divide into teams and discuss what foods each of you enjoys eating for lunch. Discuss sandwich fillings, different types of breads, fruits, vegetables, beverages, and desserts that will easily fit into a lunch box or bag. Foods mentioned should not require reheating or other last minute preparations.
2. Have each group member select a type of sandwich filling around which to plan the main course of a delicious and nutritious lunch. Then, working independently, have each member fill out the form below, describing the contents of the sandwich, the type of bread to be used, and the other foods that would be included in a “packed-with-punch” lunch.
3. Take turns sharing your ideas. Discuss whether each lunch contains foods from all the food groups. Compute how many servings are included from each group. Suggest ways to make each lunch even higher in nutrient density.
4. Revise your lunch plan based on your new ideas and the suggestions of your team.
5. Work together to present your lunch plans to the class. Listen to the ideas suggested by members of other teams.
6. Create your own list of great lunches to prepare for yourself at home or to carry to school.

A Packed-with-Punch Lunch

Sandwich Ingredients: _____

Type of Bread: _____

Beverage: _____

Other Foods: _____

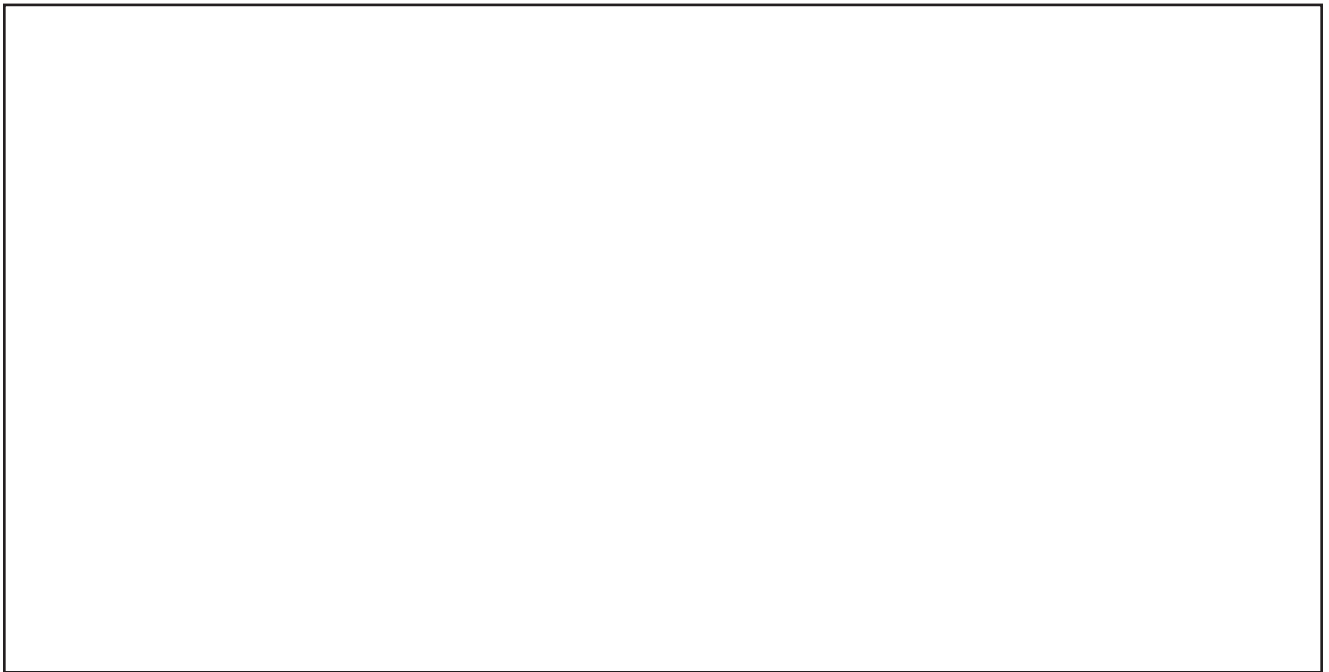
Foods Lab 14

Table-Setting Basics

Setting a proper table is easy when you know where to place all the items.

Part I Directions: Draw each of the following items in the box below. Put each item where it should be when a table is set correctly.

- ◆ Dinner plate
- ◆ Cup and saucer
- ◆ Water glass
- ◆ Beverage glass
- ◆ Bread & butter plate
- ◆ Salad fork
- ◆ Dinner fork
- ◆ Knife
- ◆ Teaspoon
- ◆ Soupspoon



Part II Directions: Set a table for 2–4 people. Use all of the tableware, glassware, and flatware listed above. Practice using the table setting by role playing eating dinner with your family.

Tips: Choosing the correct flatware to use is not hard, even though there may seem like a lot of choices in front of you. Start with the knife, fork, or spoon that is farthest from your plate, and work your way in, using one item for each course. The salad fork is at your farthest left, and your dinner fork is next to it. If soup is served, then your soupspoon is at your farthest right, then your teaspoon, salad knife, and dinner knife.

Foods Lab 15

Gifts from the Kitchen

You can create tasty gifts for friends and family right in your own kitchen.

Part I Directions:

- ◆ Look through cookbooks or on the Internet for candy, cookie, party mix, and popcorn recipes. Or ask your parents, grandparents, or other adults for their favorite treat recipes.
- ◆ Select a recipe that you will prepare as a holiday gift for friends or family members.
- ◆ Shop for all of your ingredients.
- ◆ Follow the directions on the recipe carefully.
- ◆ Leave yourself plenty of time to prepare and clean up.

Part II Directions: Try some of these ideas for presenting your gifts from the kitchen.

- ◆ **Netting.** Even a plain paper plate gets dressed up when you wrap sparkly netting around it. (Wrap the plate in plastic wrap first.) Tie the netting with bright ribbons.
- ◆ **Plastic basket.** Use a small plastic basket. Make a simple cloth liner or use a pretty kitchen towel to line the bottom and sides of the basket. Heap the basket full of treats. Add a set of measuring cups and wooden spoons.
- ◆ **Beach tote.** Fill a canvas beach tote with goodies. Add a set of plastic beach toys.
- ◆ **Wicker baskets.** Package food in individual containers tied with ribbon. Place the containers inside a wicker basket.
- ◆ **Tackle box.** Buy an inexpensive tackle box and fill it with goodies. Add a couple of fun fishing lures.
- ◆ **Stoneware bowl.** Package foods meant to be eaten hot in a large stoneware bowl. Add a ladle or slotted spoon and tie with festive wire ribbon.
- ◆ **Thrift store plates.** Purchase a large plate from a thrift store to pile cookies or other sweets on. Buy mismatched plates for variety when giving several types of treats.

Foods Lab 16

Quick Bread Comparison

Quick breads, such as banana bread, are a tasty treat as a snack or when served with a meal. Find out the differences between a convenience quick bread mix and a quick bread recipe by comparing your favorites.

Part I Directions:

- ◆ Choose your favorite convenience quick bread mix and find a recipe for the same type of quick bread.
- ◆ Prepare the breads according to the box directions and the recipe.
- ◆ Use the chart below to compare the two quick breads.

Comparison	Convenience Quick Bread	Quick Bread Recipe
Number of Ingredients		
Preparation Time		
Baking Time		
Texture of Quick Bread		
Flavor of Quick Bread		

Part II Directions: Answer the following in the space provided.

1. Explain which bread you preferred and why.

2. Describe a situation in which you might want to make a convenience quick bread.

3. Name several types of breads that you can make from fruits and vegetables.

Foods Lab 17

Tasty Chicken Strips

Chicken strips are better for your heart when they're baked and not fried. Try the following recipe for tasty chicken strips.

Part I Directions: Prepare the following recipe.

Baked Chicken Strips

Yield: 6 servings

Ingredients:

2 lbs. (0.90 kg) boneless, skinless chicken breasts, cut into strips
2 c. (500 mL) corn flake cereal, crushed

2 eggs, beaten
 $\frac{2}{3}$ c. (150 mL) milk
1 T. (15 mL) seasoning salt

Instructions:

1. Mix milk, egg, and seasoning salt.
2. Dip chicken strips into egg mix, then roll in crushed flakes.
3. Set on cookie sheet coated with cooking spray.
4. Bake at 350°F (180°C) until crispy.

★ ★ ★ ★ ★ ★ ★ ★

Options:

- ◆ Mix in 1 clove of crushed garlic.
- ◆ Add a half package of taco seasoning instead of seasoning salt.
- ◆ Double the coating recipe and use chicken drumsticks instead of boneless breasts.
- ◆ For Italian chicken, add 1 t. (5 mL) of basil, 1 t. (5 mL) of oregano, and $\frac{1}{8}$ t. (0.5 mL) of garlic salt in place of seasoning salt.

★ ★ ★ ★ ★ ★ ★ ★

Part II Directions: Make a list of other foods you could bake instead of fry.

Part III Directions: Discuss the benefits of baking foods instead of frying them.

Foods Lab 18

Pizza

Who doesn't love pizza? If you've got a whim for this tasty, hand-held treat, almost any type of bread can work as a crust.

Part I Directions: Prepare the following recipe.

Bagel Pizzas

Ingredients:

- 4 bagels
- 8 oz. (224 g) tomato sauce
- 8 oz. (224 g) shredded cheese

Yield: 4 servings

- ¼ c. (50 mL) mushrooms, onions, or green peppers
- ¼ c. (50 mL) pepperoni

Instructions:

1. Make your pizzas by layering your bagel with sauce, cheese, and then other toppings.
2. Get creative by making unusual arrangements out of meats, string cheese, and vegetables.



Pizza Options:

- ◆ Hawaiian pizza (pineapple and ham)
- ◆ BBQ pizza (BBQ sauce; shredded pork, chicken, or beef; and onions)
- ◆ Philly steak pizza (steak sauce, beef tips, and cheese)
- ◆ Southwest pizza (top tortilla shells with salsa, cheese, and shredded chicken; bake until shells are crispy)
- ◆ White pizza (top crusty bread with Alfredo sauce, shredded potatoes, and onions)



Part II Directions: In the space provided, explain how pizza can contain all of the basic food groups.

Foods 19 Lab

Breakfast Frittata

Who says vegetables aren't good for breakfast? Breakfast is good any time of the day. Try making a Breakfast Frittata.

Part I Directions: Prepare the following recipe.

Breakfast Frittata

Yield: 2 servings

Ingredients:

- 2 T. (30 mL) butter or margarine
- 3 large eggs
- ¼ c. (50 mL) milk
- 1½ c. (375 mL) mushrooms, onions, and peppers, finely chopped
- ¼ c. (50 mL) hash brown potatoes, shredded
- ½ c. (125 mL) cheese, shredded

Instructions:

1. Melt 1 T. butter in a large skillet.
2. Cook the vegetables and shredded potatoes in the skillet until the vegetables are soft and the potatoes are lightly browned.
3. Place the remaining tablespoon of butter in a microwave-safe dish and melt it.
4. Beat the eggs and milk in a separate bowl; pour into the microwave-safe dish.
5. Microwave the egg mixture for 2 minutes.
6. Turn the egg mixture over and add the cooked vegetables on top.
7. Sprinkle with the cheese.
8. Microwave again for 1 minute or until cheese is melted and egg is completely cooked.
9. Serve immediately.

Part II Directions: Make a list of other ways to prepare vegetables for breakfast.

Foods Lab 20

Chilled Summer Beverages

Cold drinks are good during summertime or anytime. Mix up a shake or smoothie for yourself, or a bowl of punch for your friends. Fresh fruit is the secret ingredient, but frozen fruit works well, too.

Part 1 Directions: Each group should prepare one of the following recipes.

Fruit Smoothie

Yield: 1 serving

Ingredients:

- 1 banana, or 1 c. (250 mL) strawberries, blueberries, peaches, or other sliced fruit
- 1 c. (250 mL) plain or flavored yogurt
- 1 c. (250 mL) milk
- 1 T. (15 mL) honey

Instructions:

1. Mix all ingredients in a blender.
2. Pour into a chilled glass.

Low-fat Strawberry Shake

Yield: 2 servings

Ingredients:

- 1 c. (250 mL) strawberries
- 2 c. (500 mL) low-fat ice cream
- 1 c. (250 mL) skim milk

Instructions:

1. Purée strawberries in a blender.
2. Add ice cream and milk. Blend well.
3. Pour into a chilled glass.

(Continued on next page)

Foods Lab 20 *continued*

Party Punch

Yield: 16 servings

Ingredients:

- 2-liter bottle ginger ale or other clear soda, chilled
- 48–64 oz. (1344–1792 g) bottle of fruit juice, chilled
- 1 c. (250 mL) frozen fruit of your choice

Instructions:

1. Mix the soda and fruit juice in a punch bowl or other large bowl.
2. Add frozen strawberries, grapes, or other fruit slices of your choice to the punch.

Raspberry Splash

Yield: 4 servings

Ingredients:

- 2 c. (500 mL) raspberries
- 3½ c. (875 mL) water
- ¾ c. (150 mL) sugar
- 1 c. (250 mL) fresh lime juice

Instructions:

1. Use a blender to purée 1 cup of raspberries, 1 cup of water, and the sugar.
2. In a pitcher, add the purée mixture, the remaining raspberries, water, and lime juice.
3. Serve in chilled mugs.

Part II Directions: Sample each beverage and complete the rating sheet below. Rate the taste and appearance of each recipe on a scale of 1 (least desirable) to 5 (most desirable). Circle your rating in the space provided.

Name of Beverage	Rating of Taste	Rating of Appearance
Fruit Smoothie	1 2 3 4 5	1 2 3 4 5
Low-fat Strawberry Shake	1 2 3 4 5	1 2 3 4 5
Party Punch	1 2 3 4 5	1 2 3 4 5
Raspberry Splash	1 2 3 4 5	1 2 3 4 5

Foods Lab 21

Sandwich Options

Make sandwich fillings for a change of pace. You can place them between slices of bread for a traditional sandwich, on lettuce, in a pita, in a tomato, or on crackers. They are also a great way to use up leftover meats.

Part I Directions: Make one or all of the following sandwich spreads.

Tuna Salad

Yield: 1 serving

Ingredients:

- 3 oz. (28 g) of tuna
- 2 T. (30 mL) mayonnaise
- 1 T. (15 mL) pickle relish

Instructions:

1. Combine all ingredients in a bowl. Mix well.
2. Spread tuna mixture on your favorite bread.

Ham Salad

Yield: 4 servings

Ingredients:

- 12 oz. (0.34 kg) ham
- ½ c. (125 mL) mayonnaise
- 6 T. (90 mL) pickle relish
- 1 hard-cooked egg

Instructions:

1. Grind ham using a food processor.
2. Peel and mash a hard-cooked egg.
3. Mix together the ham, egg, mayonnaise, and relish.
4. Chill before serving.

Foods Lab 21 *continued*

Chicken Salad

Yield: 1 serving

Ingredients:

- 3 oz. (84 g) boneless, skinless chicken breast, cooked
- 2 T. (30 mL) honey mustard dressing
- 1 T. (15 mL) dried apricots, raisins, or cranberries, diced
- 2 T. (30 mL) celery, chopped

Instructions:

1. Chop the chicken breast into small pieces.
2. Combine the chopped chicken with dressing, dried fruit, and chopped celery.
3. Chill before serving.

Note: Substitute your favorite ingredients in your salad fillings. Perhaps you like mustard instead of mayonnaise, shredded carrots instead of celery, or a touch of onion. Be creative and make your own recipe.

Part II Directions: Sample each sandwich spread recipe and complete the rating sheet below. Rate the taste and appearance of each recipe on a scale of 1 (least desirable) to 5 (most desirable). Circle your rating in the space provided.

Name of Sandwich Spread	Rating of Taste	Rating of Appearance
Tuna Salad	1 2 3 4 5	1 2 3 4 5
Ham Salad	1 2 3 4 5	1 2 3 4 5
Chicken Salad	1 2 3 4 5	1 2 3 4 5

Foods Lab 22

Beans and Cornbread

Cook up a meal just like the cowboys used to out on the open range. Beans and cornbread are a great meal!

Part I Directions: Prepare the following recipe.

Cowboy Beans

Yield: 8 servings

Ingredients:

1 lb. (0.45 kg) pork or beef sausage	½ c. (125 mL) brown sugar
½ c. (125 mL) onion, chopped	⅓ c. (75 mL) white sugar, granulated
1 16-oz. (448-g) can black beans	⅓ c. (75 mL) catsup
1 16-oz. (448-g) can pork 'n beans	¾ t. (4 mL) yellow mustard

Instructions:

1. Brown sausage and onion in a skillet over medium heat.
2. Drain and mix in the beans.
3. Cook over medium heat.
4. Stir in remaining ingredients and cook thoroughly.
5. Pour into a baking dish and bake at 350°F (180°C) for 45 minutes.

Cornbread

Yield: 9 servings

Ingredients:

1 c. (250 mL) flour	2 T. (30 mL) white sugar, granulated
1 egg	3 t. (15 mL) baking powder
¼ c. (50 mL) vegetable or canola oil	½ t. (2–3 mL) salt
1 c. (250 mL) buttermilk	1 c. (250 mL) cornmeal

Instructions:

1. Beat egg; add oil and milk to egg in one bowl.
2. Stir well and set aside.
3. Mix flour, sugar, baking powder, and salt in a separate bowl.
4. Add cornmeal to dry mixture; mix well.
5. Add wet mixture to dry mixture; stir until mixed.
6. Pour batter into a greased pan.
7. Bake at 400°F (200°C) until golden brown.
8. Serve warm.

(Continued on next page)

Foods Lab 22 *continued*

Part II Directions: Sample each recipe and complete the rating sheet below. Rate the taste and appearance of each recipe on a scale of 1 (least desirable) to 5 (most desirable). Circle your rating in the space provided.

Name of Recipe	Rating of Taste	Rating of Appearance
Cowboy Beans	1 2 3 4 5	1 2 3 4 5
Cornbread	1 2 3 4 5	1 2 3 4 5

Part III Directions: In the space provided, list several other meal ideas that could use beans (any kind) as a base.

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Foods
Lab 23

Potato Toppers

Baked potatoes are an excellent source of nutrition, especially when a healthy topping is added.

Part I Directions: Microwave a baking potato.

1. Pierce a large baking potato with a fork a few times to keep it from exploding.
2. Microwave the potato 4 to 6 minutes on HIGH.
3. Split the baked potato down the center and top with chili, broccoli and cheese, or salsa.

Part II Directions: Prepare the recipe below.

Twice Baked Potatoes

Yield: 1 serving

Ingredients:

- 1 large potato, baked
- 2 oz. (56 g) cheese, shredded
- 2 T. (30 mL) onion, chopped
- $\frac{1}{8}$ t. (0.5 mL) garlic salt
- 2 oz. (56 g) ranch dressing or sour cream
- Seasonings, such as pepper, seasoning salt, sage, rosemary, chives, as desired
- 1 strip bacon, cooked, crumbled

Instructions:

1. Slice open the baked potato and scoop out the insides.
2. Place the potato in a large bowl and set the skin aside to refill.
3. Mix the potatoes with cheese, onion, sour cream, and any seasonings desired.
4. Using a spoon, refill the potato skin with the mixture.
5. Top with crumbled bacon bits and a bit more shredded cheese.
6. Place in a baking dish and return to the oven to bake for another 15 minutes.
7. Serve immediately.

Note: This is the type of recipe that you can add or subtract ingredients according to your taste. Add mushrooms and green peppers instead of onion. Add salsa instead of sour cream.

Foods Lab 24

A Filling Dish

Macaroni and cheese is a crowd pleaser at any table. Make yours in the microwave for a fast meal.

Part I Directions: Prepare the following recipe.

Microwave Mac and Cheese

Yield: 4 servings

Ingredients:

- 8 oz. (224 g) macaroni
- 2 T. (30 mL) butter or margarine
- 8 oz. (224 g) Cheddar cheese, shredded
- 8 oz. (224 g) processed cheese, cut into cubes
- 1 c. (250 mL) sour cream
- Salt and pepper, if desired

Instructions:

1. Cook the macaroni in a large pot on the rangetop until soft.
2. Drain and set aside.
3. Choose a microwave-safe dish.
4. Place the butter in the dish and microwave until melted.
5. Add the macaroni, cheeses, and sour cream, stirring until well mixed.
6. Microwave for 10 to 12 minutes, stirring the mixture occasionally.
7. Season with salt and pepper, if desired.
8. Serve immediately.



Quick Mix-Ins

Add some extra vitamins and minerals to your macaroni and cheese by adding broccoli, cauliflower, or peas.



Part II Directions: Explain how you can make this dish part of a balanced meal.

Foods
Lab 25

Snacks to Go

When you're in the mood for something crunchy and sweet, grab some trail mix, cereal mix, or granola. They are great snacks to put in your backpack and to take on long trips.

Part I Directions: Each cooking group should make one of the following recipes.

Trail Mix**Yield:** 4 servings**Ingredients:**

- 8 oz. (224 g) nuts such as peanuts, walnuts, cashews, pecans, or others
- 8 oz. (224 g) dried fruits such as raisins, cranberries, apples, apricots, dates, figs, or others

Instructions:

Trail mix can consist of almost anything.

1. Mix equal parts of your favorite nuts and dried fruits in a large bowl.
2. Add coconut and dried pineapple for a tropical blend.
3. Store in a zip bag or a container with a tight-fitting cover.

Cereal Mix**Yield:** 4 servings**Ingredients:**

- 8 oz. (224 g) dry toasted oat, corn, or wheat cereal
- 8 oz. (224 g) peanuts, cashews, almonds, walnuts, or pecans

Instructions:

1. Mix the dried cereal and nuts together.
2. Store in a zip bag or a container with a tight-fitting cover.

(Continued on next page)

Foods Lab 25 *continued*

Granola

Yield: 12 servings

Ingredients:

5 c. (1250 mL) oatmeal

3 T. (45 mL) canola oil

½ c. (125 mL) wheat germ

Cooking spray

½ c. (125 mL) brown sugar

¼ c. (50 mL) honey

Optional: ¼ c. (50 mL) nuts, slivered

Instructions:

1. Mix the oatmeal, wheat germ, and brown sugar in a large bowl.
2. Add nuts if desired.
3. Heat the honey and oil in a saucepan.
4. Add to dry mix and stir well.
5. Spray a cookie sheet with cooking spray.
6. Place the mixture on the cookie sheet.
7. Bake at 350°F (180°C).
8. Stir every few minutes, until clumps are golden brown.
9. Cool and store in a container with a tight-fitting cover.

Part II Directions: Create a smorgasbord by arranging the snacks buffet-style. Make the arrangement as attractive as possible. Provide small snack plates and napkins.

Part III Directions: Sample each snack and complete the rating sheet below. Rate the taste and appearance of each snack on a scale of 1 (least desirable) to 5 (most desirable). Circle your rating in the space provided.

Name of Snack	Rating of Taste	Rating of Appearance
Trail Mix	1 2 3 4 5	1 2 3 4 5
Cereal Mix	1 2 3 4 5	1 2 3 4 5
Granola	1 2 3 4 5	1 2 3 4 5

Foods
Lab 26

Lite Salads

Salads offer a lite alternative to everyday lunches and dinners. Plus, they can be loaded with vitamins.

Part I Directions: Each cooking group should prepare one of the following salads.

Fresh Fruit Salad

Yield: 12 servings

Ingredients:

2 c. (500 mL) watermelon, diced	2 c. (500 mL) strawberries, sliced
2 c. (500 mL) cantaloupe, diced	2 c. (500 mL) pineapple, cut into chunks
2 c. (500 mL) honeydew melon, diced	2 kiwis, sliced

Instructions:

1. Wash the outside of the melons.
2. Cut the top off the watermelon, leaving the sides intact. This will become the bowl.
3. Cut the melons into small cubes or use a melon baller to create small balls (by scooping out the melons).
4. Wash and remove the stems from the strawberries.
5. Cut the pineapple into chunks.
6. Wash, peel, and slice the kiwis.
7. Combine fruits in a large bowl.
8. Return the fruit to the melon shell to serve.

Note: This is another great recipe to add your favorite fruits. Star fruit, mangos, and other fruits all add color and flavor. Use the fruits that are in season and have fun. If you use apples, pears, or bananas, you will need to sprinkle lemon juice on the fruit to keep it from turning brown.

Foods Lab 26 *continued*

Pasta Salad

Yield: 12 servings

Ingredients:

16 oz. (448 g) pasta (rotini, macaroni, mostacolli, etc.)
 1 c. (250 mL) broccoli, chopped
 1 c. (250 mL) cauliflower, chopped
 1 c. (250 mL) tomato, chopped
 1 c. (250 mL) mushrooms, chopped
 ½ c. (125 mL) red onion, chopped
 1 c. (250 mL) pepperoni or salami, chopped
 8 oz. (224 g) Mozzarella cheese, shredded

Dressing:

1 c. (250 mL) olive oil
 2 garlic cloves, crushed
 2 t. (10 mL) Italian seasoning
 ¾ t. (4 mL) salt
 ½ t. (2–3 mL) pepper

Instructions:

1. In a large pot, cook the noodles until soft.
2. Drain and cool.
3. Mix the noodles, vegetables, and pepperoni in a large bowl.
4. Mix the dressing ingredients in a shaker. Shake well to mix.
5. Pour the dressing over pasta mixture. Stir together to coat.
6. Top with cheese.
7. Chill.
8. Toss again before serving.

Part II Directions: Create a smorgasbord by arranging the salads buffet-style. Make the arrangement as attractive as possible. Provide small snack plates and napkins.

Part III Directions: Sample each salad and complete the rating sheet below. Rate the taste and appearance of each salad on a scale of 1 (least desirable) to 5 (most desirable). Circle your rating in the space provided.

Name of Snack	Rating of Taste	Rating of Appearance
Fresh Fruit Salad	1 2 3 4 5	1 2 3 4 5
Pasta Salad	1 2 3 4 5	1 2 3 4 5

Foods Lab 27

After-School Snacks

Make quick snacks from refrigerated biscuits and crescent rolls by adding great-tasting ingredients!

Directions: Each cooking group should prepare one of the following snacks.

Mini Pizzas

Yield: 10 servings

Ingredients:

1 can (10 count) biscuits	1 c. (250 mL) vegetables, chopped
1¼-oz. (392-g) jar ready-made pizza sauce	Cooking spray
8 oz. (224 g) Mozzarella cheese, shredded	

Instructions:

1. Lightly spray a muffin pan with cooking spray.
2. Place one biscuit in each muffin cup and press lightly to spread out.
3. Top with sauce, cheese, and other toppings of your choice.
4. Bake according to package directions.

Ham and Cheese Roll-Ups

Yield: 8 servings

Ingredients:

1 package (8 count) crescent rolls	4 T. (60 mL) yellow mustard
8 slices deli ham	4 slices Cheddar or American cheese

Instructions:

1. Place crescent triangles on a cookie sheet.
2. Layer ham, mustard, and cheese on the dough.
3. Roll up and bake according to package directions. **Note:** Do not make filling too thick because the rolls will not bake evenly.
4. Serve immediately.

Foods Lab 27 *continued*

Cinnamon Sticks

Yield: 16 servings

Ingredients:

- 1 package (8 count) crescent rolls
- 1 T. (15 mL) cinnamon, ground
- ½ c. (125 mL) granulated white sugar

Instructions:

1. Roll out the dough, leaving it in a flat shape.
2. Mix cinnamon and sugar in a bowl.
3. Sprinkle cinnamon-sugar mixture on top of crescent dough.
4. Bake according to package temperature until golden brown.
5. Cut into strips.
6. Serve immediately.

Part II Directions: Create a smorgasbord by arranging the snacks buffet-style. Make the arrangement as attractive as possible. Provide small snack plates and napkins.

Part III Directions: Sample each snack and complete the rating sheet below. Rate the taste and appearance of each snack on a scale of 1 (least desirable) to 5 (most desirable). Circle your rating in the space provided.

Name of Snack	Rating of Taste	Rating of Appearance
Mini Pizzas	1 2 3 4 5	1 2 3 4 5
Ham & Cheese Roll-Ups	1 2 3 4 5	1 2 3 4 5
Cinnamon Sticks	1 2 3 4 5	1 2 3 4 5