

Discovering Life Skills

Chapter 22: Prepare to Cook

Chapter Summary

As you plan a meal, think of options that are simple and nutritious. Consider your skills, time needed, necessary ingredients and supplies, and money available when choosing your meals. Including a variety of foods in each meal makes eating more interesting and also makes it easier to get all the nutrients you need. Learning how to find the best buys is an important part of being a smart shopper. Food labels give you valuable nutrition information and shopping information.

A recipe is a list of directions for preparing a specific food. Knowing how to read and follow recipes will greatly increase your chance of success in the kitchen. Read through the entire recipe before you begin. Make sure that you understand all the terms and abbreviations. Assemble all the ingredients and equipment. Do any necessary preparation. To be able to follow the recipe, you need to become familiar with some common cooking and mixing terms and abbreviations.