

Activity 49

Buying Food

Smart food shoppers know how to save time and money without sacrificing quality. The secret is to plan ahead and know where to find the best buys.

Directions: Check your understanding of food shopping by answering the questions below.

1. How can MyPyramid help you plan your meals?

2. Why is it important to include a variety of foods in each meal?

3. What factors should you consider when looking for ways to provide variety in meals?

4. As you plan meals and read through recipes, what resources should you consider?

5. How are national brands, store brands, and generic brands different from each other?

6. What information do food labels provide?

7. How can unit pricing help you when you are shopping for food?

Activity 50

Food Storage Safety Guidelines

Foods need to be stored properly to prevent spoilage, waste, and the possibility of food poisoning. Heat, light, time, and moisture are among the factors that can cause foods to lose their flavor, freshness, and nutrient value.

Part I Directions: Work with a classmate to prepare a list of safe storage guidelines. Write your guidelines on the lines below.

Part II Directions: Study the shopping list below. Assume that you have just purchased all of these foods at a supermarket. Now you have brought them home and must put them away in order to preserve their freshness, flavor, and nutrient value, as well as to prevent them from spoiling. **You have three storage options:** *Freezer, Refrigerator, and A cool, dry place.* Write each item on the list in the appropriate column on the next page.

Shopping List	
1 bunch of carrots	4 apples
1 head of lettuce	1 package of frozen fish
2 cans of frozen orange juice	1 container of fresh strawberries
1 sack of potatoes	1 gallon of milk
1 package of fresh chicken breasts	1 can of green beans
1 dozen eggs	1 ½ gallon of vanilla ice cream
1 bottle of vegetable oil	1 bag of sugar
1 steak (to be served next week)	1 box of cold cereal
1 bunch of bananas	1 bunch of fresh broccoli

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Name _____ Date _____ Class _____

Activity 50 *continued*

Freezer	Refrigerator	A Cool, Dry Place

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Activity 51

Cooking Terms

Many different cooking terms are used in recipes, and each has a precise meaning. To follow recipes successfully, you need to understand the meanings of the terms.

Directions: Write a term from the box next to the correct definition below.

bake	boil	braise	broil
brown	roast	sauté	scald
simmer	steam	stew	stir fry

Definitions	Terms
1. Simmer gently in a small amount of liquid in a covered pan. The food may be browned first.	1.
2. Cook under direct heat.	2.
3. Cook in liquid hot enough to bubble rapidly.	3.
4. Cook in the oven without a cover. Usually refers to cakes, pies, and breads.	4.
5. Fry in a small amount of fat until done.	5.
6. Cook by steam over boiling water.	6.
7. Cook slowly in liquid.	7.
8. Heat milk until it steams and just begins to bubble around the edge of the pan.	8.
9. Cook quickly in a small amount of fat at high heat.	9.
10. Cook in a small amount of fat over high heat to brown the surface.	10.
11. Cook in the oven in dry heat. Usually refers to meat.	11.
12. Cook to just below the boiling point so the liquid just barely bubbles.	12.