



Instructor's Guide

PRACTICAL, HEALTHY COOKING

Moving away from home means moving away from home-cooking, too — a fact that, surprisingly, escapes many young adults new to life on their own. After watching this video, viewers will see how easy it can be to read a recipe, measure out ingredients, prepare all sorts of meats and vegetables, package up and store leftovers, and clean up the kitchen so everything is sanitary and neat. Kitchen safety is stressed. Practice makes perfect!

This program correlates to all applicable National and State Educational Standards, including the NCLB Act.

Practical, Healthy Cooking is part of the series *On Your Own: Independent Living Skills*. The series includes:

- Finding an Apartment
- Managing Your Money
- Practical, Healthy Cooking
- Shopping Smart
- Housekeeping How-Tos
- Building the Right Wardrobe

Program Overview

- Chapter 1: HOW TO MEASURE
- Chapter 2: READING A RECIPE
- Chapter 3: MEAL PLANNING
- Chapter 4: PREPARATION AND PRESERVATION
- Chapter 5: METHODS OF COOKING MEAT
- Chapter 6: METHODS OF COOKING VEGETABLES
- Chapter 7: HEALTHY COOKING
- Chapter 8: KITCHEN AND COOKING SAFETY



Review

1. List the measuring utensils every well-stocked kitchen should have.

2. What is the best way to measure liquids accurately?

3. What is the best way to measure dry ingredients accurately?

4. "Tsp" is the abbreviation for _____. "Tbsp" is the abbreviation for _____. "Oz" is the abbreviation for _____.

5. How should you proceed when trying a recipe for the first time?

6. When a recipe calls for a "dash" of salt, how much salt should you add?

7. When a recipe says to "heat the olive oil," how should you do this?

8. When a recipe says to "brown ground beef," how should you do this?

9. What does "simmer" mean?

10. What does "boil" mean?

11. When a recipe says to "stir frequently," exactly how often should you stir?

12. Can vegetarians and vegans get all the nutrients they need even if they are not consuming animal products? If so, how?

13. If you have food allergies, how can you keep safe from contact with those foods?

14. True or False? Bacteria cannot grow in food kept at room temperature.

15. What are some ways to avoid spoilage after purchasing raw poultry, seafood, and cream-based foods?

16. True or False? If you want to store a dish you've just cooked, and it's still hot, let it cool for no more than a few minutes before placing it into the fridge. It is also okay to put hot food into the fridge without cooling it.

17. At what temperature should you keep the refrigerator? The freezer?

18. List some points to keep in mind when freezing food.

19. What are some safe ways to defrost frozen food?

**20. How long can the following foods be safely refrigerated or frozen?
Uncooked ground meats; uncooked meats that are not ground;
uncooked poultry; cooked poultry; cooked beef and other meats.**

**21. List some points to keep in mind when buying and storing produce
(fruits and vegetables).**

**22. What should you keep in mind when choosing between buying fresh,
frozen, and canned vegetables?**

23. What are some methods of cooking meat?

24. How long should you cook meat for it to be safe?

25. What are some methods of cooking vegetables?

26. In general, which way of consuming vegetables is the most nutritious?

27. List some benefits of cooking healthy meals at home.

28. List some ways to make sure the food you buy to prepare at home is a healthy choice.

29. What is the definition of an "organic" food?

30. List at least 5 of the top twelve kitchen safety rules.

Review — Instructor's Key

1. List the measuring utensils every well-stocked kitchen should have.

- Graduated measuring cups for dry ingredients
- Measuring spoons
- A clear glass or plastic measuring cup with a spout for liquid ingredients

2. What is the best way to measure liquids accurately?

- Use a liquid measuring cup, and pour *to* the line, not over it
- Measure with the cup on a flat surface, not holding it in the air

3. What is the best way to measure dry ingredients accurately?

- Use a graduated measuring cup
- Pour to the line, and don't pack down (unless it's brown sugar!)
- Level it off with a knife

4. "Tsp" is the abbreviation for _____. "Tbsp" is the abbreviation for _____. "Oz" is the abbreviation for _____.

- tsp = teaspoon; tbsp = tablespoon; oz = ounce (or ounces)

5. How should you proceed when trying a recipe for the first time?

- First, read the recipe all the way through, checking to make sure you have all the ingredients and tools you'll need
- Look up cooking terms you're not familiar with

6. When a recipe calls for a "dash" of salt, how much salt should you add?

- A dash is less than a teaspoon; it's a small sprinkling, or a pinch.

7. When a recipe says to "heat the olive oil," how should you do this?

- Place the oil in a skillet and heat it (on a medium setting) until you feel the warmth rising from it (it can heat up in as little as 30 seconds).

8. When a recipe says to “brown ground beef,” how should you do this?

- Place the ground beef in a skillet and heat it (on a medium or medium-high setting) until it is a brown color, and no red meat can be seen inside or outside. You'll have to break the beef up in the skillet (use a wooden spoon) and stir it occasionally to get the beef to brown evenly. It takes about 7 - 10 minutes to brown a pound of ground beef.

9. What does “simmer” mean?

- To simmer a liquid means to cook it on low heat as small bubbles rise to the surface slowly.

10. What does “boil” mean?

- To boil a liquid means to cook it over a high heat as large bubbles rise rapidly to the surface.

11. When the recipes says to “stir frequently,” exactly how often should you stir?

- To “stir frequently” means to mix the ingredients with a spoon every 2 - 3 minutes.

12. Can vegetarians and vegans get all the nutrients they need even if they are not consuming animal products?

- Yes; vegans can substitute high-protein items like beans, nuts, and seeds for meat; vegetarians can add dairy products to this list (some vegetarians also eat fish).

13. If you have food allergies, how can you keep safe from contact with those foods?

- Besides, of course, not eating that food, be sure to keep away from anything that has touched that food, such as knives, cutting boards, and cooking and serving utensils.

- 14. True or False? Bacteria cannot grow in food kept at room temperature.**
- False. Bacteria grow best when food is room temperature or lukewarm. Be sure to store leftovers in the fridge.
- 15. What are some ways to avoid spoilage after purchasing raw poultry, seafood, and cream-based foods?**
- Keep these refrigerated at all times
 - Do not store them for more than a few days without cooking
- 16. True or False? If you want to store a dish you've just cooked, and it's still hot, let it cool for no more than a few minutes before placing it into the fridge. It is also okay to put hot food into the fridge without cooling it.**
- True. The refrigerator is designed to cool foods down; leaving them out on the counter until they're cool encourages bacterial growth.
- 17. At what temperature should you keep the refrigerator? The freezer?**
- The fridge should be kept at a temperature of below 40° F, and the freezer should be below 0° F.
- 18. List some points to keep in mind when freezing food.**
- The freezer should be below 0° F
 - Wrap the food well, and write the date on a freezer label
 - Freeze food in small portions so it thaws faster
 - If you plan to defrost frozen food in a microwave, be sure to use microwave-safe plastic wrap when you freeze it
 - Refreezing thawed cooked meat will lessen its flavor
 - Refreezing thawed raw meat can cause spoilage
- 19. What are some safe ways to defrost frozen food?**
- Move it from the freezer to the refrigerator
 - Use the microwave on "defrost" setting
 - Do not attempt to cook food while it is still frozen
 - Do not defrost food by keeping it out on the kitchen counter

20. How long can the following foods be safely refrigerated or frozen?**Uncooked ground meats; uncooked meats that are not ground; uncooked poultry; cooked poultry; cooked beef and other meats.**

- Uncooked ground meats can be refrigerated for one day, and frozen for 2 - 3 months
- Uncooked meats that are *not ground* can be refrigerated for 2 days, and frozen for 6 months
- Uncooked poultry can be refrigerated for 2 - 3 days, and frozen for a year
- Cooked poultry can be refrigerated for 3 days to a week, and frozen for 2 - 3 months
- Cooked beef and other meats can be refrigerated for 4 days, and frozen for 2 - 3 months

21. List some points to keep in mind when buying and storing produce (fruits and vegetables).

- Buying produce "in season" saves you money, and is better for you nutritionally
- Wash produce before using
- Fresh produce can be safe to eat for up to a week, depending on the type
- If produce starts to look moldy, shrunken, or wrinkly, throw it out

22. What should you keep in mind when choosing between buying fresh, frozen, and canned vegetables?

- Frozen vegetables are usually frozen within hours of being picked, thus retaining more nutrients than "fresh" vegetables
- Canned vegetables have less nutrients than either frozen or fresh, but they're already cleaned and cut, making them easier to add to recipes
- Buying fresh vegetables "in season" can save you money
- "Fresh" vegetables are often picked before ripe, thus not attaining full nutritional value, and spend many days being transported to grocery shelves, losing nutrients along the way

23. What are some methods of cooking meat?

- Meat can be grilled, baked, fried, stir-fried, and deep-fried.

24. How long should you cook meat for it to be safe?

- Different types of meat require different internal temperatures to be safe. Use a meat thermometer to make sure that ground beef reaches 145°F, poultry 180°F, and pork 160°F.

25. What are some methods of cooking vegetables?

- Vegetables can be steamed, stir-fried, boiled, or grilled. They can also be eaten raw.

26. In general, which way of consuming vegetables is the most nutritious?

- Raw vegetables (with a few exceptions) retain the most nutrients. Steaming or grilling are good methods, while boiling removes a great deal of vitamins and minerals. Stir-frying is a healthy alternative, as long as there is not too much oil added.

27. List some benefits of cooking healthy meals at home.

- You can avoid the added fats and sugars many restaurant meals contain
- More energy
- Decreased risk of certain diseases such as heart disease, stroke, and diabetes
- Decreased risk of obesity, which can mean a longer life span

28. List some ways to make sure the food you buy to prepare at home is a healthy choice.

- Read the ingredients label to see what the item really contains (ingredients are listed in order of the amount used, with the greatest listed first)
- Choose products that are low in saturated fats, trans fats, and added sugars
- Avoid preservatives, and artificial flavoring and coloring (even “natural” flavoring may be a highly processed substance)
- Shop at local produce markets

29. What is an “organic” food?

- “Organic” means the food has been grown without artificial fertilizers, pesticides, herbicides, and insecticides, or antibiotics. Any food labeled organic must abide by all FDA regulations concerning organic food production.

30. List at least 5 of the top twelve kitchen safety rules.

- Never put paper products in a regular oven. This can lead to kitchen fires.
- Never put metal in the microwave. This includes aluminum foil, cutlery, non-microwave-safe dishes, and twist ties. The microwaves cause the metals to spark, and can lead to kitchen fires.
- If you spill something on the floor, clean it up immediately so no one slips and falls.
- Do not leave groceries in the car. Take them straight home and refrigerate immediately to prevent food spoilage and bacterial growth.
- Do not buy anything that you will not use before the use-by date. The use-by date means that the food should be used before this date, and discarded after it. (A sell-by date means that the food item should be sold by this date, and removed from store shelves after it. This allows a couple of days for the consumer to use the food.)
- Do not buy food in poor condition. Be sure that refrigerated food is cold to the touch, and that frozen foods are solid.
- When purchasing canned food items, avoid cans that are cracked, dented, or bulging.
- When preparing food, keep everything clean. Wash your hands both before and after handling any food, especially raw meats.
- Clean out your refrigerator at least once a month. Throw away foods that have expired, have mold on them, or foods that have been in the fridge longer than two weeks.
- Never re-use plates, utensils, or kitchen counters where raw meat, poultry or fish has been handled. Wash everything with soap and hot water before re-using.
- Keep a first aid kit near the kitchen. Burns and cuts can happen all too easily when preparing meals.
- Keep a fire extinguisher in the kitchen. This allows you to quickly put out any flames that arise. Make sure you have an "ABC" type fire extinguisher, as this works on all types of fires.

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