



MATERIALS NEEDED

- 1 copy of crossword puzzle for each student
- Copies of recipes for each group

TIME NEEDED FOR LESSON

About 20-25 minutes.



Food Preparation

Learner Objectives:

The 4-H member will:

- Learn food preparation terminology.
- Learn the purpose of food preparation methods and when to use each.
- Understand the steps for clean and healthy food preparation.

Educational Lesson:

What are the 8 methods of Food Preparation?

- **Baking** – This is the method of placing food in a pan or dish into the oven. Baking does not require that you add extra fat to the food. If you want to make chicken breasts, season them and then stick them into the oven to bake.
- **Braising** – This involves browning your ingredient first on top of the stove in a pan, then letting your ingredient slowly cook with a small quantity of liquid (such as water or broth) with a lid placed on top of the pan. Braise your beef by placing it in oil until it gets brown, then add liquid to the pan, then cover the pan and let it cook until the meat is tender.
- **Broiling and grilling** – Both of these methods expose food to direct heat. To grill, place the food on a grill rack above a heat source. For broiling, place food on a broiler rack below a heat source. Both of these methods allow the fat in your food to drip away. When barbecuing outside grill the meat in a barbecue pit.
- **Poaching** – For this method, gently simmer ingredients in water or broth until the food is fully cooked and tender. After seasoning the chicken, poach it in water to make it tender.
- **Roasting** – This method is like baking, but in higher temperatures. This method uses the oven's dry heat to cook the food. Roast your sweet potatoes in the oven to make sweet potato fries.
- **Sautéing** – This method cooks food quickly in a small amount of oil in a pan over direct heat. Sauté onions and garlic before adding to soup.
- **Steaming** – This is one of the simplest methods, you steam your food in a perforated basket suspended above simmering liquid. If the liquid is flavorful the food will have that flavor as well. Steam vegetables, such as broccoli.
- **Stir-frying** – This method is a traditional Asian method, it cooks small pieces of food while they're rapidly stirred in a wok or large nonstick frying pan. This method only needs a small amount of oil or cooking spray. Add vegetables, and protein of your choice to a pan in oil and make a stir fry.

Steps for clean and healthy food preparation

Step 1: Source your ingredients. Make sure you have all of your ingredients before you start cooking.

Step 2: Wash your hands. Your hands can spread bacteria easily which is why it's important to wash your hands before and after you are cooking.

Step 3: Keep your worktops and cooking materials clean. Always keep your materials clean and don't forget to change out your dish cloths regularly because they can harbor bacteria.

Step 4: Separate raw meat/fish from dry/ ready prepared ingredients. Keep raw meats away from foods that are ready for consumption.

Step 5: Where relevant, wash, peel, chop and grate ingredients before you start cooking.

Step 6: Clean up/ clear up as you go along so that you keep work surfaces clean and manageable.

Activity: Crossword Puzzle

At the end of the educational lesson, pass out a copy of the puzzle for each student to complete. Give them 7 minutes to try and complete it without notes, if they still aren't done with the puzzle once the 7 minutes are over, allow them to use their notes.

OR

Preparation Steps Activity

Hand out the recipes that are attached on page 5. Allow the students to work in groups of 3 to 4 and have them put the steps of preparation in order.

OR

Ingredients Food Preparation

Give the children a list of ingredients from a recipe and work in small groups of 3 to 4 to determine what methods of food preparation they would use and why.

Reflection:

- List 3 or more methods of food preparation, and explain what each of them are.
- List at least 3 steps for healthy and clean food preparation.
- Why is having clean hands while in the kitchen important?

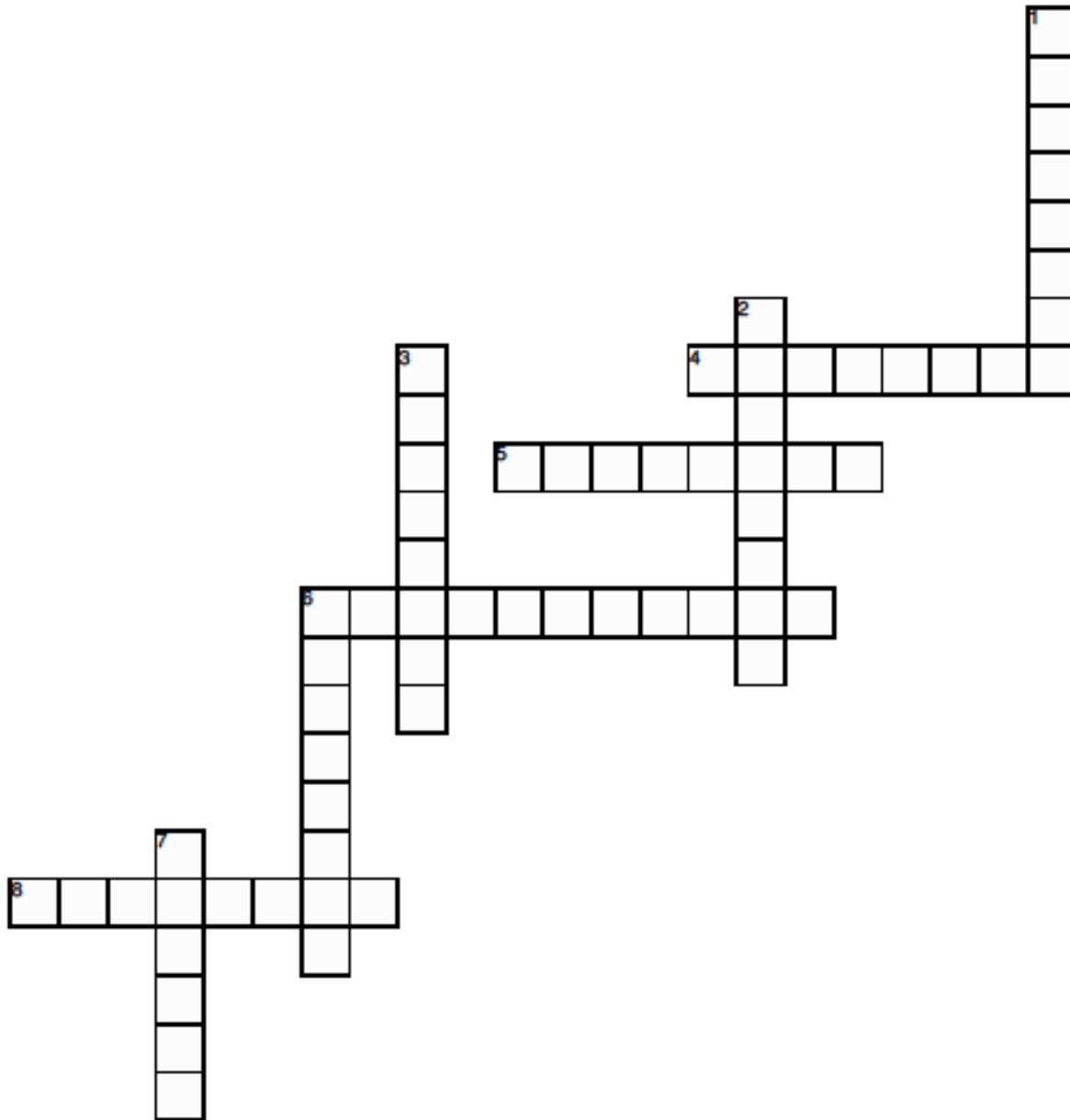
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Name: _____

Food Preparation

Complete the crossword below



Created on TheTeachersCorner.net Crossword Maker

Across

4. rack is above the heat source
5. this method is like baking but in higher temperature
6. traditional Asian method
8. the simplest method

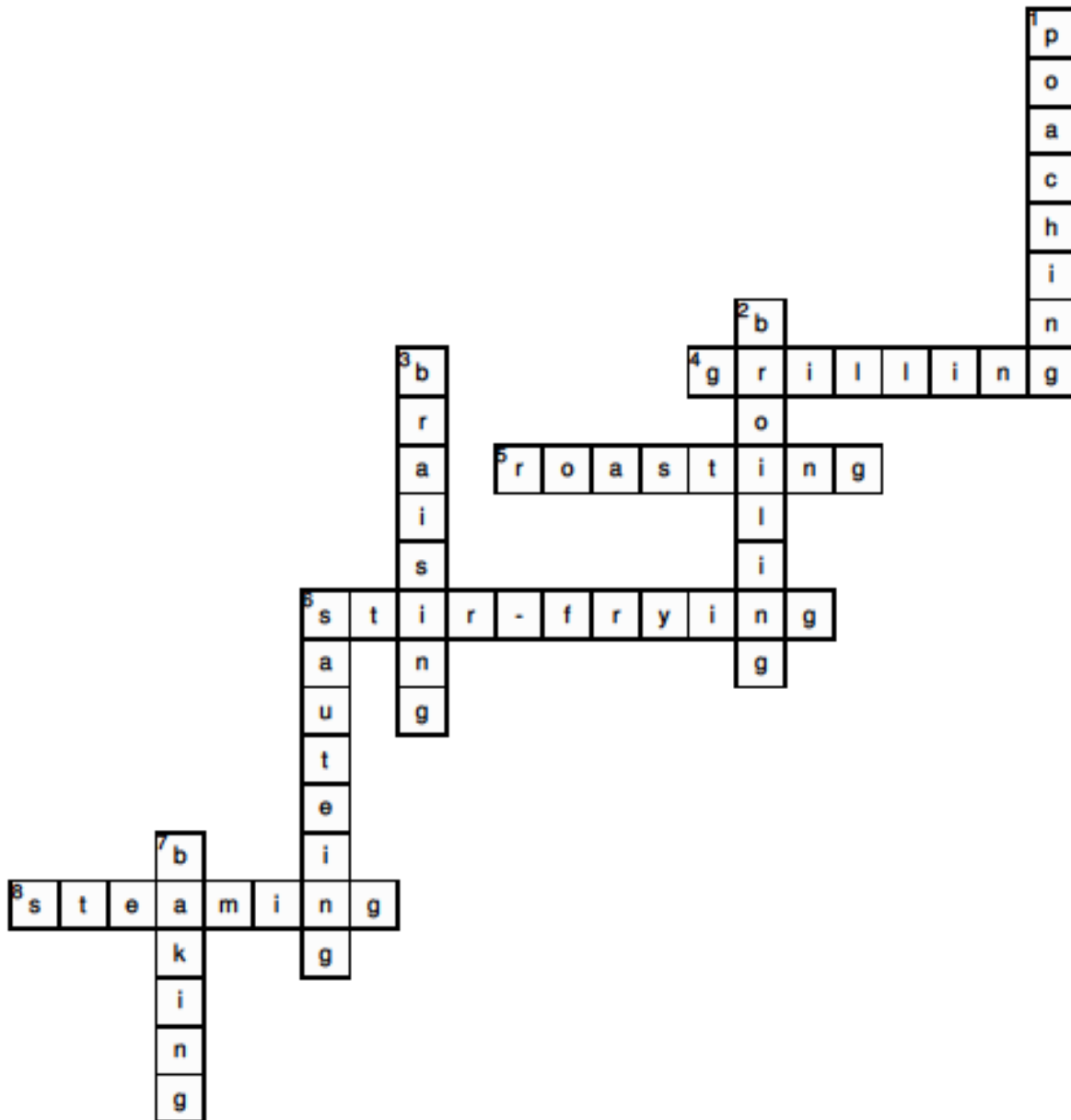
Down

1. gently simmer ingredients in water or broth until tender
2. rack is below the heat source
3. browning ingredients first then letting it slowly cook in liquid
6. cooks food quickly in a small amount of oil
7. placing food into the oven

Name: _____

Food Preparation

Complete the crossword below



Created on TheTeachersCorner.net Crossword Maker

Across

- rack is above the heat source (**grilling**)
- this method is like baking but in higher temperature (**roasting**)
- traditional Asian method (**stir-frying**)
- the simplest method (**steaming**)

Down

- gently simmer ingredients in water or broth until tender (**poaching**)
- rack is below the heat source (**broiling**)
- browning ingredients first then letting it slowly cook in liquid (**braising**)
- cooks food quickly in a small amount of oil (**sauteing**)
- placing food into the oven (**baking**)

CHICKEN PARMIGIANA

Directions

1. Get the breaded chicken into the hot oil to pan fry on the first side for about 3 minutes to let it get super crisp and golden. Flip then over to get just as crispy and golden on the other side for another 3 minutes, then remove them to a plate lined with paper towel to blot them.
 2. Once the breading line is set up fill a cast iron skillet with about an inch and a half of canola oil and heat it over medium high heat to pan fry the chicken. Pre-heat the oven to 350 as well. While the oil gets hot put all 4 chicken breasts through the breading line. Use one hand to coat the chicken in the flour, the other hand to dip it in the egg wash mixture, then back to the first hand to coat it in the breadcrumbs. This keeps it as clean and neat as possible. Then just transfer the chicken to the plate once it is breaded.
 3. First, set up the breading line for the chicken with three big, shallow bowls. In the first bowl mix together the flour, dried onion and dried oregano. In the second bowl whisk together the eggs, water and minced garlic. In the third bowl mix together the breadcrumbs and parmesan cheese. Have a plate handy on the end to hold the breaded chicken.
 4. When time is up, take the baking dish out and let the chicken rest a minute. Then sprinkle finely chopped fresh parsley on top for some green freshness and serve immediately!
 5. Move the chicken into a baking dish and top each piece with a 1/4 cup of marinara sauce. Then lay 2 slices of smoked mozzarella on each piece over the marinara to finish assembling the chicken parmigiana. Get the baking dish into the oven to let the chicken parmigiana bake for 15 minutes. The mozzarella will melt gorgeously!
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Award Winning Soft Chocolate Chip Cookies

Directions

1. Bake for 10 to 12 minutes in the preheated oven. Edges should be golden brown.
 2. Preheat oven to 350 degrees F (175 degrees C). Sift together the flour and baking soda, set aside.
 3. In a large bowl, cream together the butter, brown sugar, and white sugar. Beat in the instant pudding mix until blended. Stir in the eggs and vanilla. Blend in the flour mixture. Finally, stir in the chocolate chips and nuts. Drop cookies by rounded spoonfuls onto ungreased cookie sheets.
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Cheesy Chicken Pasta Bake

Directions

1. In a large pot, cook pasta to al dente according to package directions.
2. Place chicken in the same nonstick skillet and cook until no longer pink (about 3 to 6 minutes, depending on the size of the pieces). Add vegetables and stir.
3. Put pasta back into large pot. Add vegetables and toss to combine. Pour in pasta sauce and Greek yogurt, 1 cup cheese and stir until combined. Pour into prepared baking dish. Sprinkle with remaining cheese and cover with foil to bake for 10 minutes. Remove foil and bake for an additional 5 minutes, or until cheese is melted and bubbly.
4. Preheat oven to 375F degrees. Spray a 13x9-inch baking dish with cooking spray and set aside.
5. While pasta is cooking, heat oil in a large nonstick skillet. Add onions and pepper, and cook for 5 minutes, or until softened. Add garlic and cook for one minutes, or until fragrant. Move cooked vegetables into a bowl.

Preparation Steps Activity Answers:

Chicken Parmigiana

3, 2, 1, 5, 4

Award winning soft Chocolate Chip Cookies:

2, 3, 1

Cheesy Chicken Pasta Bake:

4, 1, 5, 2, 3

Ingredients & Food Preparation Activity

What method of food preparation should be used for each ingredient?

Ingredient: 4 Mission Artisan Corn & Whole Wheat Blend Tortillas

Method:

Ingredient: 8 oz. Sirloin steak

Method:

Ingredient: ½ cup Teriyaki marinade

Method:

Ingredient: ½ cup cucumber

Method:

Ingredient: ½ cup carrots

Method:

Ingredient: ½ tsp. fresh ginger

Method:

Ingredient: ½ tsp. sesame seeds

Method: