

Prepare to Cook

Section 22.1

Meal Preparation

■ **Main Idea** Plan your meals ahead of time, before you shop for food or begin preparing the meal.

Section 22.2

Recipe Basics

■ **Main Idea** Good cooking begins with learning different recipe formats and the meanings of recipe terms and abbreviations.





Explore the Photo

Before you can start cooking, you need to plan your meal. *How do you decide what to buy when you go to the supermarket for food?*

Writing Activity

First Draft

Cooking Your Favorite Recipe

Everyone likes to share a recipe for their favorite dish. Write a draft about how to make a favorite recipe you and your family enjoy. Include what is involved with making the dish and what ingredients you need.

Writing Tips Follow these steps to write a first draft:

1. Just write. Do not think too much about what you are writing.
2. Include details. You can always take out what you do not need later.
3. Do not worry about spelling or punctuation. You will fix these later.

Section 22.1 Meal Preparation

Reading Guide

Before You Read

Two-Column Notes Two column notes are a useful way to study and organize what you have read. Divide a piece of paper into two columns. In the left column, write down main ideas. In the right column, list supporting details.

Read to Learn

Key Concepts

- ✓ **Identify** the food groups you should include when planning nutritious meals.
- ✓ **Describe** the information you can find on food labels.
- ✓ **List** the elements that can destroy nutrients in foods.

Main Idea

Plan your meals ahead of time, before you shop for food or begin preparing the meal.

Content Vocabulary

- appetizer
- equivalent
- meal patterns
- garnish
- texture
- vegetarian
- unit pricing
- grade labeling


Academic Vocabulary

- complement
- economize

Graphic Organizer

As you read, write down descriptions for national brand, store brand, and generic brand. Use a graphic organizer like the one shown to help you organize your information.

Type of Brand	Description
National Brand	
Store Brand	
Generic Brand	

 **Graphic Organizer** Go to this book's Online Learning Center at glencoe.com to print this graphic organizer.

Academic Standards



English Language Arts

NCTE 5 Use different writing process elements to communicate effectively.



Science

NSES A Develop abilities necessary to do scientific inquiry, understanding about scientific inquiry.



Social Studies

NCSS IV B Individual Development and Identity Identify, describe, and express appreciation for the influences of various historical and contemporary cultures on an individual's daily life.

NCTE National Council of Teachers of English

NCTM National Council of Teachers of Mathematics

NSES National Science Education Standards

NCSS National Council for the Social Studies

Whether you are throwing a birthday party for a friend or cooking a meal for your family, it is best to start by making a plan. Serving tasty, attractive, and nutritious meals requires more than just being a good cook. Planning meals, reading recipes, and shopping for food put your management skills to use.

Meal Planning

As you plan, think of meals that are simple and nutritious. Include a variety of foods, and consider your skills, time, and money. For good nutrition, plan meals that include foods from each food group from MyPyramid.

The Proteins Group includes all meats, poultry, fish, legumes, eggs, nuts, and seeds. Growing teens need approximately 5½ ounces every day. Foods from this group are usually served as the main dish in a meal.

The Grain Group includes cereal, rice, pasta, breads, and grits. You need 6 ounces every day. Some foods in this group, such as brown rice, whole-wheat bread, and oatmeal are whole grains. You should try to eat at least 3 ounces of whole grains every day.

The Vegetable Group includes broccoli, carrots, spinach, lettuce, asparagus, and green beans. Teens need 2½ cups every day. Raw vegetables can be eaten in salads, as a snack, or as an **appetizer**, a dish served before the main meal. Raw or cooked vegetables can also be served as a side dish.

The Fruit Group includes apples, oranges, tomatoes, avocados, blueberries, plums, and grapes. You need 2 cups of fruit every day. These may include fresh, frozen, dried, and canned fruit as well as fruit juice. Fruit can be part of any meal.

As You Read

Connect When was the last nice dinner party you were invited to? What did you notice about the dinner that made it special?

Vocabulary

You can find definitions in the glossary at the back of this book.



 **Meal Plan** Plan meals by using a variety of nutritious foods.

Why is using a variety of food in your diet important?



Balance Your Life

All Work and No Play

Studying and doing homework are important, but it is equally important to maintain balance in your life. If you are overworked, you will not be healthy and happy. Be sure to mix in fun with obligation.



The Milk Group includes milk, yogurt, and cheese. As a growing teen, you need 3 cups, or the equivalent of 3 cups, every day. **Equivalent** refers to a food that has equal value, such as consuming a cup of yogurt in place of a cup of milk. Foods from this group can be served with any meal.

Oils Healthful oils are not a food group, but many foods from the five food groups contain healthful oils. Healthful oils include fish oil, vegetable oil, and olive oil.

Meal Pattern

Most people follow **meal patterns**, which are habits that determine when and what they eat each day. They usually select similar types of foods each day for breakfast, lunch, dinner, and snacks. For example, your meal pattern for one day might be:

- **Breakfast** Cereal with fruit and nuts, juice, milk
- **Lunch** Sandwich, fruit or vegetable, dessert, milk
- **Dinner** Meat or poultry, vegetable, rice or pasta, milk
- **Snack** Fresh fruit

Meal planning is easy when you are aware of your meal patterns and choose nutritious foods. Simply choose a combination of foods from the food groups that fit your meal pattern. To plan a lunch for the meal pattern above, you might choose a tuna salad sandwich, carrot sticks, oatmeal cookies, and milk.

Meal patterns should be flexible. You may be trying to gain or lose weight. You may be invited to eat at a friend's home. There may be a special occasion that requires specific food, such as birthday cake, or you may go to a restaurant which limits options.

Variety

Including a variety of foods in each meal makes eating more interesting. Eating many different foods from all of the food groups also makes it easier to get all the nutrients you need. Meals planned with variety in mind look and taste better.

One way to add variety is to vary the way foods are prepared. Another way is to choose foods that provide different colors, sizes and shapes, textures, flavors, and temperatures.

SCIENCE YOU CAN USE



Trans Fat

Trans fat has been connected to increasing LDL cholesterol (the "bad" cholesterol) and lowering HDL cholesterol (the "good" cholesterol). It is important to read labels to know what is in the food you eat. Take a trip to your local grocery store to find what foods have trans fat.

Procedure Use a spreadsheet to track the foods that contain trans fat. Write down the name of the product and the amount of trans fat contained in it.

Analysis What foods did you find that most often had trans fat? Did any of these foods surprise you? What amounts of trans fat did these foods contain? Do you see a pattern in the types of food? What alternatives are there?

NSES A Develop abilities necessary to do scientific inquiry, understanding about scientific inquiry.

- **Color** Choosing foods of different colors will make the meal look more interesting. For instance, have a salad with tomatoes and carrots to add color to your meal. Add a garnish to provide more color. A **garnish** is a small amount of a food or seasoning to decorate the meal. Parsley, lemon wedges, orange slices, and paprika are examples of garnishes.
- **Size and Shape** Varying the sizes and shapes of foods will give you a much more appealing meal.
- **Texture** Foods with different textures add variety to a meal. **Texture** is the way something feels when touched. For example, raw vegetables are usually crisp, while pudding tends to feel smooth. One way to vary the textures of foods is by preparing them in different ways. For example, think of the difference in texture between raw carrots and cooked carrots.
- **Flavor** Combine flavors that **complement** each other. Steak, mushrooms, broccoli, and cheese are some flavors that go well together.
- **Temperature** Vary the temperatures of food in a meal. Plan some hot food items and some cold food items.




Meal Pattern Knowing your meal patterns can help you plan meals. *What can you do to add variety to your regular meals?*

Gather Your Resources

As you plan your meals, take time to read through the recipes carefully and make sure that you have all of the resources you will need.

- **Skills** If you are a beginning cook, you may want to avoid complicated recipes. Could you choose convenience foods for part of the meal? For instance, you might make a dessert from a mix rather than make it from scratch.
- **Equipment** Some recipes will require a specific utensil. Make sure that you have all of the necessary tools and equipment before you start cooking.
- **Ingredients** Make sure you have all the ingredients the recipe calls for before you start cooking.
- **Money** Do the ingredients fit your food budget? Can you **economize**, or save money, with coupons or use foods that are less expensive because they are in season?
- **Time** When you know that you will be working within a time frame, such as having only one hour to cook dinner, choose foods that can be prepared within the time allowed.



 **Packaged Mixes** Using packaged mixes is a good way to learn the basics of cooking. *What are the benefits of using packaged mixes?*

It is also important to make sure that all foods are ready to serve at the right time. Some dishes take longer than others to prepare, and some foods take longer than others to cook. For this reason, you must know what to do first and when to do it. See **Figure 22.1** for a sample time schedule.

Special Dietary Needs

You may need to take into account special diet considerations for a family member, friend, or even yourself. When cooking for guests, ask in advance if anyone has any special diet needs. For example, someone with high blood pressure would need to limit salt and sodium intake. It is also possible that someone could be a **vegetarian** who eats only vegetables, fruits, grains, nuts, and sometimes eggs or dairy products. Many cookbooks are available with special diet recipes. You can also find recipes online.



Balance Your Life

Think Ahead Plan out your week. Studies show that if you schedule your time in advance, you will be able to accomplish more. Writing down what you hope to accomplish in a week can allow you to be realistic about how much you can get done, and find the time to do it.



Plan What preparation should you do before you plan a meal?

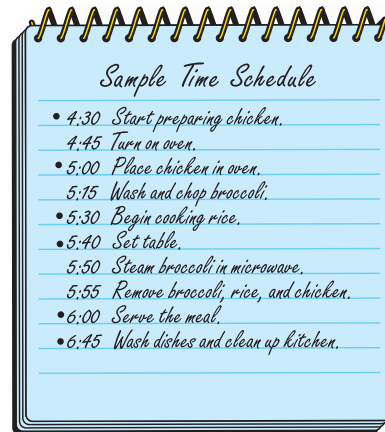
Smart Shopping

Learning how to find the best buys is an important part of being a smart shopper. Some brands are better buys than others. Store brands and generic brands are usually less expensive than national brands.

- **National Brands** Products that you see advertised on television or in newspapers or magazines are known as national brands. These products often cost more than others because the manufacturer spends a great deal of money on packaging and advertising. These costs are added to the price of the product.

Figure 22.1 Set a Time Schedule

Make Your Meal a Success Using a time schedule can help you organize your meal so that all the foods are ready to serve at the same time. *What might happen if you do not use a schedule when preparing a meal?*



Step 1—First list the job that will take longest to do. Then list in order the other jobs to be done until you have listed them all.

Step 2—Some foods take longer to cook than others, so you must plan what to do first and when to do it.

Step 3—Besides cooking time, consider that some dishes take longer to prepare than others.

Step 4—Do not forget to allow time for setting the table, serving the food, and cleaning up.

Step 5—Plan a time schedule backward, from the end to the beginning. First decide at what time you will serve the meal. Then figure out how much time you will need to prepare each of the different foods.

- **Store Brands** Products that have the store's name or another name used only by that store on the label are called store brands. They usually cost less because there is little or no advertising cost. They often have the same ingredients and nutrients as national brands.
- **Generic Brands** Products with labels listing only the product name and nutritional information are generic brands. These often cost even less than store brand products.

Products will vary in price, quality, and taste. Price alone is not an indicator of quality or taste. You will want to compare national brands, store brands, and generic brands to see which ones you prefer.

Character Counts

Respect

Jennifer is preparing a meal for several friends. One of her friends has an allergy to dairy products. Jennifer is planning to serve Mexican food, including quesadillas, tacos, beans, and rice. It will take extra time to prepare something different for her friend, and she is running out of time.

You Make the Call

What should Jennifer do so that her friend has something dairy-free to eat? Write a paragraph explaining what course of action Jennifer should choose and why.

Read Food Labels

Food labels give you valuable nutrition information and shopping information. See **Figure 22.2** for explanations of the items listed on food labels. By law, food labels must provide the following information:

- The name of the food.
- The name and address of the product's manufacturer.
- The nutritional content, including serving size, calories, and nutrient amounts per serving.
- A list of ingredients in order of amount. For example, a box of dry cereal might list oat flour first, then sugar, followed by other ingredients, to show that oat flour is the main ingredient, then sugar, and then the rest of the ingredients, in order.
- The total weight. For example, which is a better value: a 1-lb. (500-gram) bag of tortilla chips for \$1.99 or an 11-oz. (300-gram) bag for \$1.49?
- The trans fat amounts.

Unit Pricing

Unit pricing means showing the cost of the product per unit. Examples of units include ounces, pounds, grams, liters, and gallons. Look for the unit pricing label on the edge of the store shelf. It will give you the product name, the size, and the price per unit. You can easily decide which size is the best buy.

Grade Labeling

Understanding and using grade labeling can also help you when you shop. **Grade labeling** is a measurement of food quality using standards set by the government. Many food items including eggs, poultry, and meat are graded. The highest grade is the highest in quality. For example, Grade AA eggs are of higher quality than Grade A eggs.



Define What are unit pricing and grade labeling?

Plan a Shopping Trip

In this activity you will plan a shopping trip for groceries. Before you begin, read through the entire Hands-On Lab assignment. Write down any questions that you have about the activity. Reread the text or ask your teacher for help if you need it.



Supplies

- ✓ Shopping List
- ✓ Coupons and newspaper
- ✓ Calculator

Develop Your Plan

- Make a weekly meal plan and list the grocery items needed.
- Review your shopping list for staple foods such as milk, eggs, bread, and salt.
- Clip coupons, and check your local newspaper for sale items.

Implement Your Plan

- Review the recipes in your meal plan to see what ingredients you need.
- Make a shopping list. Identify items that are less important in case you exceed your budget. You can put these items back.
- Discuss the budget with your parent or another adult, and take a calculator with you so you can keep track of what you are spending.
- Use the information on product labels and unit pricing to help you select items.

- Look for meat, poultry, and fish that are wrapped in undamaged packaging material to ensure freshness. Look for fresh fruits and vegetables. Never buy dented or bulging cans because the food may be spoiled. Keep raw foods away from cooked and ready-to-eat foods. Choose frozen and refrigerated foods last.

Evaluate Your Results

Did you forget any items on your shopping list? What did you learn about food shopping and your food budget? How would you make your next shopping trip different? Write one or more paragraphs to explain your answer.



Projects and Activities Go to this book's Online Learning Center through glencoe.com for more projects and activities.

- Store onions and potatoes separately. Potatoes will spoil faster when stored near onions.
- Store a container of ice cream inside a heavy, brown bag to prevent freezer burn.
- Freeze leftover broth in ice cube trays. Pop out the broth cubes and store them in a freezer bag for later use.
- Cook fresh meat and freeze it for use at a later meal.

Handle Leftovers Properly

Just like fresh foods, you must also store leftover foods properly to keep them safe. Follow these rules for keeping leftovers:

- Throw away food that has been kept out too long.
- Refrigerate or freeze leftovers as soon as the meal is done.
- Eat refrigerated leftovers within three to four days.
- Reheat leftover solid foods to 165°F (74°C).
- Boil leftover soups, sauces, and gravies before eating.

When you practice food safety procedures, you will help yourself and those in your home stay healthier, enjoy food more, and even save money.

Section 22.1 After You Read

Review What You Have Learned

1. **Describe** ways to add variety to your food.
2. **List** ways to save money when you shop.
3. **Identify** the benefit of proper food storage.

Practice Academic Skills

English Language Arts


4. Imagine you are going to have a dinner party for close friends and family. Create a formal invitation that includes what you will serve, what time your guests need to arrive, attire to wear, and the place. Use graphics and attention-grabbing text to make your invitation exciting. Clearly communicate the theme you have chosen. Share your invitation with your classmates.

NCTE 5 Use different writing process elements to communicate effectively..

Social Studies

5. What are some meals and foods that are unique to your family? Talk with family members to find out the story behind the foods that you and your family eat that is unique. Bring in a sample menu and recipe. Explain the origin of the food your family enjoys with the class.

NCSS IV B Identify, describe, and express appreciation for the influences of various historical and contemporary cultures on an individual's daily life.

 **Check Your Answers** Check your answers at this book's Online Learning Center at glencoe.com.

Section 22.2 Recipe Basics

Reading Guide

Before You Read

Study with a Buddy It can be difficult to review your own notes and quiz yourself on what you have just read. Studying with a partner, even for just a short period of time, can help you study better.

Read to Learn

Key Concepts

- ✓ **Explain** the importance of following recipes.
- ✓ **Identify** the different ways to mix food.
- ✓ **Suggest** additions to a recipe's ingredients for better nutrition.

Main Idea

Good cooking begins with learning different recipe formats and the meanings of recipe terms and abbreviations.

Content Vocabulary

- recipe
- ingredient

Academic Vocabulary

- assemble
- abbreviation

Graphic Organizer

As you read, identify three guidelines for following recipes. Use a graphic organizer like the one shown to help you organize your information.

Recipe Guidelines
1.
2.
3.

- 🔗 **Graphic Organizer** Go to this book's Online Learning Center at glencoe.com to print this graphic organizer.

Academic Standards



English Language Arts

NCTE 4 Use written language to communicate effectively.

NCTE 9 Develop an understanding of diversity in language across cultures.



Mathematics

NCTM Number and Operations Understand numbers, ways of representing numbers, relationships among numbers, and number systems.



Social Studies

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There will always be occasions to cook for other people. To make the best impression, you want the food to be delicious and come out the way you planned. In order for this to happen, you need to know how to follow a recipe that includes specific cooking terms. The more you cook, the better you will become. You will learn something new with every recipe you try, and you may find that friends and family are lining up to eat your food!

Recipes

Almost all cooks use recipes. A **recipe** is a list of directions for preparing a specific food. If you know how to read and follow recipes, you will greatly increase your chances of success in the kitchen.

Some recipes are easier to follow than others. Look at **Figure 22.3** to see which type of recipe format works better for you. While you are learning to cook, look for easy-to-read recipes that do the following:

- State the amount of each or component or part. These are the **ingredients**.
- Provide step-by-step instructions on how to combine the ingredients.
- Mention the sizes of pans that will be needed.
- Specify the cooking time and temperature.
- Estimate the number of servings the recipe should produce.

In whatever format a recipe appears, the procedure for following the recipe remains the same. Some general guidelines for using recipes are on the next page.



As You Read

Connect Think of a recipe you used or saw recently. Was the recipe easy to use? If so, what about the recipe made it easy to use for you?



Vocabulary

You can find definitions in the glossary at the back of this book.

Figure 22.3 Recipe Formats

Reading Recipes Recipes are written in different formats, or styles. *Which do you like better? Why?*

Standard Format

Cheese Bake

Yield: 6 servings, 3/4 cup each

10 slices bread
1 1/2 c. cut-up cheese
3 eggs

1 1/2 c. milk
1 tsp. prepared mustard
1 1/2 tsp. salt

1. Preheat oven to 350°F.
2. Cut bread into 1-inch squares.
3. Mix bread and cheese in a greased 9 x 13-inch baking pan. Set aside.
4. Beat eggs. Add milk, mustard, and salt. Mix well.
5. Pour egg mixture over bread and cheese in pan.
6. Bake for 25 minutes. Serve at once.

Narrative Format

Cheese Bake: Preheat oven to 350°F. Cut 10 slices of bread into 1-inch squares. Mix with 1 1/2 cups cut-up cheese in greased 9 x 13-inch baking pan. Set aside. Beat 3 eggs. Add to the eggs 1 1/2 cups milk, 1 teaspoon prepared mustard, and 1 1/2 teaspoons salt. Mix well and pour over bread and cheese in pan. Bake for 25 minutes. Serve immediately. Yield: 6 servings, 3/4 cup each.



Balance Your Life

Act the Part Think of all the different roles you play in your life, such as son or daughter, sister or brother, friend, student, athlete, employee, and volunteer. While some roles demand more time, it is important that you determine how much time you are able and willing to devote to each role without over-committing yourself.



- Read through the entire recipe. Make sure that you understand all the terms and abbreviations.
- **Assemble**, or bring together, all the ingredients and equipment before you start.
- Do any necessary preparation, such as preheating the oven or greasing a pan.

Recipe Abbreviations

Recipes often show measurements in shortened form to save space. To follow the recipe, it is essential to understand what each **abbreviation**, or shortened word, means. Can you imagine how your vegetable soup would taste if you added two tablespoons of salt instead of two teaspoons?

Here are some of the most common abbreviations used in recipes:

t. or tsp.	teaspoon	lb.	pound
T. or Tbsp.	tablespoon	°F	degrees Fahrenheit
oz.	ounce	°C	degrees Celsius
c.	cup	mL	milliliter
pt.	pint	L	liter
qt.	quart	g	gram
gal.	gallon		



Prepare What can you do to get ready to use a recipe?

Discover International...

Dining



Italy

Many Italian foods are popular in the United States. In fact, when you eat spaghetti or pizza, you may forget that these foods are not American! Italians generally make these foods in a simpler style. Olive oil, tomato sauces, and vegetables make many Mediterranean foods heart-healthy, especially those from southern Italy. Pasta is usually the first dish in a meal, followed by meat, fish, or a vegetable dish. Traditional foods in northern Italy use more butter and creamy sauces. Polenta, risotto, and hearty bean soups are popular in Italy.

Polenta [pō-'len-tə] a cornmeal dish from northern Italy, which can be eaten as a mush or cooled, sliced, and fried.

Risotto [ri-'sō-tō] a rice dish with a creamy texture, often flavored with chicken, fish, sausage, vegetables, cheese, or wine. It is usually made with a special short-grain rice called Arborio rice.

NCTE 9 Develop an understanding of diversity in language use across cultures.

Cooking and Mixing Terms

Every recipe for hot food has some type of cooking instructions. To follow the recipe, you need to become familiar with some common cooking terms and know what they mean. Here are some cooking terms you are most likely to read:

Bake Cook in the oven without a cover.

Boil Cook in liquid hot enough to bubble rapidly.

Braise Simmer gently in a small amount of liquid in a covered pan. The food may be browned first.

Broil Cook under direct heat.

Brown Cook in a small amount of fat over high heat to brown the surface.

Chill Put in the refrigerator until cold.

Cook Prepare food by dry heat or moist heat.

Cook By Dry Heat Cook food uncovered without adding any liquid.

Cook By Moist Heat Cook in a covered pan with liquid added.

Deep-Fat Fry Cook in hot fat deep enough to cover the food.

Fry Cook in hot fat.

Roast Cook in the oven in dry heat.

Sauté Fry in a small amount of fat until done.

Scald Heat milk until it steams and just begins to bubble around the edge of the pan.


Simmer Cook to just below the boiling point so the liquid barely bubbles.


Steam Cook over boiling water.

Stew Cook slowly in liquid.

Stir fry Cook quickly in a small amount of fat at high heat.

Preheat Heat the oven to the right temperature before putting in the food.

 **Steamed Foods** A steamer holds food above boiling water for moist cooking. *What types of food might you steam?*



Financial Literacy

Find the Best Buy

Emily drinks an 8-ounce glass of orange juice every morning. She can buy a 64-fluid-ounce carton of orange juice at the grocery store for \$3.75, or a 16-fluid-ounce bottle of fresh-squeezed orange juice for \$1.99. She can also buy a 12-ounce can of frozen orange juice concentrate for \$2.15. If a can of orange juice concentrate makes 48 fl. oz. of juice, which type of juice is cheapest per ounce?

Math Concept **Calculate Unit Price** The unit price of an item indicates the cost for every 1 unit of measurement. Calculate unit price by dividing the price of an item by the quantity. Round your answer to the nearest cent.

Starting Hint: Calculate the unit price (price per ounce) of the three containers of orange juice by dividing price by the number of ounces of juice that come from the container.

NCTM Number and Operations Understand numbers, ways of representing numbers, relationships among numbers, and number systems.

Math For math help, go to the Math Appendix at the back of the book.



Figure 22.4 Mixing Terms and Techniques

Mix It Up You can mix food in a variety of ways. *What is the difference between blending and creaming?*



Whip Beat fast with an electric mixer, rotary beater, or wire whip to add enough air to make the mixture fluffy.

Blend Stir until the ingredients are completely mixed.



Cream Blend until smooth and fluffy.



Stir Move the ingredients in a circular motion to mix or to prevent burning.



Toss Tumble ingredients lightly with a spoon and fork.



Combine Mix two or more ingredients together.

Beat Mix or stir quickly, bringing the contents of the bowl to the top and down again.



It is equally important to understand mixing terms. For example, do you know how to blend pudding? **Figure 22.4** illustrates basic mixing terms and techniques.

Adjust Recipes for Nutrition and Flavor

Nutrition and flavor are linked. Use proper techniques for preparing food to help keep nutrients and flavor. Nutrients can be lost during preparation. Some are destroyed by heat or by oxygen in the air. You can modify many dishes for nutrition without giving up flavor. Some recipes can be adjusted to lower the calories or fat, or increase the fiber, calcium, iron, and other nutrients. Follow these guidelines to make common recipes more nutritious and to retain nutrients:

- **Add More Vegetables** Add more cut-up vegetables to casseroles, pasta dishes, and other mixed dishes. Pare or trim as little from fruits and vegetables as possible.

- **Increase Calcium** Add calcium-fortified tofu to salads and stir-fries.
- **Reduce Fat** Use less of high-fat ingredients such as butter, margarine, salad dressing, and peanut butter.
- **Add More Fiber** Add fiber-rich dry beans and peas to soups and mixed dishes.
- **Reduce Added Sugar** Use vanilla, cinnamon, and other spices to bring out food's natural sweetness instead of using sugar.
- **Reduce Sodium** Cut down on the salt. Use herbs, spices, and citrus to enhance flavor.
- **Keep Foods Whole** Use whole or large pieces when possible.
- **Use the Correct Temperature** Cook food for the right length of time and serve it at the right temperature
- **Use the Microwave** By microwaving foods, in little or no liquid, you keep more vitamins in the food.



Balance Your Life

Look Ahead Preparation is important. If you have a big paper due at the end of a semester, it is better to work on it a little at a time than to try to cram it all into a week or a few days. If you have a school break coming up, do some extra work ahead of time so you can be carefree and relaxed during your break.



Section 22.2 After You Read

Review What You Have Learned

1. **Explain** what can greatly increase your success in the kitchen.
2. **List** five common cooking terms.
3. **Summarize** ways to save nutrients and enhance flavor.

Practice Academic Skills

 **English Language Arts**


4. Write a letter to a good friend who has requested a recipe from you. Explain how to make the dish that she or he is requesting in a step-by-step way. Include ingredients, instructions, baking time, servings, and any other information about the recipe. You might want to explain why this recipe is special to you.

NCTE 4 Use written language to communicate effectively.

 **Social Studies**

5. Think about dishes that your grandparents or family members may fix on a regular basis without using an actual recipe. Watch them cook the dish, and ask for the ingredients and instructions. Write them down on recipe cards for other members of your family, including yourself. Consider this to be a part of your family history.

NCSS IV B Identify, describe, and express appreciation for the influences of various historical and contemporary cultures on an individual's daily life.

 **Check Your Answers** Check your answers at this book's Online Learning Center at glencoe.com.

Discovering Careers

Focus on Careers in Food Science



Are you concerned with the quality of the food that you eat? Do you love to bake? If you answered yes to either of those questions, you might want to consider a future career in Food Preparation. The following chart explores several careers in the food science industry.

Career Activities

At School

1 Select two of the careers listed. Research the education, training, and work experience required for each career. Write a summary of your results.

At Home

2 Look through two or three different brands of the same type of food at your home. How are the ingredients the same? How are they different?

At Work

3 Give three examples of how technology has changed the food prepared and served in the workplace. Compare findings with your classmates.

In the Community

4 Contact and interview someone in your community who works food science industry. Ask this person to describe what his or her typical work day is like. Share what you learned with your class.

Learn More Online  glencoe.com

Career Investigations Go to this book's Online Learning Center for activities and worksheets to help you explore careers.

Job Title	Job Description
Agricultural Engineer	Applies engineering technology and knowledge of biological sciences to agricultural problems. Concerned with machinery, structures, conservation, and agricultural products' processing.
Agronomist	Studies on crop production and soil and plant sciences. Develops new methods of growing crops for more efficient production, higher yield, and improved quality.
Health Inspector	Visits food service locations to document health conditions. Evaluates areas for food safety hazards. Recommends safe food-handling practices to restaurant managers.
Food Technologist	Conducts new product research for the development of foods. Involved in the quality control, packaging, processing, and use of foods.
Food Tester	Performs tests to determine physical or chemical properties of food or beverage products. Ensures compliance with quality and safety standards.



Chapter Summary

Section 22.1 Meal Preparation

As you plan a meal, think of options that are simple and nutritious. Consider your skills, time needed, ingredients and supplies, and money when choosing your meals. Including a variety of foods in each meal makes eating more interesting and also makes it easier to get 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 and shopping information.

Section 22.2 Recipe Basics

A recipe is a list of directions for preparing a specific food. 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. Many recipes can be modified to improve nutritional value.

Words You Learned

1. Label each of these content and vocabulary terms as a noun, verb, or adjective.

Content Vocabulary

- appetizer (p. 489)
- equivalent (p. 490)
- meal patterns (p. 490)
- garnish (p. 491)
- texture (p. 492)
- vegetarian (p. 492)
- unit pricing (p. 494)
- grade labeling (p. 490)
- recipe (p. 499)
- ingredient (p. 499)

Academic Vocabulary

- complement (p. 491)
- economize (p. 491)
- assemble (p. 500)
- abbreviation (p. 500)

Review Key Concepts

2. **Identify** the food groups you should include when planning nutritious meals.
3. **Describe** the information you can find on food labels.
4. **List** the elements that can destroy nutrients in foods.
5. **Explain** the importance of following recipes.
6. **Identify** the different ways to mix food.
7. **Suggest** additions to a recipe's ingredients for better nutrition.

Critical Thinking

8. **Analyze** a cookbook recipe. Highlight food preparation terms in the recipe. What will you need to follow this recipe? What do you need to do before you start preparing this recipe?
9. **Evaluate** the variety of foods you ate yesterday. Write down everything you ate, and assess if you are eating balanced meals from each of the food groups.

Real-World Skills and Applications

Problem-Solving

10. **Obtain Information** Look through your cabinets and pantry at home to find five foods that you regularly eat. Read the labels on the products and write down information about serving size, nutritional content, calories, and the list of ingredients. Are these healthful foods? How can you tell? For the items that are not healthful, what alternatives could you add to your next shopping trip?

Interpersonal and Collaborative

11. **Host a Potluck** Do you know what a potluck is? A potluck is a meal to which each person brings one dish that is shared by everyone. Follow your teacher's directions to form groups. Plan a potluck. Choose recipes that you and your group can prepare for a meal. Come up with a plan for each person to contribute a dish for your meal. Bring your food to school and eat lunch together, sharing your recipe and the steps you took to prepare the dish.

Financial Literacy

12. **Saving at the Supermarket** There are many ways to save money on groceries, including using coupons, looking for sales, buying items in larger quantities, and switching to store or generic brands. Michael needs to make sandwiches for a picnic he is planning to attend with his basketball team. The coach gave him a budget for buying ingredients. Michael found good deals and bread and jam, but he is having a difficult time deciding which peanut butter is the best value. He can buy a 28-ounce jar for \$4.89, or a 40-ounce jar for \$5.99. The 17-ounce jars are normally \$3.50 each, but as part of an in-store sale, he can buy two of them for \$5.00. He has a coupon that will let him save 50 cents on any size jar, but he cannot use the coupon on sale items. If 1 ounce of peanut butter constitutes one serving, how can Michael get the lowest cost per serving?



13. **Recipe Round Up** It is fun to share what we like to cook or eat. Create a class cookbook by having everyone contribute a favorite recipe. Make sure that all the recipes are in a step-by-step format and use the correct abbreviations. Collect the recipes in a binder and create a decorative cover.

14. **Research Recipes** Choose a food that is somewhat common such as bread, pasta, rice, or beef. Research the origin of the food. Find recipes from the past that include that food. How have the food and its preparation evolved? Prepare a brief presentation on what you find to the class.



15. **Find an Appetizer** Snacks and appetizers are very popular, especially before dinner, at parties, or while watching sports or movies. With permission from a teacher or parent, go online to search for healthful appetizer ideas. Compile what you find and include your list in your Life Skills Binder.

Academic Skills



English Language Arts

16. **Dining Together** Write a letter to the local newspaper in your community about the importance of families eating meals together at home on a regular basis. Include examples of what families gain by eating together.

NCTE 12 Use language to accomplish individual purposes.



Science

17. **Chemical Reactions** For bread to rise and bake into a loaf, there are ingredients that are needed for the chemical reaction that allows the bread to rise. Find recipes for different types of bread that require yeast.

Procedure Determine what ingredients are needed for the chemical reaction that makes a loaf of bread.

Analysis What is the list of ingredients that are needed for the chemical reaction? How do they work together to create bread?

NSES B Develop an understanding of the structure of atoms, structure and properties of matter, chemical reactions, motions and forces, conservation of energy and increase in disorder, and interactions of matter and energy.



Mathematics

18. **Changing Recipe Yield** Daphne would like to prepare homemade granola using a recipe that calls for 4 cups of rolled oats, $1\frac{1}{2}$ cups of wheat germ, $\frac{1}{2}$ cup of almonds, $\frac{1}{2}$ cup of coconut, $\frac{1}{2}$ cup of raisins, 1 cup of honey, and $\frac{1}{4}$ cup of oil. The recipe makes 8 cups of granola, but that is too much for Daphne. Rewrite the recipe so that it yields 6 cups instead.

Math Concept

Multiplying Fractions

To multiply fractions, first convert any mixed or whole numbers to improper fractions. Then multiply all numerators to get the new numerator, and multiply the denominators to get the new denominator. Reduce to lowest terms.

Starting Hint The new recipe yields $\frac{3}{8}$, or $\frac{3}{4}$, of the original recipe. To reduce each ingredient by the same proportion, multiply each ingredient amount by $\frac{3}{4}$.

NCTM Number and Operations Compute fluently and make reasonable estimates.



Standardized Test Practice

Short Answer

Write two or three sentences to answer each question.

Test-Taking Tip Put as much information into your answer as possible. Use easy-to-read, short sentences that define key words. Also give an example that explains your answer.

19. Why do you need to learn how to read a recipe?
20. What is the advantage of planning meals for a whole week in advance?