

Skills for Living

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Topic 14-4

Cooking Smart

- In this topic, you will learn how to prepare foods with a minimum of time and a maximum of efficiency
 - ❖ **At home**
 - ❖ **At school**

Cooking Smart

Objectives for Topic 14-4

After studying this topic, you will be able to

- plan a meal management time plan at home
- demonstrate how to work as an effective team member in the foods lab

Topic 14-4 Term

❖ work plan

At Home



- The key to successful meal preparation at home lies in
 - ❖ planning
 - ❖ preparing ahead of time
 - ❖ using timesaving devices

Using a Time Plan

- Write a time plan to help coordinate your cooking schedule
 - ❖ Establish the time you want the meal served
 - ❖ Count back to decide when to start each part of the meal
 - ❖ Choose foods that have compatible oven temperatures

Making Meal Preparations

- Some dishes can be prepared or assembled the night before serving
 - ❖ soups
 - ❖ salads
 - ❖ casseroles
- Prepare several dishes at once, then freeze and reheat later

Using Computer Technologies



- Automatic timers
- Recipe software
- Web sites with recipes and cooking tips

At School

- When you prepare food at school, you learn
 - ❖ cooking
 - ❖ teamwork

Working with Others

- Limited class time must be scheduled carefully
- Plan ahead so teamwork goes more smoothly
- Know what tasks you are expected to complete and when
- Be cooperative and have a positive attitude

Planning the Lab

- A *work plan* is a detailed list of all duties that need to be completed
 - ❖ Identify who will perform each task
 - ❖ List ingredients and utensils needed
- To complete a lab,
 - ❖ make out a shopping list
 - ❖ make a time schedule
 - ❖ evaluate the lab experience

Summary for Topic 14-4

- The techniques for cooking can be used at home or at school
- At home, use a time plan and make preparations
- At school, practice teamwork and prepare a work plan