Period _____ Unit # _____ Date _____

Unit Members:

_____ _____

_____ _____

Today, you are going to make with your unit:

Crunchy Munchy Chocolate-Peanut Goop

Instructions:

1. This is a timed activity giving you 30 minutes to read and follow directions, prepare the recipe and clean-up.
2. You will work only as a group without discussing the recipe with the teacher or other classmates.
3. **ONE** person will bring a tray to gather the supplies at the supply table; bring own equipment to measure in. **NO** supplies in their own container will leave the supply table. **Only one trip to Supply Table. Whatever you take—YOU eat.**
4. Complete the recipe as instructed and then answer the questions on the back together as a unit. ***No ingredient should be measured in excess of 2 cups!***
5. Evaluations will be made on the finished product. Place one goop on paper plate according to unit number.
6. Clean up the unit and have checked before leaving. All utensils and equipment must be placed in their place clean and dry.

Crunchy Munchy Chocolate-Peanut Goop

Ingredients:

3 dribbles of light corn syrup
2 scoops brown sugar
1/2 dit-dot salt
1 large blib peanut butter
5 blobs crisp rice cereal
2 handfuls cornflakes, slightly crushed
5 smidgens semisweet chocolate pieces
1 ittsy-bits vanilla

Directions:

1. Boil corn syrup, brown sugar, and salt.
2. Stir in peanut butter and remove from heat.
3. Add both cereals, chocolate pieces and vanilla.
4. Glump into a pan and let stand on counter or chill in the refrigerator.

Points Graded:

Followed instructions correctly	(10)		
Completed in 30 minutes	(10)		
Evaluations on finished product	(10)		
Answers question completely	(10)		
Clean up with everything in order	(10)		
TOTAL POINTS POSSIBLE	50	_____ Student points	_____ Teacher points

Evaluation

1. Do you feel this is a reliable recipe? Why or why not?

2. What did you see as all the groups prepared their product?

3. Record at least three things you learned, as you prepared Crunchy Munchy Chocolate-Peanut Goop

   a.

   b.

   c.

4. Do you feel this was a positive experience? Why or why not?

5. Would you recommend this recipe to someone? Why or why not?

6. Did you enjoy the finished product? Why or why not?

Name (first & last) _____
Class Period _____

MEASUREMENTS, EQUIVALENTS AND ADJUSTMENTS WORKSHEET

Family and Consumer Sciences

Fill in the blank using the information found in class, textbooks, handouts, etc.

1. 3 tsp. = ____ T.
2. 1 pt. = ____ c.
3. 2 c. = ____ lb. Butter
4. 1 c. = ____ T.
5. 1/2 c. = ____ T.
6. 1/3 c. = ____ T. + ____ tsp.
7. 1/4 c. = ____ T.
8. 2/3 c. = ____ T. + ____ t.
9. 3/4 c. = ____ T.
10. 2 sticks butter = ____ c.
11. 2 1/4 c. sugar = ____ lb.
12. 4 c. = ____ lb. Flour
13. _____ tsp. = _____ tbsp.
14. _____ tbsp.. = _____ cup

What are the abbreviations for the following words?

1. tablespoon ____ or ____
2. teaspoon ____ or ____
3. speck ____
4. pint ____
5. quart ____
6. gallon ____
7. cup ____
8. ounce ____
9. pound ____ or ____
10. hour ____
11. minute ____
12. square ____

What are the degrees in Fahrenheit for the following:

1. Very hot _____
2. Hot _____
3. Moderate _____
4. Slow _____
5. Very Slow _____

What are the tests for doneness for the following:

1. Cake _____
2. Pancakes _____
3. Bread Dough _____
4. Rice _____
5. Spaghetti _____

6. Baked potatoes _____
7. Baked bread _____
8. Baked rolls _____
9. Cookies _____

Liquid vs. Dry Ingredients

How would you measure the following? (Dry measuring cups, liquid measuring cups or measuring spoons?)

1. Flour: _____
2. Sugar: _____
3. Brown sugar: _____
4. Shortening, butter, peanut butter: _____
5. Oil: _____
6. Baking soda: _____

Changing a recipe to fit your needs

Using the chocolate chip recipe given below, change the measurements, so that the recipe is doubled and then change the measurements so the recipe is halved.

Halved	Ingredients	Doubled
_____	2/3 c. shortening	_____
_____	2/3 c. butter	_____
_____	1 c. sugar	_____
_____	1 c. brown sugar	_____
_____	2 eggs	_____
_____	3 c. flour	_____
_____	1 tsp. baking soda	_____
_____	1 tsp. salt	_____
_____	12 oz. chocolate chips	_____
_____	½ c. nuts (optional)	_____

Instructions: Cream shortening, butter, sugar and brown sugar. Add eggs and mix well. Add dry ingredients and mix in. Add chips and nuts; mix. Drop onto cookie sheet. Bake at 350 degrees for 8-10 minutes.

Match up the measuring technique

Match each description on the right with the correct ingredient on the left.

_____ 1. Vanilla
_____ 2. Flour

A. Spoon into a dry measuring cup and level.
B. Cut on the printed lines of the wrapper if in stick form. Pack into dry measuring cup and level if wrapper does not have measurement lines.

_____ 3. Brown Sugar

_____ 4. Margarine

_____ 5. Molasses

_____ 6. Granulated Sugar

_____ 7. Milk

_____ 8. Shortening

_____ 9. One-half egg

_____ 10. Baking Soda

_____ 11. Confectioner's Sugar

C. Sift to remove lumps. Spoon lightly into a dry measuring cup and level.

D. Beat. Measure with a tablespoon.

E. Smash all lumps. Measure with a measuring spoon and level.

F. Hold the measuring spoon over a bowl to catch any that may spill over. Pour into the measuring spoon.

G. Spoon ingredient into a dry measuring cup and firmly pack. Level.

H. Pack into a dry measuring cup so no air bubbles remain. Level and remove using a rubber scraper.

I. Set liquid measuring cup on a level surface. Pour in liquid and check measurement at eye level.

J. Sift. Spoon into a dry measuring cup and level the extra amount back into the container or onto a piece of wax paper.

K. Pour into a liquid measuring cup that is on a level surface. Bend down and check at eye level. Use a rubber scraper to remove.

Revised by: M. Mortensen, 2013

Name _____ Unit _____ Period _____ Date _____

BASIC COOKING TERMS

_____ 1. Bake

_____ 2. Barbecue

_____ 3. Beat

_____ 4. Blend

_____ 5. Boil

_____ 6. Broil

_____ 7. Brown

_____ 8. Brush

_____ 9. Cook

_____ 10. Cream

_____ 11. Cut In

_____ 12. Chop

_____ 13. Dice

_____ 14. Flour

_____ 15. Fold in

_____ 16. Garnish

_____ 17. Grate

_____ 18. Knead

_____ 19. Mince

_____ 20. Peel

_____ 21. Roll

A. To cut into very small cubes.
B. To cook over, under, or in front of hot coals or a gas or electric burner, or other form of direct heat.
C. To mix ingredients by gently turning one part over another with a spatula.
D. To finely divide food in various sizes by rubbing it on a grater with sharp projections.
E. To make mixture smooth by lifting it over and over quickly with a big beating stroke or to incorporate air through the mixture.
F. To beat sugar and fat together until fluffy.
G. To prepare food by applying heat in any form.
H. To ornament food – usually with another colorful food – before serving to add eye appeal.
I. To mix two or more ingredients together until well combined.
J. To remove or strip off the skin or rind of some fruits and vegetables.
K. To cut or chop food as finely as possible.
L. To cook by dry heat, usually in an oven.
M. To sprinkle or coat with a powdered substance, usually with crumbs or seasonings.
N. To work dough with the "heel" of the hands, using a pressing motion, accompanied by folding and stretching until smooth and elastic.
O. To cook in water or liquid in which bubbles rise continually and break on surface.
P. To cut fat into flour with two knives, or a pastry blender, until it is distributed in small particles throughout the mixture.
Q. To coat food with butter, margarine, or egg - using a small brush.
R. To bake, dry, or toast a food until the surface is brown.
S. To roast meat slowly on a spit rack or rack over heat – basting frequently with a seasoned sauce.
T. To cut into small pieces.
U. To cook below the boiling point, bubbles form slowly and break on the surface.
V. To beat rapidly to introduce air bubbles into food. Applied to cream, eggs, and gelatin.

_____ 22. Saute

_____ 23. Season

_____ 24. Simmer

_____ 25. Steam

_____ 26. Stir

_____ 27. Toss

_____ 28. Whip

W. To mix by using circular motion, going around and around until blended.
X. To cook in the steam generated by boiling water.
Y. To flatten to a desired thickness by using a rolling pin.
Z. To cook in a small amount of fat.
AA. To add salt, pepper, or other substances to food to enhance the flavor.
BB. To mix ingredients lightly without mashing or crushing them.

Name _____ (1 point)
Class Period _____

Measurements Quiz

Conversions (1 point each)

1. 2 sticks of butter = _____ c.
2. 3 tsp. = _____ T
3. 1 c. = _____ T
4. 2 c. = _____ pt.
5. ½ c. = _____ T

Tests for doneness (1 point each)

6. Rice:

_____

7. Baked rolls:

_____

8. Baked potatoes:

_____

In your own words, define the following cooking terms: (1 point each)

9. Mince:

_____

_____

10. Broil:

_____

_____

11. Simmer:

_____

_____

12. Saute':

_____

_____

13. What are the common measurements in a set of dry measuring cups? (4 points)

_____

_____

14. How would you measure 2/3 cup? (Write the two different cups you would need to use in order to achieve that measurement, 1 point)

_____