

Teacher's Notebook: Refrigerator/Freezer Thermometer – It is a good idea to have a refrigerator/freezer thermometer to help reduce potential spoilage if the refrigerator temperature rises above 40° F or the freezer temperature rises above 0° F. The thermometer should be placed near the front and top of the freezer. An accurate temperature can be read after the thermometer has been positioned there for more than six hours without the door opening. Temperature adjustments using refrigerator and freezer temperature regulators can be made based on the accurate thermometer reading. (p. 211)

Do the Reteaching exercise for Section 7-4.

Read the Extending Learning exercise for Section 7-4 about wrapping food for the freezer. The Following Up assignment is not required.

Day 5

Read “Conserving Natural Resources,” p. 216-221.

Read the Extending Learning exercise for Section 7-5. The Following Up exercise is not required.

Week Eleven

Day 1

Reminder: Checking Your Knowledge at the end of each chapter should be done in your notebook.

Study for a test on Chapter 7. Read the Summary on p. 222. Study the terms and definitions in your notebook. Review the exercises and quizzes you have done. Tomorrow you will take the test.

Day 2

Today you will do the at-home Chapter 7 Test found in the Course Manual. This test is not open-book. This test should be graded at home by the parent/teacher using the Answer Key provided in the back of the Course Manual. The grade should be recorded on the Second Quarter Report Form.

Day 3

Recipe Skills: Read “Recipe Basics,” p. 225-227.

Teacher's Notebook: Culinary historians estimate that the first known cookbook existed 2300 years ago! (p. 226)

Do the Extending Learning exercise for Section 8-1.

Do you have a favorite family recipe? Do you have your own copy of it? This would be a good time to make a copy. When writing it down, use the easy-to-follow format shown on page 226 to organize the information. If this recipe is an old one passed down from your great-grandmother, you may not have the nutritional information to record on your copy.

Day 4

Read "Measuring Ingredients," p. 228-235.

Throughout the textbook you will see many recipes. Try some of them. They are delicious and healthy!

Teacher's Notebook: Equivalents – Here are the equivalents of some basic foods, before and after preparation:

1 cup dry beans or pasta = about 2 cups cooked

1 slice bread = ¾ cup soft or ¼ cup fine dry crumbs

¼ pound cheddar cheese = 1 cup grated

1 medium apple = 1 cup sliced

1 medium orange = 1/3 cup juice

1 medium onion = ½ cup chopped

1 pound raw chicken breast = 2 cups cooked, chopped (p. 229)

Do the Reteaching exercise for Section 8-2.

Read the Extending Learning for Section 8-2. This is a great resource to add to your cookbook, either in a book or on the computer!

Day 5

Do Quiz 8-2.

Read "Changing a Recipe," p. 236-241. The Ingredient Substitutions chart on p. 239 is a very helpful list to have. You may want to copy the information and keep it inside of a cookbook for future reference.

Do the Extending Learning exercise for Section 8-3.

Week Twelve

Day 1

Read "Preparation Tasks," p. 242-249. Do you cook often? Do you help in the preparation of foods? In many recipes, the food preparation takes the most time. It is important that you use the correct kitchen tool for the job. As you are studying about the different kitchen utensils, ask you mom or dad to help you to locate those items in your kitchen. How can you help with the food preparation for today's meals?

Do the Reteaching exercise for Section 8-4.