

MORE MEALS AT HOME

BASIC KITCHEN TOOLS

Draw a line to match each kitchen tool with its name.



- Liquid Measuring Cup
- Dry Measuring Cups
- Measuring Spoons
- Cutting Boards
- Knife
- Mixing Bowls
- Can Opener
- Grater
- Peeler
- Colander
- Cooking Utensils
- Pots
- Pans
- Baking Pan
- Food Thermometer
- Pot Holders / Hot Pad
- Scrubber

LIQUID MEASURING CUP

Use a clear measuring cup to measure liquid ingredients.

Check at eye level to make sure the correct amount is measured.
Liquid should just touch the measurement line.



DRY MEASURING CUPS

Use dry measuring cups to measure dry ingredients.

Powdery dry ingredients should be spooned into measuring cups and leveled using the straight edge of a knife. Other dry ingredients can be scooped.



MEASURING SPOONS

Use measuring spoons to measure small amounts of ingredients.



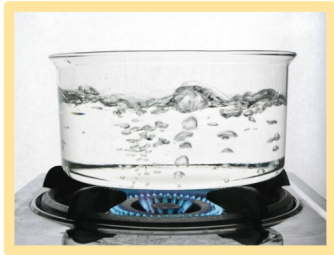
RECIPE SUCCESS



1. Read over recipe.
2. Clear work area.
3. Set out ingredients and supplies.
4. Prepare and measure ingredients.
5. Make recipe!

COOKING TERMS

Write the letter to match each cooking term.



A



B



C



D



E



F



G



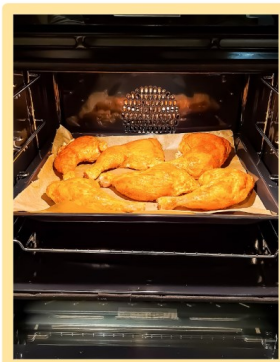
H



I



J



K



L



M



N

- ___ Bake/roast
- ___ Beat
- ___ Boil
- ___ Crush
- ___ Dice
- ___ Drain
- ___ Knead
- ___ Marinate
- ___ Peel
- ___ Poach
- ___ Shred
- ___ Sift
- ___ Slice
- ___ Stir-fry

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MORE MEALS AT HOME

What is one new skill or technique you learned in this lesson about preparing meals, and how do you plan to use it the next time you help make a meal at home?
