1. Know how to properly operate the kind of stove you have in your home. Know how to put out an oil or grease fire on your stove.

Know how to prevent such a fire.

Know safety precautions while cooking, including consideration of small children.

2. Know how to properly use
   a. Measuring spoons
   b. Measuring cups
   c. An electric mixer
   d. A blender
   e. Food processor.

3. What is meant by
   boiling ________________________________
   ________________________________
   ________________________________
   ________________________________
   ________________________________
   ________________________________
   ________________________________
   ________________________________
   ________________________________
   ________________________________
   ________________________________
   ________________________________
   ________________________________
simmering _________________________________________________

__________________________________________________________

waterless cooking ___________________________________________

__________________________________________________________

microwave cooking __________________________________________

__________________________________________________________

Which are the most healthful ways of preparing common foods?

__________________________________________________________

__________________________________________________________

Which are the most unhealthful ways?

__________________________________________________________

__________________________________________________________

4. Demonstrate your ability to properly prepare two different kinds of hot cereal, a healthful hot drink, and cook eggs in two different ways other than frying.

Methods

Hot cereal  1. ____________________________  2. ____________________________

Hot drink  1. ____________________________  2. ____________________________

Eggs  1. ____________________________  2. ____________________________

5. Prepare potatoes healthfully by two different methods.

1. ____________________________  2. ____________________________

6. Cook three other vegetables in the most healthful way.

Vegetables  Method cooked

1. ____________________________  ____________________________

2. ____________________________  ____________________________

3. ____________________________  ____________________________

7. Prepare a simple salad.

Why do we need fresh salads in our diet?
8. Know the food pyramid guide.

   Why is it important that we follow the food pyramid guide in our diet every day?

   __________________________________________________________
   __________________________________________________________

   Make a chart for one week of the foods you eat to see if you are following the food pyramid guide. (Complete Meal Chart)

9. Set the table properly for your family for an evening meal.

   Serve a balanced meal that you have planned and prepared as much as possible by yourself. Include main dish, vegetable, and salad.

   Main dish __________________________________________________
   Vegetable _________________________________________________
   Salad _____________________________________________________
   Additional items ____________________________________________

10. Follow a recipe correctly in making a vegetarian entree or a vegetable casserole.

    Recipe ____________________________________________________

11. Start a recipe file of your own. Put into it 10 recipes of dishes you have personally prepared from entrees, vegetables, salads, and beverages.
Make a chart for one week of the foods you eat to see if you are following the food pyramid guidelines.

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
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<th>Day 4</th>
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<td>MORNING</td>
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Cooking, Advanced

1. Have the Cooking Honor.

2. How many cups make a quart? (How many mls to make a liter?)

   How many table spoons to a cup?

   How many teaspoons to a table spoon?

3. Prepare two main casserole dishes using macaroni, noodles, beans, or rice.
   - Macaroni
     1. ___________________________  2. ___________________________
   - Noodles
     1. ___________________________  2. ___________________________
   - Beans
     1. ___________________________  2. ___________________________
   - Rice
     1. ___________________________  2. ___________________________

4. Prepare two different vegetable casserole dishes.
   1. ___________________________
   2. ___________________________

5. Prepare two kinds of salad.
   1. ___________________________
   2. ___________________________

How are salads kept crisp?
6. Know the difference in food value between whole milk, lowfat milk, and non-dairy milk.

Whole milk ________________________________________________________________

Lowfat milk ________________________________________________________________

Non-dairy milk ________________________________________________________________

7. Prepare a balanced breakfast using the food pyramid guide.

Menu ________________________________________________________________

8. Prepare a vegetarian entree dish.

Entree ________________________________________________________________

9. Plan menus for one week, choosing at least three dishes in which leftovers may be used. (Complete Meal Chart)

Leftovers
1. __________________________ 2. __________________________
3. __________________________

10. Prepare a balanced meal using a vegetarian entree, a vegetable casserole, and a salad.

Vegetarian entree ________________________________________________________________

Vegetable casserole ________________________________________________________________

Salad ________________________________________________________________

Additional items ________________________________________________________________

11. Know several reasons why vinegar is unhealthful.

______________________________________________________________

______________________________________________________________

______________________________________________________________
12. What does caffeine do to the body?

List five foods that contain caffeine.

1. 
2. 
3. 
4. 
5. 

13. Have 25 recipes of personally-prepared dishes, not more than five of which are candies or desserts.
Cooking, Advanced—Meal Chart

Plan menus for one week, choosing at least three dishes in which leftovers may be used.

<table>
<thead>
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<th>Day of the Week</th>
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<th>EVENING</th>
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