



\_\_\_\_\_  
Pathfinder's Name

## Cooking

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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 \_\_\_\_\_

broiling \_\_\_\_\_

frying \_\_\_\_\_

baking \_\_\_\_\_

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?

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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.

# Cooking—Meal Chart

Make a chart for one week of the foods you eat to see if you are following the food pyramid guidelines

	MORNING	AFTERNOON	EVENING
Day 1  <u>day of the week</u>			
Day 2  <u>day of the week</u>			
Day 3  <u>day of the week</u>			
Day 4  <u>day of the week</u>			
Day 5  <u>day of the week</u>			
Day 6  <u>day of the week</u>			
Day 7  <u>day of the week</u>			

## 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 left overs 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 caserole \_\_\_\_\_

Salad \_\_\_\_\_

Additional items \_\_\_\_\_

- 11. Know several reasons why vinegar is unhealthful.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

12. What does caffeine do to the body?

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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.

	MORNING	AFTERNOON	EVENING
Day 1  <u>day of the week</u>			
Day 2  <u>day of the week</u>			
Day 3  <u>day of the week</u>			
Day 4  <u>day of the week</u>			
Day 5  <u>day of the week</u>			
Day 6  <u>day of the week</u>			
Day 7  <u>day of the week</u>			