**Week 5 Assignment: Cooking Terms and Use**

This week you MUST do #1 and #2. This week you do NOT need to choose any additional items on the board, but please keep taking care of yourselves. Share this submission form ONE TIME at the end of the week when ALL activities are completed.

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| --- | --- | --- | --- | --- |
| #1 | #2 | #3 | #4 | #5 |
| REQUIRED  Terms Vocabulary | REQUIRED  Using Proper Terms in a Recipe | Get Active | Meal Time Help | Take Care of Yourself |

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| #1 – What Does That Mean? Use the PowerPoint posted on the website to define the vocabulary listed below.    #2 – Fix It – Read through recipes and fill in the blanks using the terms you defined.  #3 – Get Active: 20 minutes of your favorite physical activity. Get that heart rate up and have some fun.  \*Write a paragraph (minimum 5 sentences) about what you did for this activity. Include how you felt before, during and after completing the activity. Do this on the submission form.  #4 – Meal Time Help: Choose 2 days to offer help during a meal. For example, set the table, assist in making the meal, clear the table, load the dishwasher/wash the dishes, or put away leftovers.  \* Write a paragraph (minimum 5 sentences) about what you did to help for this activity. Do this on the submission form.  #5 – Take Care of Yourself: 20 minutes of an activity that lowers your stress/anxiety level. For example, color/draw, read for fun, Sudoku, cross-words, etc. NO SCREENS  \*Write a paragraph (minimum 5 sentences) about what you did for this activity. Include why you chose the activity and how you felt before, during and after the activity. Do this on the submission form. |

COOKING/PREPARATION TERMS - DUE DATE: MAY 3rd at 10 pm!

\*\*You will share this document with me in google drive once you’ve completed the week’s tasks (DO NOT send me separate submissions please and thank you)

**Name: Grade Level:**

**REQUIRED TASKS #1 and 2: TERMS VOCABULARY AND PROPER USAGE**

Review the posted Terms PowerPoints, you will need to google the last 5.

Then define these vocabulary terms:

1. Grease—
2. Simmer –
3. Cream –
4. Fold –
5. Melt –
6. Boil –
7. Grate –
8. Fry –
9. Preheat –
10. Chop –
11. Toss –
12. Slice –
13. Brown –
14. Dice –
15. Blend –
16. Season –
17. Stir –
18. Bake –
19. Mince –
20. Beat –
21. Tenderize –
22. Garnish –
23. Marinate –
24. Bread –
25. Julienne –

Using those terms correctly based on their definition can sometimes be tough. Read through the 2 recipes below and plug in the missing cooking term based on the definition you listed above.

Recipe #1:

Chicken Quesadilla

**Ingredients:**

1 chicken breast

½ pkg. taco seasoning

1 tortilla per person

¾ c Colby jack shredded cheese

**Directions:**

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ chicken in to long thin strips then cut into small pieces.
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ chicken with salt and pepper, then cook over medium high heat until no longer pink.
3. Add 1/3 cup water and taco seasoning. Cook until most of water is evaporated.
4. While chicken is cooking, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ one side of tortillas with cooking spray.
5. Top tortilla with shredded cheese and cooked, seasoned chicken on one half and fold over.
6. Place into heated pan to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ on one side, then turn over to \_\_\_\_\_\_\_\_\_\_\_ other side.
7. May \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ with extras like sour cream, salsa and vegetables if desired.

Recipe #2

Chicken Alfredo

**Pasta:**

6oz Fettuccine Noodles

Fill Dutch oven 2/3 full with water. Place lid on top and bring water to a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ over high heat.

When bubbles rise to the top, remove lid and put in noodles. Reduce heat to medium high and continue cooking for 8-10 min until al dente.

Drain noodles in colander and serve immediately.

**Sauce:**

1c milk

1pkg seasoning

3T butter

\_\_\_\_\_\_\_\_\_ milk into seasoning until well combined and add butter.

Stirring frequently, cook over medium heat until sauce boils. Reduce heat to low and \_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2 min. Sauce will thicken as it stands.

**Chicken:**

1 ½ large chicken breasts, sliced

Cut chicken breast into ½” thin strips.

\_\_\_\_\_\_\_\_\_\_\_ chicken in a small amount of fat, over medium heat until no longer pink.

DO NOT brown the chicken.

When cooked, add to sauce to keep warm until pasta is done cooking.

Mix the warm Alfredo sauce and chicken into the noodles and serve.