

Topics

Safety & Sanitation

Reading a Recipe

Measurements

Cooking Terms

Kitchen Equipment

Microwave

Nutrition

Fruit/Minerals

Vegetables/Vitamins

Protein

Dairy

Carbohydrates

Rice & Pasta

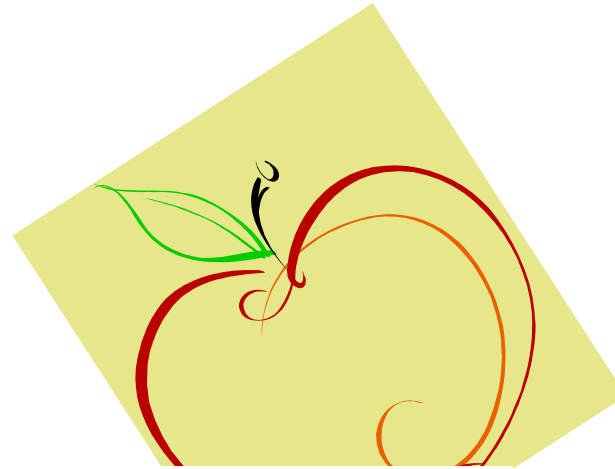
Quick & Yeast Breads

Fats & Oils

Student Demonstrations

Cook Books

State Review & Test



CTE Courses do not discriminate on race, color, national origin, gender or disabilities.

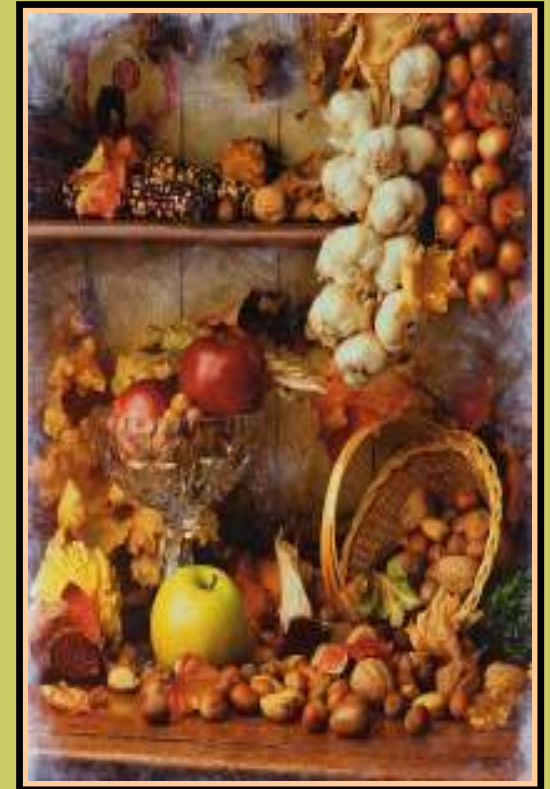
Contact Ms. Bobbie Newbury at
bnewbury@alpine.k12.ut.us

Phone Number: 801-763-7010



no cell phone policy is enforced

Foods I
9th grade



Foods I

- ◆ Learn equivalents and how to measure ingredients properly
- ◆ Recognize and name kitchen equipment



- ◆ Understand proper cooking terms (sauté, simmer, fold, pare, chop, cut in, etc.)

- ◆ Identify Dietary Guidelines

- ◆ Identify major nutrients, their sources and their functions

- ◆ Read and compare food labels

- ◆ Identify parts of My Pyramid and the daily recommended servings



Recipes Cooked

Fruit Pizza
Rolo Cookies
Mystery Lab
Pineapple Upside Down Cake
Pumpkin Pancakes & Buttery Syrup
Spanish Rice & Quesadillas
Apple Turnovers & Smoothies
Orange Marmalade Muffins
Chicken Stir Fry
Chicken Broccoli Alfredo
Stromboli
Sopapillas & Honey Butter
Student Demo Recipes
and many more....



- ◆ Kitchen safety tips

- ◆ Learn about food borne illnesses and prevention

- ◆ Prepare simple, nutritious and inexpensive meals for my family

- ◆ Safely operate kitchen equipment and appliances



Delicious and fun!