

S1 Home Economics

Unit 2 Food Preparation



Name: _____

Class: _____

Can you Name the Equipment?

Can you identify the basic kitchen equipment?



Equipment

Look at the range of equipment on display numbered 1-20, then write the name of one in the first column. In the second column make suggestions for their use.

Item Number	Name of Equipment	Possible uses for the Equipment
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		

14		
15		
16		
17		
18		
19		
20		

Knife Skills

Basics

1. What do you do to prevent a chopping board from slipping?
2. Two grips are used in Practical Cookery when preparing fruit, vegetables and meat.

a) What grip do you call this?



b) What grip do you call this?



3. Why are these "grips" used when preparing ingredients?

4. Label the following equipment

Name

Use



Name

Use



Name

Use



Name

Use



Safety

5. How should you would carry a knife?
6. What should you do when passing a knife to another person?
7. How would you wipe the blade of a knife?

Sharpening

8. Why should you always work with a sharp knife?

Cleaning and Storage

9. Explain how you clean your knives.
10. How should you store your knives?

Electrical Equipment

Equipment such as food processors and mixers can be used instead of your hands when making food products..



Food Mixer



Food Blender



Food Processor



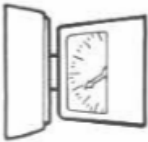


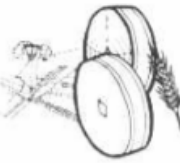

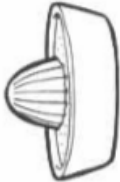




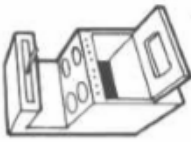



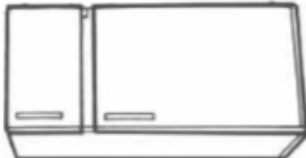
Hand Blender

Why do you use electrical equipment for preparing and cooking food?

What **safety rules** that must be followed when using **electrical equipment** in the school Home Economics room or at home?


Processes

Can you complete each process so each one has a picture, a name and an example of a food which uses it.

	weighing	<input type="text"/>		mixing	<input type="text"/>
	washing	<input type="text"/>		milling	<input type="text"/>
	peeling	<input type="text"/>		squeezing	<input type="text"/>
	fry	<input type="text"/>			<input type="text"/>
	microwave	<input type="text"/>			<input type="text"/>
	roast	<input type="text"/>		grill	<input type="text"/>
	boil	<input type="text"/>			<input type="text"/>
					

Kitchen Equipment and Cooking Skills

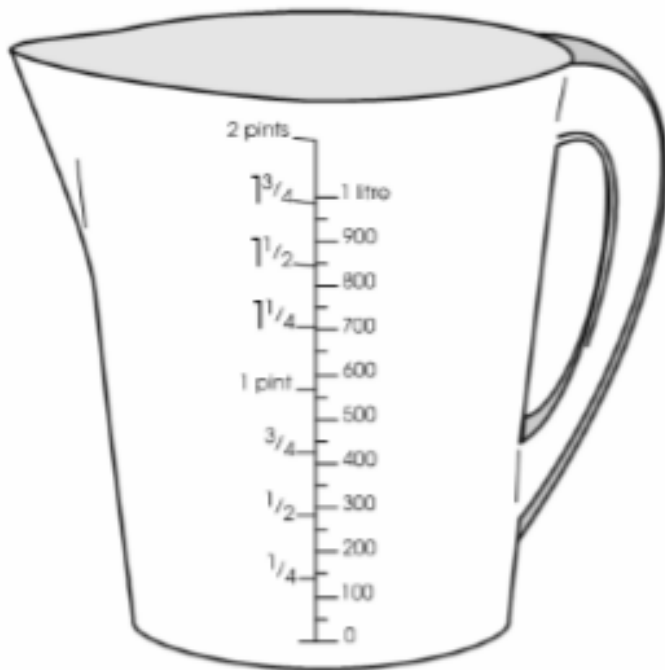
Fill in the blanks with the correct kitchen equipment and cooking skills. Use the word bank to help you.

<p>I use</p> 	a _____	<p>to</p>	cook a stir-fry.
	a grater		_____ cheese.
	a _____		roll out pastry.
	_____		pick up hot foods.
	a saucepan		_____ potatoes.
	a _____		serve soup.

boil ladle grate

rolling pin wok tongs

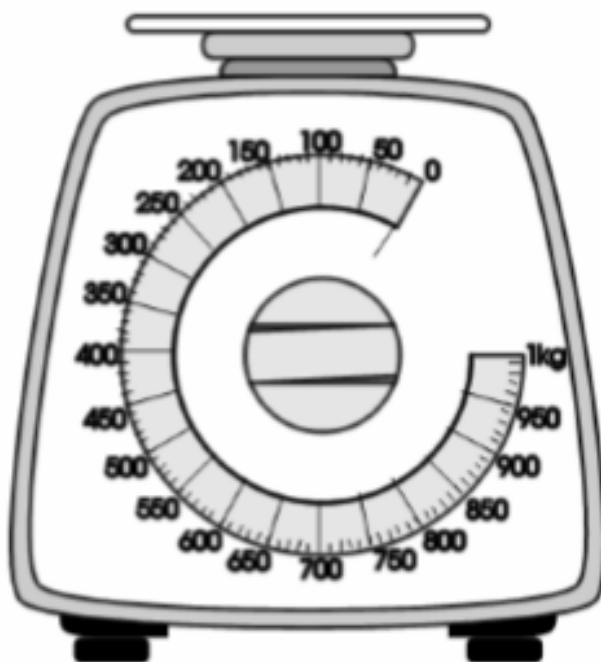
Weighing and Measuring



Measuring liquids

Can you measure ...

- 50ml
- 350ml
- 625ml
- 875ml



Weighing ingredients

Can you weigh ...

- 50g
- 350g
- 620g
- 880g

How accurate were you?

Weighing and Measuring

Look at the table below that details the equipment used to weigh and measure each ingredient used to make the Sweet Potato & Lentil Soup and the Savoury Scones.

Amount	Ingredients used for Sweet Potato and Lentil Soup	Equipment Used
150g	Sweet potato (prepared weight)	
50g	Onion (prepared weight)	
5g	Fresh chilli (prepared weight)	
50g	Lentils	
10ml	Sunflower oil	
$\frac{1}{2}$	Vegetable stock cube	
50ml	Coconut milk	
Pinch	Salt and pepper	
15ml	Single cream	
5ml	Chopped chives (prepared weight)	

Amount	Ingredients used for Savoury Scones	Equipment Used
25g	Smoked bacon	
25g	Cheddar cheese	
100g	Plain flour	
5ml	Baking powder	
25g	Block margarine	
70ml	Milk	

