

Preparing for Life and Career © 2013

Chapter 19: Getting Ready to Cook

Tools:

- Printer
 - 8.5" x 11" paper
 - Scissors
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Directions:

1. Print
 2. Fold paper in half vertically
 3. Cut along dashed lines
-
-
-
-



appliance

Piece of equipment run by gas or electricity that is used to store, process, or cook food.

- FOLD -

01 of 18 E-Flash Cards



bacteria

One-celled organisms that live in soil, water, and the bodies of plants and animals.

- FOLD -

02 of 18 E-Flash Cards



bakeware

Items used to cook food in an oven.

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03 of 18 E-Flash Cards



contaminants

Harmful substances.

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04 of 18 E-Flash Cards

convection oven

A conventional oven with the addition of a fan that circulates the hot air.

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05 of 18 E-Flash Cards



cookware

Pots and pans used on top of the range.

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06 of 18 E-Flash Cards



cross-contamination

Bacteria transferred to food by people, insects, rodents, pets, unclean utensils, or other unsanitary objects.

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double boiler

A small pan that fits inside a larger pan used for cooking delicate foods.

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foodborne illness

Sickness caused from eating contaminated food.

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kitchen utensil

A handheld, hand-powered tool used to prepare food.

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microwaves

High-frequency waves used to cook food.

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multitasking

Accomplishing more than one task at a time.

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12 of 18 E-Flash Cards

sanitation

The process of making conditions clean and healthy.

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skillets

Kitchen utensils used for panfrying, panbroiling, and braising foods. Also called *frying pans*.

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superheating

Heating liquid beyond its boiling point with no bubbles being produced.

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temperature danger zone

Temperatures between 40°F and 140°F, where bacteria multiply rapidly and the risk for foodborne illness increases.

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16 of 18 E-Flash Cards

work plan

A list of preparation tasks, who is assigned each task, the time each task should be performed, and the equipment or supplies needed.

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17 of 18 E-Flash Cards



work triangle

The area in the kitchen between the refrigerator, sink, and range.

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18 of 18 E-Flash Cards



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