

Future Christian Homemakers' Handbook

INDEX & SKILLS LIST - COOKING

Lesson One - Eggs

Crack eggs
Beat eggs
Measure liquids
Cook two recipes using eggs
Write a breakfast menu
Work safely in the kitchen

Lesson Two - Introduction to Baking

Use oven safely to bake muffins
Measure dry ingredients correctly
Mix dry & liquid ingredients by hand
Introduce teaspoon & tablespoon

Review:

Measuring liquids (Lesson 1)
Kitchen safety (Lesson 1)

Lesson Three - Quick Breads

Grease a pan
Differentiate between baking soda & b. powder
Cream butter using portable electric mixer
Recognize abbreviations for cup, T. & t.
Test quick bread for doneness

Review:

Measuring dry ingredients (Lesson 2)

Lesson Four – Yeast Breads

Work with yeast
Knead & shape bread dough
Test yeast bread for doneness

Review:

Measuring dry & liquid ingredients
(Lessons 1-3)
Leavening (Lesson 3)

Lesson Five - Cake Baking & Decorating

Grease and flour a pan
Make a cake from scratch
Alternate adding wet & dry ingredients
Frost a cake

Review:

Using an electric mixer to cream butter
(Lesson 3)
Difference between baking soda & powder
(Lesson 3)

Lesson Six – Ground Beef Meals

Practice safe handling & storage of raw meat
Prepare meatballs or meatloaf
Use a master recipe with variations
Use a meat thermometer

Review:

Oven safety (Lesson 2)
Abbreviations: C., T. & t. (Lesson 3)

Lesson Seven – Chicken

Safely handle raw poultry
Identify parts of a chicken
Dredge raw chicken in flour mixture
Bake “oven-fried” chicken
Use herbs and spices

Review:

Oven safety (Lesson 2)

Lesson Eight – Microwave Cooking

Use a microwave oven safely
Prepare a microwave recipe
Use microwave cooking techniques

Review:

Safely handling raw poultry (Lesson 7)

Lesson Nine – Casseroles

Prepare a casserole
Plan a well-balanced dinner menu
Table setting and table manners
Identify dietary guidelines

Review:

Safely handling raw meat (Lesson 6)
Writing a menu (Breakfast – Lesson 1)

Lesson Ten – Fruit

Identify different types of fruit
Thicken liquids with cornstarch
Cook a fruit dessert
Create fruit centerpieces and garnishes

Review:

Food Guide Pyramid (Lesson 9)
Safely using sharp utensils (Lesson 1)

Lesson Eleven – Vegetables

Identify different vegetables
Prepare vegetables in a variety of ways
Learn terms: Dice, chop, mince, cube
Create vegetable centerpieces

Review:

Food Guide Pyramid (Lesson 9)
Safely using sharp utensils (Lesson 1)

Lesson Twelve – Cookies

Recognize different ways to prepare cookies
Make at least one type of cookie

Review:

Correctly measuring flour (Lessons 2 & 3)
Creaming butter (Lesson 3)