



## Activity: Crossword Puzzle

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At the end of the educational lesson, pass out a copy of the puzzle for each student to complete. Give them 7 minutes to try and complete it without notes, if they still aren't done with the puzzle once the 7 minutes are over, allow them to use their notes.

OR

### Preparation Steps Activity

Hand out the recipes that are attached on page 5. Allow the students to work in groups of 3 to 4 and have them put the steps of preparation in order.

OR

### Ingredients Food Preparation

Give the children a list of ingredients from a recipe and work in small groups of 3 to 4 to determine what methods of food preparation they would use and why.

## Reflection:

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- List 3 or more methods of food preparation, and explain what each of them are.
- List at least 3 steps for healthy and clean food preparation.
- Why is having clean hands while in the kitchen important?

## References

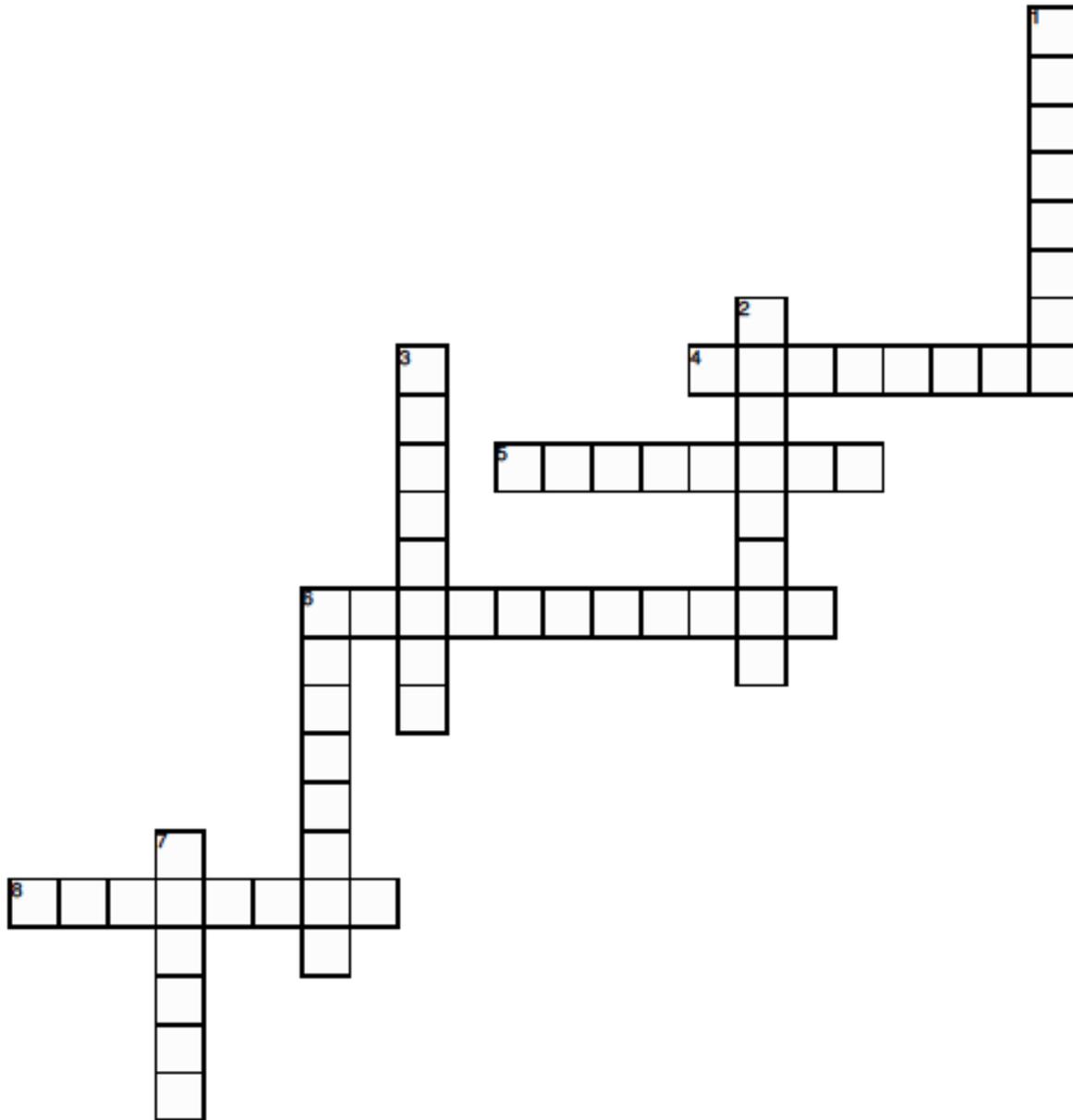
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Name: \_\_\_\_\_

# Food Preparation

Complete the crossword below



Created on [TheTeachersCorner.net](http://TheTeachersCorner.net) Crossword Maker

## **Across**

4. rack is above the heat source
5. this method is like baking but in higher temperature
6. traditional Asian method
8. the simplest method

## **Down**

1. gently simmer ingredients in water or broth until tender
2. rack is below the heat source
3. browning ingredients first then letting it slowly cook in liquid
6. cooks food quickly in a small amount of oil
7. placing food into the oven



# CHICKEN PARMIGIANA

## Directions

1. Get the breaded chicken into the hot oil to pan fry on the first side for about 3 minutes to let it get super crisp and golden. Flip then over to get just as crispy and golden on the other side for another 3 minutes, then remove them to a plate lined with paper towel to blot them.
  2. Once the breading line is set up fill a cast iron skillet with about an inch and a half of canola oil and heat it over medium high heat to pan fry the chicken. Pre-heat the oven to 350 as well. While the oil gets hot put all 4 chicken breasts through the breading line. Use one hand to coat the chicken in the flour, the other hand to dip it in the egg wash mixture, then back to the first hand to coat it in the breadcrumbs. This keeps it as clean and neat as possible. Then just transfer the chicken to the plate once it is breaded.
  3. First, set up the breading line for the chicken with three big, shallow bowls. In the first bowl mix together the flour, dried onion and dried oregano. In the second bowl whisk together the eggs, water and minced garlic. In the third bowl mix together the breadcrumbs and parmesan cheese. Have a plate handy on the end to hold the breaded chicken.
  4. When time is up, take the baking dish out and let the chicken rest a minute. Then sprinkle finely chopped fresh parsley on top for some green freshness and serve immediately!
  5. Move the chicken into a baking dish and top each piece with a 1/4 cup of marinara sauce. Then lay 2 slices of smoked mozzarella on each piece over the marinara to finish assembling the chicken parmigiana. Get the baking dish into the oven to let the chicken parmigiana bake for 15 minutes. The mozzarella will melt gorgeously!
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## Award Winning Soft Chocolate Chip Cookies

### Directions

1. Bake for 10 to 12 minutes in the preheated oven. Edges should be golden brown.
  2. Preheat oven to 350 degrees F (175 degrees C). Sift together the flour and baking soda, set aside.
  3. In a large bowl, cream together the butter, brown sugar, and white sugar. Beat in the instant pudding mix until blended. Stir in the eggs and vanilla. Blend in the flour mixture. Finally, stir in the chocolate chips and nuts. Drop cookies by rounded spoonfuls onto ungreased cookie sheets.
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## Cheesy Chicken Pasta Bake

### Directions

1. In a large pot, cook pasta to al dente according to package directions.
2. Place chicken in the same nonstick skillet and cook until no longer pink (about 3 to 6 minutes, depending on the size of the pieces). Add vegetables and stir.
3. Put pasta back into large pot. Add vegetables and toss to combine. Pour in pasta sauce and Greek yogurt, 1 cup cheese and stir until combined. Pour into prepared baking dish. Sprinkle with remaining cheese and cover with foil to bake for 10 minutes. Remove foil and bake for an additional 5 minutes, or until cheese is melted and bubbly.
4. Preheat oven to 375F degrees. Spray a 13x9-inch baking dish with cooking spray and set aside.
5. While pasta is cooking, heat oil in a large nonstick skillet. Add onions and pepper, and cook for 5 minutes, or until softened. Add garlic and cook for one minutes, or until fragrant. Move cooked vegetables into a bowl.

**Preparation Steps Activity Answers:**

**Chicken Parmigiana**

3, 2, 1, 5, 4

**Award winning soft Chocolate Chip Cookies:**

2, 3, 1

**Cheesy Chicken Pasta Bake:**

4, 1, 5, 2, 3

## Ingredients & Food Preparation Activity

What method of food preparation should be used for each ingredient?

Ingredient: 4 Mission Artisan Corn & Whole Wheat Blend Tortillas

Method:

Ingredient: 8 oz. Sirloin steak

Method:

Ingredient: ½ cup Teriyaki marinade

Method:

Ingredient: ½ cup cucumber

Method:

Ingredient: ½ cup carrots

Method:

Ingredient: ½ tsp. fresh ginger

Method:

Ingredient: ½ tsp. sesame seeds

Method: