

## LOOKING BACK . . .



**Follow the directions.**

13. List the four senses a good meal will appeal to.

\_\_\_\_\_ , \_\_\_\_\_ , \_\_\_\_\_ , \_\_\_\_\_ .

14. List three ways you could make a meal look better.

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

15. List things that can substitute for sugar.

\_\_\_\_\_

16. Name two very low-fat meats. \_\_\_\_\_ , \_\_\_\_\_ .

## Lessons 6, 7

## Cooking Time

### COOKING TIME

*You do not have to do any work for Lessons 6 and 7. They are inserted here to allow you the time you need to do the projects you choose from the next four lessons. In Lessons 8-11 you will be looking at breakfasts, lunches, dinners (suppers), and food for guests. Each lesson instructs you to prepare a meal. You will do two of them.*



**Look over the next four lessons. Discuss with your teacher which two meals you will prepare. You may choose to do them all if your schedule allows.**

The company dinner (Lesson 10) is quite involved and would make a good class project. It will likely take a week or more of preparation until plans are made, guests

invited, and food prepared. Depending on your setting, you could invite your parents, the school faculty, your high school class, or some other group.

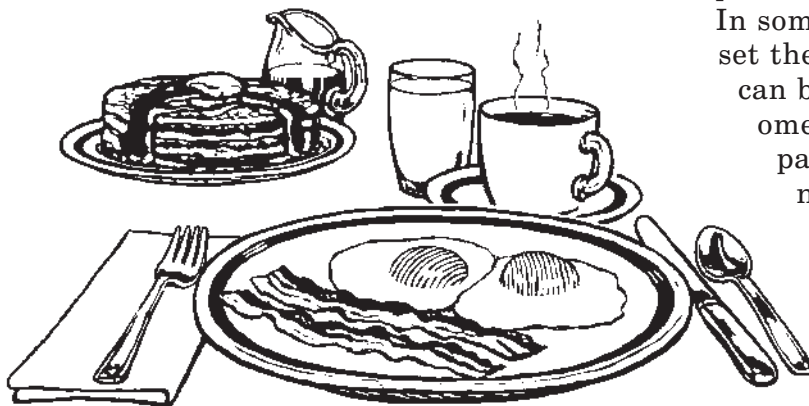
## BREAKFAST FOR A GOOD START

### Family Meals

Every family has its own eating habits. In some families, every member sits down to a carefully arranged table at every meal. In others, each person is responsible for his own breakfast. In many families, some members are not present for lunch (in some areas lunch is called *dinner*), but must carry packed lunches to school or work, or they buy lunch. In many families, the evening meal is the one meal where the whole family eats together. It may be the least-hurried meal of the day and is often the largest and most complete. Some families call the evening meal *dinner* and others call it *supper*. In this LightUnit, we will call the morning meal *breakfast*, the noon meal *lunch*, and the evening meal *dinner*.

### Breakfast for a Good Start

Breakfast is important for the whole family. After a night of sleep, stomachs are empty and blood sugar is low. A good breakfast supplies healthy carbohydrates and fiber foods to supply energy. It should also supply some protein. A good breakfast



should supply 1/4 to 1/3 of daily nutrients. Eating breakfast even improves grumpy dispositions.

Growing children and teenagers need breakfast to do well in school. When the

blood sugar is low, the brain cannot function at its best. No one can think well when the stomach is growling! Never skip breakfast the morning of a test.

More people skip breakfast than any other meal. They may sleep too late. They may not feel hungry in the morning. They may not like the traditional breakfast foods, or they may be tired of them. They may be trying to lose weight. None of these reasons is good enough to skip breakfast.

If you tend to push the snooze button too often in the morning, there are things you can do to avoid running out of the house without breakfast. Perhaps the most important one is to discipline yourself to get up a few minutes earlier. You can drink a glass of milk or an instant breakfast drink while you comb your hair. You can eat a banana, a granola bar, or even a sandwich as you ride in the car, walk to school, or run for the bus. If you do this, you might want to carry a toothbrush and a small tube of toothpaste to give your teeth a quick brushing before class.

A way to avoid morning rush is to prepare some of the breakfast the night before. In some families, one person is assigned to set the table for breakfast at bedtime. Juice can be prepared and refrigerated. Oven omelets, oven French toast, and some pancake batters can be prepared the night before and refrigerated. Oven foods can bake while family members get ready for school and work.

If you don't like (or are tired of) the traditional breakfast foods, eat something else. In one family, Mom plans to make more pizza than the family will eat at the evening meal. She knows it will disappear the next morning as her teenagers pop leftover pieces into the microwave for a quick and tasty breakfast with a glass of juice or milk. Make a milk shake with a cup of milk, half a banana, and half cup of ice cream in

## Lesson 8

the blender. Hard-boil eggs the evening before and make an egg salad sandwich rather than the traditional eggs and toast. If you use your imagination, you can think of many foods that will give you a good start to the day; but be sure to have your mother's approval.

Dieters rarely lose weight by skipping breakfast. By ten o'clock you will be "starving" and snacking at class break will be so tempting. You will also tend to overeat at lunch—it's so easy to tell yourself, "I didn't have breakfast, so I can eat a little more at lunch."

Dieters who don't eat breakfast are

defeating their own purpose. If you are counting calories on a 1200 calorie diet, you should plan to eat about 300 calories for breakfast.

If you do not feel like eating breakfast, it is probably because you are not accustomed to it. Start off slowly at first. The first week discipline yourself to drink a glass of milk or juice. The next week, add a muffin, a bagel, or a piece of whole-wheat toast. As your body becomes accustomed, add waffles, or scrambled eggs, or something else. You may be surprised how much better your mornings seem to go when you regularly eat breakfast.

Study these two low-calorie breakfasts. Note that they contain protein (from meat or meat products like eggs or milk), healthy carbohydrates, and fiber, but are low in fats and sugars.

Add a small doughnut or another slice of toast to these breakfasts if you need more. Or you could take an apple and a handful of snack crackers for a mid-morning break between classes.

Calories	Food	Calories	Food
80	1 egg, poached	120	1 c Honey Nut Cheerios
60	1 slice whole-wheat bread	65	$\frac{3}{4}$ c skim milk
45	2 t low-fat margarine	50	$\frac{1}{2}$ banana
80	8 oz unsweetened orange juice	60	$\frac{1}{2}$ c sweetened juice
265 calories		295 calories	



### Fill in the blanks.

1. Breakfast should supply from \_\_\_\_\_ to \_\_\_\_\_ of your day's nutrients.
2. More people skip \_\_\_\_\_ than any other meal—but they shouldn't, because without it the \_\_\_\_\_ will be sluggish in the morning hours.



### Answer the questions.

3. If your family doesn't eat breakfast together, and you are not used to eating breakfast, what are some things you can do to be sure you get to eat some breakfast?

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4. Why do dieters generally not lose weight by skipping breakfast? \_\_\_\_\_

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### Make a Breakfast

Here are two breakfasts from which to choose. The recipes needed are included here. You may also plan your own breakfast using other foods with your teacher's permission. If you prepare the whole meal by yourself, you may want to do the work on a Saturday morning when you are not rushing to get ready for school.

If you do this with a group at school, plan together how you will do the work and who will bring the necessary ingredients. Be sure there are adequate serving dishes, plates,

tableware, etc., to use for eating. You may want to invite several friends to share breakfast with you at lunchtime!

#### Menu One

Apple pancakes  
Butter and syrup  
Juice and/or milk  
Sausage patties

### SAUSAGE PATTIES

1 egg  
1 lb pork sausage  
or ground turkey  
1 t each salt, marjoram, sage  
 $\frac{1}{2}$  t black pepper  
 $\frac{1}{2}$  c quick oats

Beat the egg. Add ground meat, seasonings, and oats. Mix thoroughly. Shape into eight or ten flat patties. Fry over low heat, turning once to brown meat on both sides. For pork, add no oil to the skillet. For turkey, add two tablespoons of oil.

Hint: Shape meat into balls, then flatten with a metal spatula.

### APPLE PANCAKES

- 2 eggs
- 1¼ c milk
- 4 T melted butter or oil
- 1 c flour
- ¼ c whole wheat flour
- ¾ t salt
- 1 T baking powder
- 3 large apples

Beat eggs. Add milk and shortening. Mix dry ingredients and add them slowly, beating as they are added.

Peel and core apples, leaving them whole. Slice the apple across, making rings about ¼ inch thick.

Prepare griddle or skillet by coating it with 2 tablespoons of oil or by spraying with baking spray. Heat it until water splashed on it sizzles. Use a fork through center of the apple rings to dip them into batter and place them on the griddle. Fry until golden brown on bottom, then flip to fry on the second side.

Serve with butter and syrup.

Makes about 24 apple pancakes.



**Follow these directions.**

5. List here the ingredients you will need to complete this menu:

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

6. Place an X beside the kitchen tools you will need to complete this menu.

- |   |                                       |
|---|---------------------------------------|
| _____ mixing bowl for pancake batter        | _____ paring knife                    |
| _____ 2 spatulas                            | _____ mixing bowl for sausage patties |
| _____ 1 c measuring cup for dry measures    | _____ gravy ladle                     |
| _____ wire whisk                            | _____ ½ c measure for dry measuring   |
| _____ ¼ c measuring cup for dry measures    | _____ butcher knife                   |
| _____ 1 t measuring spoon                   | _____ small strainer                  |
| _____ electric hand mixer                   | _____ ½ t measuring spoon             |
| _____ 2 large mixing spoons (wood or metal) | _____ 1 T measuring spoon             |
| _____ griddle or skillet                    | _____ 2 c measuring cup for liquids   |
| _____ 1 qt saucepan                         |                                       |

### Menu Two

Ham, egg, & cheese muffins  
 Fruit cups  
 Milk  
 Tea or coffee

### HAM, EGG, & CHEESE MUFFINS

1 package whole wheat English muffins  
 6 eggs  
 6 slices boiled ham  
 6 slices American cheese  
 mayonnaise, ketchup, mustard (optional)

Spray a non-stick skillet with cooking spray or melt 3 T butter in a large skillet heated on low heat. Break eggs one at a time into the skillet until all six eggs are in position over bottom of pan. Prick yolks with a fork so that they break and spread over whites. Fry over medium-low heat until

whites are fairly set. Season with salt and pepper to your taste. Cut eggs apart with edge of pancake turner and flip over to finish frying on the other side. When eggs are set, remove to a double thickness of paper towel. Top each egg with a slice of cheese. Layer ham in skillet and heat gently for 3 or 4 minutes. Drain and place on top of eggs.

While eggs are frying, split muffins and toast them. Spread with your favorite condiments and place egg, cheese, and ham on bottom half of muffin. Top with second half for a tasty morning sandwich.

### FRUIT CUPS

Mix your favorite canned, frozen, and fresh fruits together in a large mixing bowl.

**Suggestions:** peaches, blueberries, bananas, kiwi, and pineapple

*or*

cantaloupe, watermelon, and honeydew melon balls

*or*

pears, grapes, apple slices, strawberries, and bananas

**Hint:** If you are using canned fruit, drain the juices into the mixing bowl and add  $\frac{1}{2}$  cup of instant vanilla pudding. Stir vigorously to thicken. You may need more pudding mix if you are using a large amount of fruit. Then stir in the drained fruits.

Spoon fruit mixture into cups or mugs. Arrange on plate with muffin sandwich. Top it off with a glass of skim milk. Enjoy!

**Lesson 8**



**Follow these instructions.**

7. List here the food items you would need to complete this menu.

\_\_\_\_\_

\_\_\_\_\_

8. List here the kitchen tools you need to complete this menu.

\_\_\_\_\_

\_\_\_\_\_

9. Write the menu you have chosen in the box below. Then check off each step of the food preparation process as you do it.

<p><b>Menu</b></p>
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- 10.  I read the recipes I will use for this menu.
- I collected the ingredients I will need for this menu.
- I collected the tools I will need for this menu.
- I decided which food needs to be started first.
- I completed the food preparation in proper order.
- I successfully cooked all the foods on this menu.
- I put away all leftover ingredients.
- I enjoyed eating this meal with my family or friends.
- I have washed all kitchen utensils which I used.
- I cleaned counter and stove tops and wiped down the sink.
- I hung up my dishcloth and towel.