

FORM 4 HOME ECONOMICS 2022.
STRAND 10.1 FOOD AND NUTRITIONS
Sub – strand 10.1.1 Caring for food.
10.1.1.1 KITCHEN SAFETY AND HYGIENE.
TERM 1.

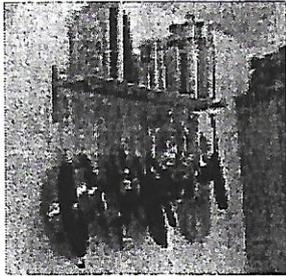
Food – any substance that you eat and drink to gain energy and maintain a healthy body can be classify as food.

Kitchen – a room or area where food is prepared and cooked.

ACTIVITY 1.

Draw and label each kitchen utensils and explain their uses.

LESSON 1.1: KITCHEN UTENSILS, EQUIPMENT AND ACCESSORIES



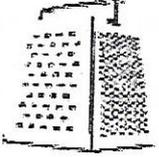
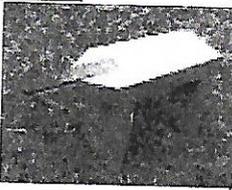
Learning outcomes

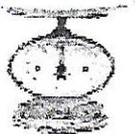
This lesson will enable you to

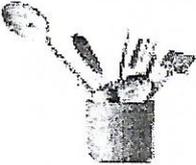
1. classify equipment and utensils according to their uses and demonstrate correct care, proper storage and maintenance.
2. identify cleaning agents and materials and demonstrate correct cleaning and washing procedures.
3. identify kitchen linen and explain their uses and storage

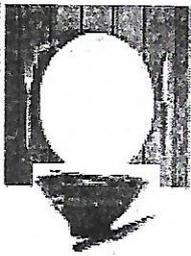
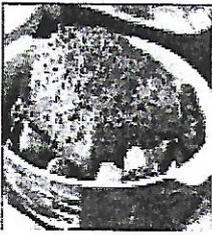
A good cook produces attractive and nourishing dishes. She works efficiently in her kitchen. Therefore she needs to choose her equipment carefully so that she has suitable items for the task she wants to perform. The table of equipment below is divided into four main parts according to the main activities in meal preparation.

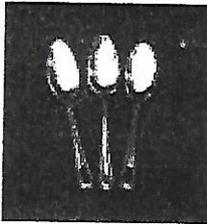
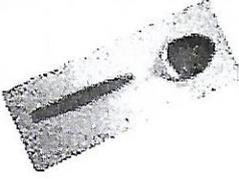
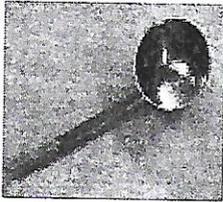
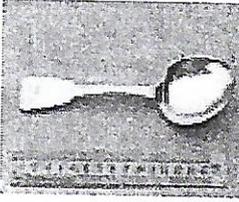
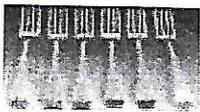
1. Preparation			
Equipment	Uses	Equipment	Uses
1. Kitchen knife 	To cut/chop/slice food during preparation.	2. Chopping Board 	To place and cut food during preparation.
3. Rolling pin 	To roll out doughs and pastries.	4. Strainer 	To separate solid food pieces from liquid.
5. Colander 	To wash vegetables in and dry.	6. Egg whisk 	To whisk eggs and other food mixes eg. batters.
7. Egg beater 	For beating eggs and other food mixes.	8. Vegetable peeler 	For peeling/paring vegetables.

1. Preparation (cont'd)			
Equipment	Uses	Equipment	Uses
9. Grater 	For grating foods like cheese and vegetables.	10. Coconut scraper 	For scraping coconut.
11. Mortar and pestle 	For pounding garlic and other ingredients.	12. Basin/Mixing bowl 	For holding/storing/mixing ingredients.

2. Measuring			
Equipment	Uses	Equipment	Uses
1. Kitchen scale 	For weighing ingredients during preparation and cooking.	2. Measuring jugs 	For measuring liquids.
3. Measuring Spoons-standard <ul style="list-style-type: none"> 1/4 tsp (1.25ml) 1/2 tsp (2.5ml) 1 tsp (5ml) 1 Tbs (20ml) 		For measuring ingredients in small quantities (salt, sugar, baking powder etc.)	For measuring ingredients in large quantities (flour, rice, sugar etc.)
4. Measuring Cups <ul style="list-style-type: none"> 1/4 cup 1/3 cup 1/2 cup (125ml) 1 cup (250ml) 			

3. Cooking			
Equipment	Uses	Equipment	Uses
1. Cooking spoon 	For stirring and turning food while cooking.	2. Enamel pots 	For cooking purposes.
3. Sauce pan 	For cooking purposes.	4. Perforated spoon 	For scooping out solid foods from pots and fry pans.
5. Fish slice 	For turning food while frying.	6. Skewer 	To test the readiness of food while cooking.

4. Serving and Eating			
Equipment	Uses	Equipment	Uses
1. Plates and bowl 	For serving food.	2. Soup bowls 	For serving soups.
3. Serving bowl 	For serving food on the table.	4. Desert bowl 	For serving deserts.

5. Spoons, forks and knives			
Equipment	Uses	Equipment	Uses
1. Table spoon 	For serving food from the serving bowl. (serving spoon)	2. Teaspoon 	Used at tea times, for sugar and/or milk
3. Ladle 	For serving soups.	4. Desert spoon 	To eat deserts with.
5. Table knives and forks 			For eating purposes by the diner.

6. Baking			
Equipment	Uses	Equipment	Uses
1. Baking trays 	For baking cakes, biscuits, other pastries	2. Cooling Rack 	For cooling cakes and other baked breads
3. Pastry Board 	For rolling pastry, dough sets	4. Mixing bowl 	For mixing cake mixtures
5. Cookie/biscuit cutters 	For cutting cookies	6. Scraper 	To slice or scrape raw dough from a surface on which it has been rolled.

A. TYPES OF CLEANING AGENTS AND POLISHES

- *Cleaning Agents fall into the following categories.*

* 1. **Detergents:** These include dishwashing liquids.

- **Examples:** Sunlight, Palmolive, Mama, Axion etc.
- **Uses:** Remove light greasy dirt from dishes.

2. ✓ **Abrasive Cleaners:** These cleaners contain small pieces of grit which, when rubbed against a surface, wear off the dirt particles.

- **Examples:** Ajax Powder
- **Uses:** Can scratch some surfaces

2) ✓ **Liquid Abrasive Cleaners**

- **Examples:** Jif
- **Uses:** Claim to be less harsh, but they still depend on grit particles to scrub away dirt.

3. ✓ **Ammonia – based cleaners:** These are often thick, creamy liquid cleaners.

- 1) **Examples:** Handy Andy
- 2) **Uses:** Effective against heavy greasy dirt.

4. ✓ **Polishes:** There are two main types.

1) ✓ **Solvent based polishes:** In wax, liquid or aerosol form.

- This can be used on furniture. Requires rubbing to produce a shine.

2) **Water based polishes:** In liquid form. These are used on floor.

5. ✓ **Bleaches:** There are two types.

1) ✓ **Chlorine bleaches:** These are liquid and smell strongly of chlorine.

- **Examples:** Janola, White Magic
- **Uses:** For disinfection and whitening garments.

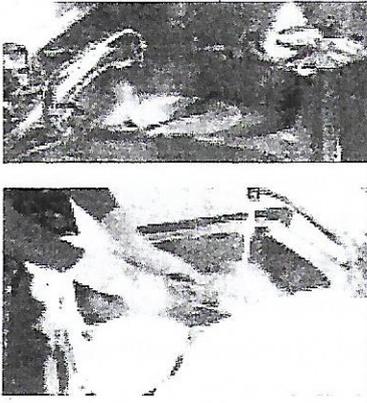
2) ✓ **Oxidizing bleaches:** These work with oxygen rather than with chlorine. They do not bleach out color.

- **Examples:** Color Magic
- **Uses:** Disinfection with the general family wash.

B. MATERIALS USED FOR WASHING DISHES AND OTHER KITCHEN UTENSILS

- Sponge, steel wool, coconut husk, charcoal, wood ash. Etc.

WASHING UP PROCEDURES

<ol style="list-style-type: none"> 1. Clear benches of food scraps. 2. Wipe down all benches. 3. Remove food scraps from dishes and dry pots and pans. 4. Stack utensils to be washed to one side of the sink or washing-up bowl. 5. Prepare washing up water: <ul style="list-style-type: none"> ✓ use hot soapy water. ✓ use detergent carefully. ✓ do not use excess detergent. ✓ use a dish cloth/brush/scourer to wash dishes one at a time. 		<ol style="list-style-type: none"> 6. Wash the cleanest first for instance: <ul style="list-style-type: none"> ✓ cutlery ✓ glassware ✓ chinaware ✓ bowls etc ✓ tin ware, ✓ lids etc ✓ saucepans 7. Let out the washing up water. 8. Wipe out the sink or washing up bowl. 9. Allow dishes to dry properly. 10. Put the dishes away in their proper places.
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Care of kitchen sink

Avoid putting scraps of food, hot fat, or tea leaves in the sink as this will lead to sink blockage.

<h3>Care of kitchen sink</h3> <ol style="list-style-type: none"> 1. After washing the dishes wash the sink with hot soapy water. 2. Wipe it dry. 		<h3>In case of blockage</h3> <ol style="list-style-type: none"> 1. Pour boiling water or baking soda in the sink. 2. Use a special suction tool (plunger) to pump the blockage out. If this fails then seek the advice of a qualified plumber.
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Good to know

Stainless steel is the most popular material for kitchen sinks today. However, not all stainless steel sinks are the same. The first thing to look at is the **chrome and the nickel ratio**.

Chrome: increases hardness and wear resistance, and provides the stainless steel with lustre and durability.

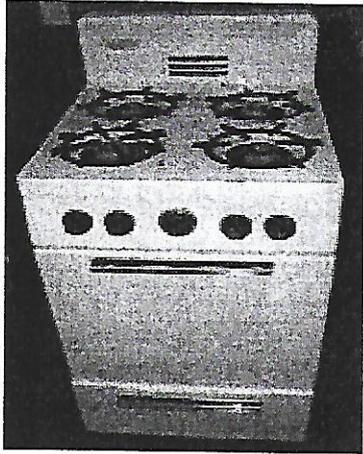
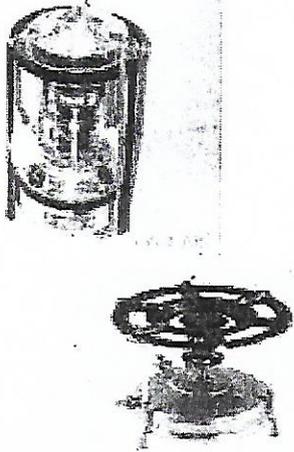
Nickel: increases strength and improves shock resistance.

There are good reasons why stainless steel is so widely used in the home:

- Stainless steel is hygienic
- The hard metallic surface makes it difficult for bacteria to adhere and survive.
- Stainless steel is mechanically resistant
- Stainless sinks and cooking utensils are able to withstand shock and abrasion.
- Stainless steel has a self-heating surface
- Stainless steel is easy to clean.

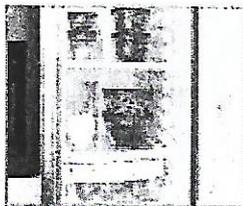
Care of stoves

Regular cleaning of the stove will keep it looking as good as the day it was bought

GAS STOVE		PRIMUS /KEROSENE STOVES
	<ol style="list-style-type: none">1. Turn off stove before cleaning.2. Wipe stovetop when still warm after each use.3. Clean burners with dish soap and a scouring pad.4. Stubborn cooked-on spills can be cleaned with a mild abrasive cleanser and a cloth.5. Wash removable burner grates in a sink full of warm, soapy water with a scouring pad.6. Rinse all parts with warm clear water and dry.	

1. While cooking if you spill any food, wipe it up with a damp cloth.
2. After using the oven, let it cool down. Clean the inside of the oven with soapy water and then wipe dry. Leave the oven door open to allow for faster drying.

Care of the refrigerator



Cleaning the refrigerator helps:

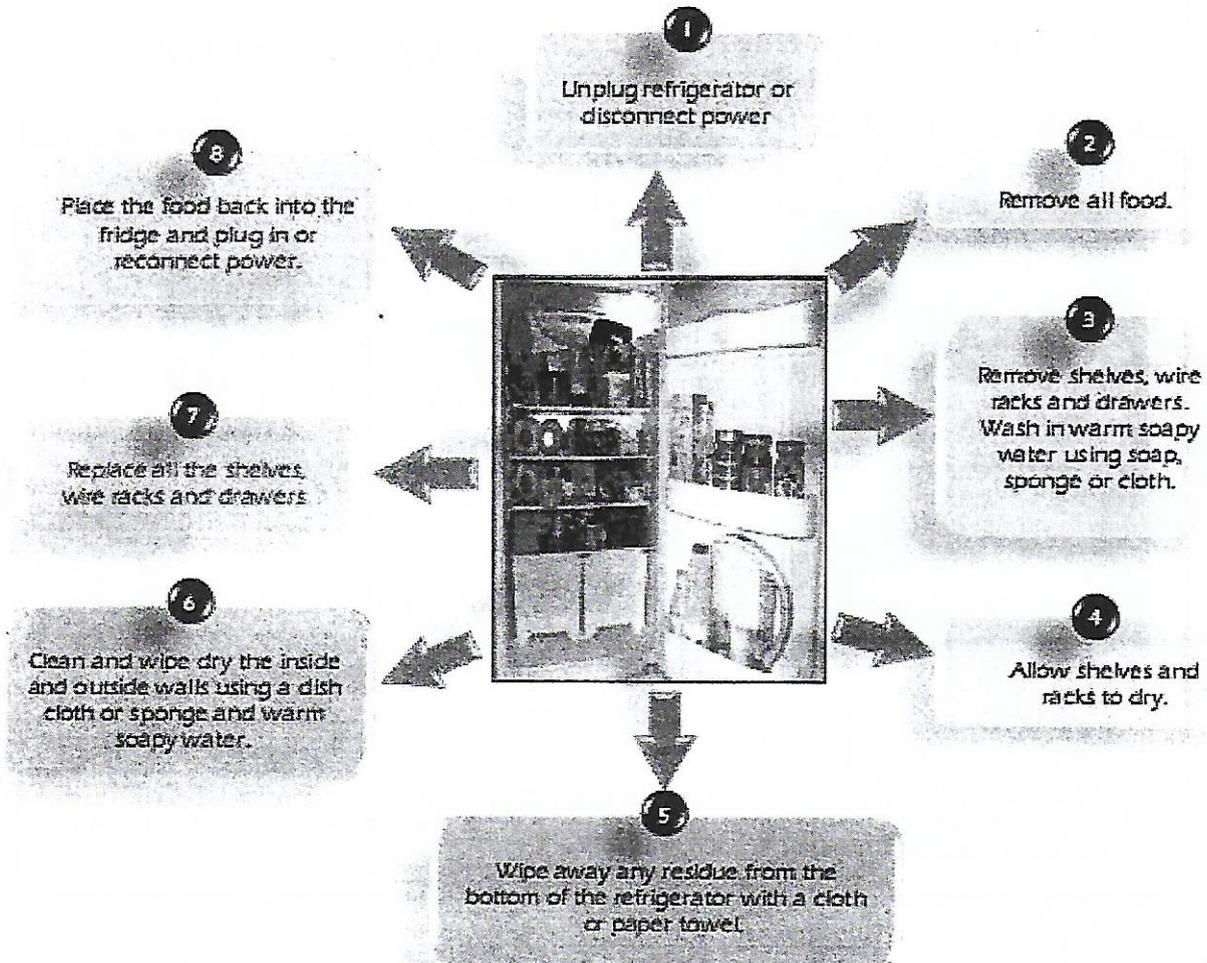
1. Keep the food fresh
2. Prevent food spoilage

Both the refrigerator and freezer sections defrost automatically. However, both sections must be thoroughly cleaned about once a month to prevent odours from building up. Wipe up spills immediately. To prevent odour transfer and drying out of food, wrap or cover foods tightly.

Ways to remove odour:

- ✓ Use 1 cup vinegar in a quart of water and wash inside of the fridge.
- ✓ Place a fresh open box of baking soda in the fridge.

Steps of cleaning the refrigerator:



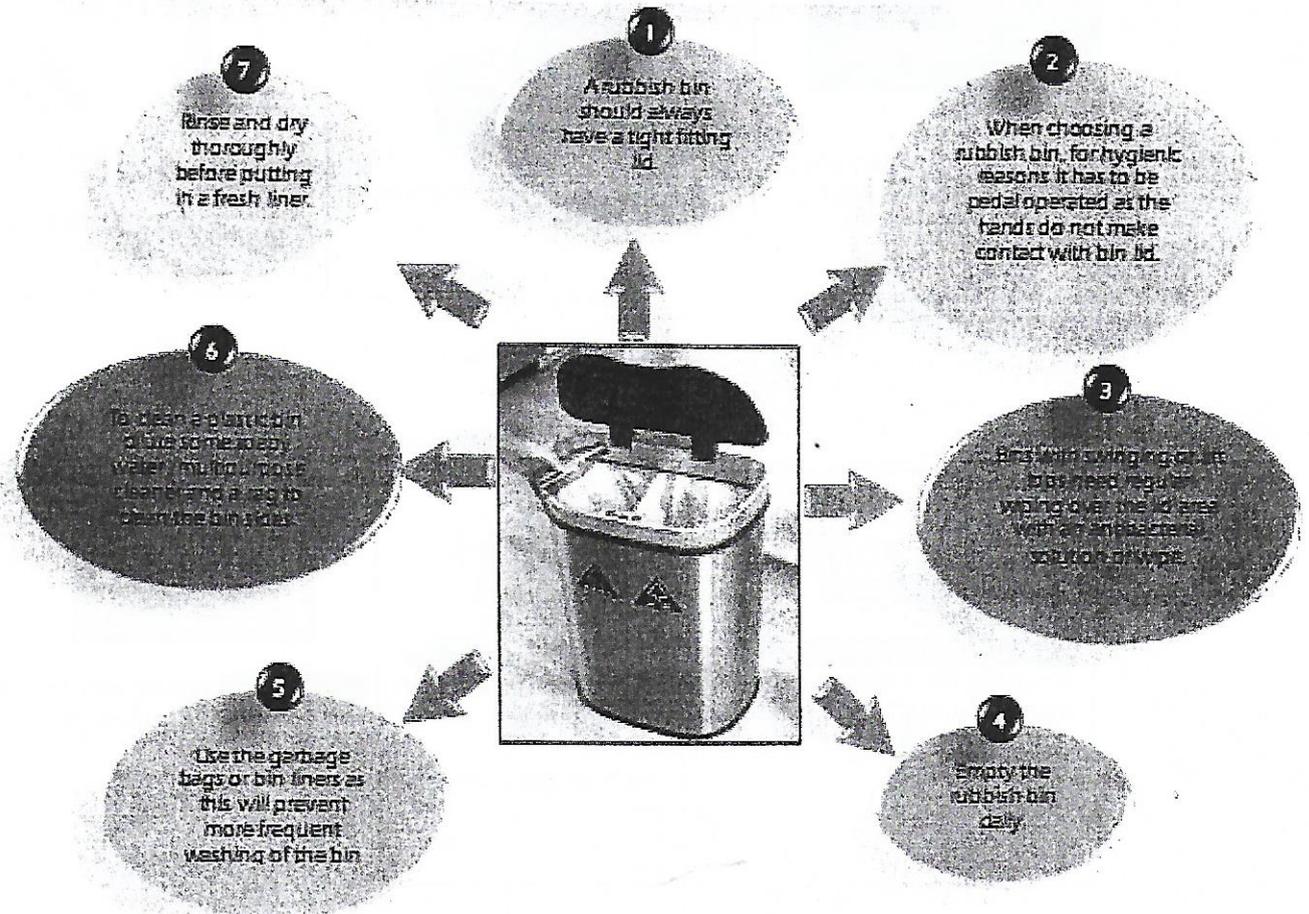
Note: Never use anything sharp to clean the refrigerator as this will damage the surface and affect the proper functioning of the refrigerator.

REFRIGERATOR CARE AND MAINTENANCE...IMPORTANT TIPS YOU SHOULD KNOW AND USE

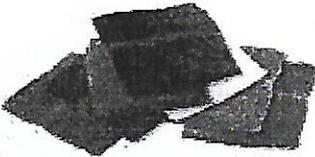
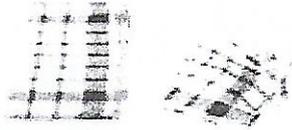
1. **Check your Door Gaskets:** must be clean, not cracked or torn. Cold air can escape and affects the cooling mechanism and other problems as well.
2. **Keep your Freezer Full:** The more food you have in your Freezer the better your machine will maintain the proper temperature. There will be less air inside that warms up when you open the doors.
3. **Don't stand there with the Door Open!!** Warm air gets in and the cold air comes out...takes time to cool down again
4. **Replace the Light Bulbs:** If you can't see in your refrigerator, you are just going to stand there with the door open longer.
5. **No Hot Food in the Fridge:** Allow leftovers to cool to room temperature before placing them in the refrigerator. This will cut down on the amount of warm air inside the refrigerator and save some run time on the compressor.
6. **Replace your Old Refrigerator:** If your Refrigerator is 20 years old, it's time for a new one. Older models can use up to 3 times more electricity than newer ones. It is expensive keeping an old refrigerator.

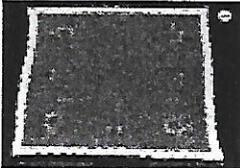
Care of rubbish bin

Every day the rubbish bin comes in contact with what you do not want in the kitchen so keeping it clean is essential



KITCHEN LINEN

<p>1.</p>  <p>Tea Towels: to dry cutlery and crockery after they have been washed.</p>	<p>2.</p>  <p>Hand Towels: for drying wet hands.</p>	<p>3.</p>  <p>Dish Cloth: for wiping kitchen tables, chopping and pastry boards, kitchen tables and sink.</p>
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<p>4.</p>  <p>Pot Holder/ oven mittens: for removing hot pots and pans from stove, hot baking trays or for opening hot oven doors.</p>	<p>5.</p>  <p>Aprons: an outer protective garment that covers front of the body for hygienic reasons. *Prevent food stains on garment *Protect clothes from wear and tear.</p>	<p>6.</p>  <p>Food Covers: prevent flies, insects and germs from contaminating the food.</p>
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Care:

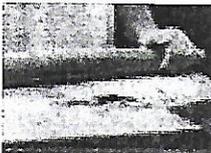
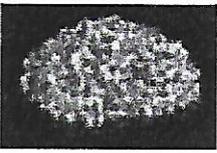
- Tea towels, dish cloths and hand towels should be washed daily.
- Boil all kitchen linen regularly.
- If linen is stained, soak them in laundry bleach. Then rinse them thoroughly and dry in the sun.
- Hang up kitchen linen in their respective places. Do not leave them lying around in the midst of food and cooking utensils.
- Use item for the required purpose only.
- Store clean and dry kitchen linen neatly in the linen cupboard.

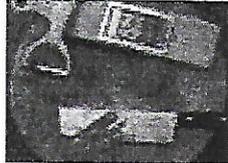
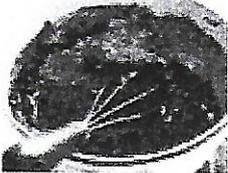
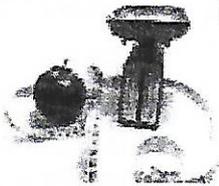
COMMON FOOD SKILLS

In cookery, as in any specialized field of work, there are special terms used to help carry out the cookery process. They have their own special meanings which tell you how to prepare food, combine ingredients, cook and finish dishes which have been prepared.

An effective cook will learn to use the correct terms and will be able to recognize their applications in the preparation of food.

COOKING SKILLS

Terms used	Meaning	Terms used	Meaning
1. Beat 	To mix briskly in a circular motion by stirring.	2. Chop 	To cut roughly into small pieces
3. Crush 	To crush food into tiny pieces with a rolling pin or kitchen mallet.	4. Cube 	To cut into squares or cubes.
5. Cut 	To divide something in two or more pieces with a knife.	6. Dice 	To cut food into small cubes.
7. Garnish 	To add an edible decoration, to make food more attractive.	8. Grate 	To shred food into tiny pieces by rubbing against a grater.
9. Knead 	Massage dough with your hands in a back and forth, pressing and folding motion for several minutes until dough is smooth.	10. Mash 	To press food, to remove lumps
11. Mix 	Stirring ingredients together with a spoon or a mixer until well combined	12. Peel 	To remove the outer skin of fruit and vegetables with a knife or vegetable peeler or with fingers.

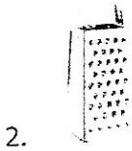
<p>13. Pound</p> 	<p>Crushing, grinding and mixing a solid substance by the use of mortar and pestle</p>	<p>14. Roll</p> 	<p>To spread a dough or pastry using a rolling pin.</p>
<p>15. Sift</p> 	<p>To place dry ingredients such as flour and salt through a sieve to aerate and remove lumps.</p>	<p>16. Shred</p> 	<p>To cut food finely with a sharp knife or on a coarse grater.</p>
<p>17. Slice</p> 	<p>To cut food into thin pieces</p>	<p>18. Stir</p> 	<ul style="list-style-type: none"> ✓ To mix together in a circular motion ✓ To blend ingredients together.
<p>19. Squeeze</p> 	<ul style="list-style-type: none"> ✓ To press something firmly, especially with your fingers. ✓ To get liquid out of lemon by pressing or twisting it hard against the lemon squeezer 	<p>20. Whisk</p> 	<p>To beat air into ingredients with rapid movement.</p>
<p>21. Strain</p> 	<p>To separate liquid from other solids (strainers are used)</p>	<p>22. Measure</p> 	<p>To find out the amount of ingredients to be used in the recipe (spoons, cups, jugs etc are used for measuring)</p>
<p>23. Weigh</p> 	<p>To determine the amount of dry ingredients using a scale. (weight can be determined in Kilograms, grams, ounces, pounds etc.)</p>	<p>24. Cream</p> 	<p>To beat butter and sugar together till light and creamy.</p>

SAINT ANDREW'S HIGH SCHOOL
FORM 4 HOME ECONOMICS TEST 1
FOOD AND NUTRITIONS
15 MARKS.

Name: _____

A. Kitchen utensils, Equipment and Accessories

1. Give the names of these equipment/utensils during Preparation.



SL	
2	
1	
0	
NR	

2. List down TWO equipment that you can use for Baking.

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-

SL	
2	
1	
0	
NR	

B. Washing up Procedures.

1. The first three procedures of washing up the dishes are:

-

-

-

SL	
3	
2	
1	
0	
NR	

C. Care of Sink.

1. State what do you do after you wash the sink?

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SL	
1	
0	
NR	

2. State what you do in case of sink blockage.

SL	
1	
0	
NR	

D. REFRIGERATOR CARE AND MAINTENANCE.

1. State THREE important tips you should know in caring for the refrigerator.

SL	
3	
2	
1	
0	
NR	

E. Types of Cleaning Agents and Polishes.

1. Complete this table

Cleaning Agents	Examples	Uses
1. Detergents	-	-
2.	- Janola, White Magic	- For disinfection and whitening garments

SL	
3	
2	
1	
0	

By Mrs Tohi.

Email –

Phone Number – 7753-180