

EXPLORE

FOOD AND NUTRITION PROJECT



FOOD AND NUTRITION
SAFETY AROUND THE KITCHEN



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Tools of the Trade



TIME:

20-25mins

MATERIALS NEEDED:

- Different cooking utensils or cookware (10-15, or more depending on number of youth).

**Refer to list of utensils and cookware in lessons for supplies needed.*

OBJECTIVES:

The 4-H member will:

- Identify the different kitchen tools (utensils and cookware) that are used when cooking in the kitchen.
- Identify the purpose of each cooking tool.
- Know the importance of using specific cooking tools to successfully prepare a recipe.

EXPLORE THE CONTENT:

Successful cooking largely depends upon the selection of materials and proper cooking methods; however, the use and importance of utensils should not be overlooked.

What is a kitchen utensil?

A utensil is a simple and useful device that is used for doing tasks in a person's home and especially in the kitchen. Each cooking utensil is made for a particular purpose, and using the wrong one may not bring about the intended result when cooking. The size of some utensils is often determined by the number of people for whom food is being cooked. The amount of food being prepared indicates whether a large or a small utensil should be selected. The materials used to make cooking utensils, as well as their shape and size, also have an effect on the success of cooking. When selecting utensils, it is important to think about the use of the utensil, and then select the utensil that is made of durable material, can be easily cleaned, and will not affect the food that is being cooked.

Kitchen Utensils, Cookware and Nutrition

Cooking utensils can also have an effect on one's nutrition and health. Pots, pans, and other tools used in cooking often do more than just hold the food. The material that they are made from can leach into the food that is being cooked. Common materials used in cookware and utensils are:

- **Aluminum:** Aluminum cookware is very popular, with nonstick, scratch-resistant anodized aluminum cookware being a good choice since the hard surface is easy to clean, and being sealed, the aluminum cannot get into food.
- **Copper:** While popular due to their even heating, large amounts of copper from unlined cookware can cause nausea, vomiting, and diarrhea. Even if coated, these coatings can break down over time and allow copper to dissolve in food.
- **Iron:** This can be a good choice since cooking with cast iron pots and pans may actually increase the amount of iron in the diet.
- **Lead:** Lead is often found in ceramic cookware, including items bought in another country or considered to be a craft, antique, or collectable. Such items should not be used to hold food. Children should be protected from ceramic cookware containing lead.

- **Stainless Steel:** This is a good choice since stainless steel cookware is often low in cost and can be used at a high heat. Its sturdy cookware surface does not wear down easily.
- **Teflon:** While this is a popular choice for many looking for a non-stick cooking surface, cookware with a Teflon coating should be used only at low or medium heat and should never be left unattended at high heat. Doing so can cause the release of fumes that can irritate humans and household pets.

It is best to use cookware and bakeware that can be easily cleaned. Keep watch for cracks and rough edges, which can trap or hold food or bacteria.

It's also important to avoid using metal or hard plastic utensils on cookware. These utensils can scratch surfaces and cause pots and pans to wear out faster. Instead, use wood, bamboo or silicone. Never use cookware if the coating has started to peel or wear away.

Cutting boards are another popular tool used when cooking. Cutting boards made from plastic, marble, glass or pyro ceramic are easier to clean than wood. If you prefer wood, select a bamboo cutting board, which is harder and less porous than hardwoods and absorbs very little moisture and resists scarring from knives, making it more resistant to bacteria. It's also important to avoid contaminating vegetables with meat bacteria. Try using one cutting board for fresh produce and bread, and use a separate one for raw meat, poultry, and seafood. This will prevent any bacteria on a cutting board from getting into raw foods. It's also important to properly clean and sanitize cutting boards, and replace them when they are worn or have deep grooves.

Different Types of Cooking Tools

For the different types of cooking tools, refer to the following pages attached to this lesson plan.

**DO: Utensil Flash Relay** (Grade Level: 2nd - 5th)**Preparation:**

Print and cut out 'Tools of the Trade Cards'.

Instructions:

Separate the youth into two equal teams. Once the students are in their teams, pick two students, one from each team, to go up to the front of the room. You, as the instructor, will have a few pictures of the utensils that were reviewed in the educational lesson. Real utensils may also be used if available.

When the two students at the board are ready, flash them one of the pictures and the first one to raise their hand and answer correctly will earn a point for their team. You can also change it up and ask them to give you the definition of what the utensil does. Quiz bowl buzzer sets may be used for this activity as well.

Continue this process until all the students have had their turn or when you run out of pictures.

DO: Utensil ID (Grade Level: 6th-8th)**Preparation:**

Gather up 10-15 utensils (listed in the handout).

Instructions:

Have the students number their papers from 1-15. Ask the students to view the utensils and label them with their name on their papers. Once they are done, go through them as a group and see if they identified them correctly and talk about how each utensil would be used.

DO: Kitchen Tool Survivor (Grade Level: 9th-12th)**Preparation:**

Write the essay topic question on the board for the students to see.

Instructions:

Have students write a short essay regarding their answers to the following questions:

"If you were lost by yourself in the forest for three weeks, what three pieces of kitchen equipment do you think would be the most important for survival? Why?"

REFLECT:

- What kitchen tools do you most often use when cooking?
- What are some kitchen tools you learned about that you have not used before?
- What cooking tools do you use most often?

APPLY:

- Name at least 3 cooking tools and how they are used.
- Why is it important to have specific tools and utensils for certain foods?
- Why is it important to know what your materials are in your cooking tools?



RESOURCES:

- Medline Plus (2015). Cooking Utensils and Nutrition. Retrieved on February 26, 2015, from <http://www.nlm.nih.gov/medlineplus/ency/article/002461.htm>.
- 1920-30.com (2012). Utensils for Cooking: Importance of Utensils. Retrieved on February 26, 2015, from <http://www.1920-30.com/cooking/cooking-utensils.html>.
- Oklahoma State University & New Mexico State University (2014). 4-H FCS Skill-a-thon Foods and Cooking ID. Adapted by Abigail Melendez (2015).
- United States Department of Agriculture (2013). Cutting Boards and Food Safety. Retrieved on April 10, 2015, from http://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling/cutting-boards-and-food-safety/ct_index.

TOOLS OF THE TRADE: UTENSILS

