

# EXPLORE

FOOD AND NUTRITION PROJECT



**FOOD AND NUTRITION**  
*SAFETY AROUND THE KITCHEN*



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# 4-H FOOD AND NUTRITION PROJECT *Lessons*

## Small Appliances



### EXPLORE THE CONTENT:

What would life be without small kitchen appliances? These handy devices allow for fast and convenient cooking, enabling professional cooks and homeowners alike to create meals efficiently and spend more time with friends and family. There are several major small appliances that every kitchen needs, but it is equally important to know how to operate them, what kinds of foods to make in them, and more.

The pros and cons of small appliances:

#### PROS:

- Easy to use
- Time saving
- Make good gifts
- Necessary for preparing some specialty foods such as waffles
- Adds fun to the kitchen

#### CONS:

- Not used very often
- Hard to clean
- Take up a lot of storage space
- Not always the best product

Small appliances can be found throughout American kitchens. While some appliances are trendy, others become a staple with cooks! Some of the more common small appliances include:

**Air fryer:** a kitchen appliance that cooks by circulating hot air around the food.

**Blender:** used to cut up food into smaller pieces and make soft foods into liquids.

**Bread maker / bread machine:** a machine that makes and bakes bread (including kneading the bread).

**Coffee grinder:** a machine that chops (grinds) coffee beans into fine particles to use in a coffee machine.

**Coffee maker / drip coffee machine:** a machine that brews coffee by passing hot water through coffee grinds in a filter.

### TIME:

20-30 minutes

### MATERIALS NEEDED:

- Small Appliance Match-up Cards
- Ingredients and supplies for recipes

### OBJECTIVES:

The 4-H member will:

- Identify common kitchen appliances.
- Identify the purpose of various kitchen appliances
- Be able to demonstrate how to make a dish using only small kitchen appliances.



**Deep fryer:** a machine that heats a large amount of oil and is used for cooking foods and vegetables.

**Electric bread slicer:** an electric tool for slicing breads easily.

**Electric burner:** plugs into the stove or cook top. It reaches different temperatures as selected when cooking.

**Electric can opener:** used to open canned foods. Types include countertop, cordless, or under-cabinet.

**Electric Griddle:** an appliance with a flat metal surface which is heated and used to cook foods such as pancakes, hamburgers, or other such foods.

**Electric pressure cooker:** consists of a pressure cooking container, electric heating element, and temperature/pressure sensors. When heat is applied to cooking container, pressure inside increases and cooks food.

**Electric skillet:** incorporates an electric heating element to heat pan so foods can be cooked off of a stovetop. Has heat-insulated legs for standing on a countertop.

**Food processor:** an electric kitchen appliance with a set of interchangeable blades revolving inside a container which is used to chop, shred, mix, grind, or puree foods.

**Hand-mixer:** a handheld kitchen device that uses a set of "beaters" to mix foods together

**Immersion blender:** a handheld electric appliance for blending or grinding food with a protected blade that can be submerged in the food being processed. — called also hand blender, stick blender.

**Juicer:** a machine that presses the liquid from fruits and vegetables.

**Microwave oven:** an that quickly heats and cooks food using electromagnetic radiation.

**Mini-food processor:** chops or purees small quantities from one to four cups.

**Pasta maker machine:** a device that shapes pasta dough into different types of pasta (e.g., spaghetti, linguini, lasagna)

**Sandwich maker:** makes hot sandwiches by pressing them between two heated plates.

**Slow cooker:** an appliance that cooks food with very low heat over a very long period of time (hours).

**Stand-mixer:** a mixer that stands on it's own and has many different settings to mix, knead and blend foods.

**Steamer:** a machine that cooks food using the steam from boiling water.

**Toaster:** an electrical device for making toast with heat to brown and toast the bread.

**Waffle maker:** a machine that cooks hot waffles.

**DO: Small Appliance Match-up** (Grade Level: 6th-12th)**Preparation:**

Print and cut out 'Small Appliance Match-up Cards'.

**Instructions:**

Separate the youth into two equal groups. Distribute small appliance photos to one group and definitions to the other group. Give the group 1-3 minutes to find their match. Once they have found their match, partners should have a seat on the floor or in a chair to indicate they are finished. Small appliance match-up partners should share with the group their appliance, the appliance use, and if they have ever used this appliance.

**DO: Cinnamon-Sugar Chips** (Grade Level: 2nd-5th)**Preparation:**

Gather Ingredients (See Attached Recipe)

**Instructions:**

(See Attached Recipe)

**DO: Super Easy Black Bean Dip** (Grade Level: 6th-8th)**Preparation:**

Gather Ingredients (See Attached Recipe)

**Instructions:**

(See Attached Recipe)

**DO: Philly Cheesesteak Sliders** (Grade Level: 9th-12th)**Preparation:**

Gather Ingredients (See Attached Recipe)

**Instructions:**

(See Attached Recipe)

**REFLECT:**

- What are some things to keep in mind when operating a microwave?
- If you were planning a meal and could only use small appliances, what would be on your menu?

**APPLY:**

- What is one thing that you learned today that you will use in the future?
- Name five safety precautions when working with small appliances?

**SOURCES:**

- Sandoval, M. (2010). Small Appliance Cooking Assignment. Retrieved from <https://www.familyconsumersciences.com/2010/02/small-appliance-cooking-project/>
- Part Select (nd). Everything You Need To Know About Small Appliances. Retrieved from <https://www.partselect.ca/Resources/Everything-You-Need-To-Know-About-Small-Appliances.aspx>
- Utah Education Network (nd). Small appliances. Retrieved from <https://www.uen.org/lessonplan/view/461>

# SMALL APPLIANCE MATCH-UP CARDS





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## ANSWERS: SMALL APPLIANCE MATCH-UP CARDS



**Air Fryer**

a kitchen appliance that cooks by circulating hot air around the food.



**Blender**

used to cut up food into smaller pieces and make soft foods into liquids.



**Bread Maker/  
Bread Machine**

a machine that makes and bakes bread (including kneading the bread).



**Coffee Grinder**

a machine that chops (grinds) coffee beans into fine particles to use in a coffee machine.



**Coffee Maker/  
Drip Coffee Machine**

a machine that brews coffee by passing hot water through coffee grinds in a filter.



**Deep Fryer**

a machine that heats a large amount of oil and is used for cooking foods and vegetables.



**Electric Bread Slicer**

an electric tool for slicing breads easily.



**Electric Burner**

plugs into the stove or cook top. It reaches different temperatures as selected when cooking.



**Electric Can Opener**

used to open canned foods. Types include countertop, cordless, or under-cabinet.



**Electric Griddle**

an appliance with a flat metal surface which is heated and used to cook foods such as pancakes, hamburgers, or other such foods.



## ANSWERS: SMALL APPLIANCE MATCH-UP CARDS



**Electric Pressure Cooker**

consists of a pressure cooking container, electric heating element, and temperature/pressure sensors. When heat is applied to cooking container, pressure inside increases and cooks food.



**Electric Skillet**

incorporates an electric heating element to heat pan so foods can be cooked off of a stovetop. Has heat-insulated legs for standing on a countertop.



**Food Processor**

an electric kitchen appliance with a set of interchangeable blades revolving inside a container which is used to chop, shred, mix, grind, or puree foods.



**Hand-Mixer**

a handheld kitchen device that uses a a set of "beaters" to mix foods together



**Immersion Blender**

a handheld electric appliance for blending or grinding food with a protected blade that can be submerged in the food being processed. — called also hand blender, stick blender.



**Juicer**

a machine that presses the liquid from fruits and vegetables.



**Microwave Oven**

an that quickly heats and cooks food using electromagnetic radiation.



**Mini Food Processor**

chops or purees small quantities from one to four cups.



**Pasta Maker Machine**

a device that shapes pasta dough into different types of pasta (e.g., spaghetti, linguini, lasagna)



**Sandwich Maker**

makes hot sandwiches by pressing them between two heated plates.

## ANSWERS: SMALL APPLIANCE MATCH-UP CARDS



**Slow Cooker**

an appliance that cooks food with very low heat over a very long period of time (hours).



**Stand-Mixer**

a mixer that stands on it's own and has many different settings to mix, knead and blend foods.



**Steamer**

a machine that cooks food using the steam from boiling water.



**Toaster**

an electrical device for making toast with heat to brown and toast the bread.



**Waffle Maker**

a machine that cooks hot waffles.

# Cinnamon-Sugar Chips



## Nutrition Facts

servings per container

**Serving size** (52g)

Amount per serving

**Calories** 180

% Daily Value\*

**Total Fat** 8g 10%

Saturated Fat 4g 20%

Trans Fat 0g

**Cholesterol** 15mg 5%

**Sodium** 320mg 14%

**Total Carbohydrate** 23g 8%

Dietary Fiber 0g 0%

Total Sugars 1g

Includes 1g Added Sugars 2%

**Protein** 4g

Vitamin D 0mcg 0%

Calcium 3mg 0%

Iron 0mg 0%

Potassium 2mg 0%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Ingredients:

5 Tablespoons unsalted butter, melted

1 Tablespoon sugar

$\frac{3}{4}$  teaspoon ground cinnamon

12 whole wheat tortillas (8" in diameter)

## Directions:

- Preheat toaster oven to 375°
- Stir together butter, sugar, and cinnamon in a small bowl.
- Brush tortillas with butter mixture.
- Using a pizza cutter, cut each tortilla into 8 wedges.
- Put wedges in a single layer on a baking sheet.
- Bake until crispy (about 10 to 12 minutes).
- Use a hot pad when removing from the toaster oven.
- Make sure to let the chips cool on a wire rack before you eat them. Yum!
- Makes 12 servings (8 wedges per serving).



# Black Bean

## Dip



### Nutrition Facts

servings per container  
Serving size (67g)

Amount per serving  
**Calories 50**

% Daily Value\*

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 10g	4%
Dietary Fiber 4g	14%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 24mg	2%
Iron 1mg	6%
Potassium 199mg	4%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Ingredients:

2 – 15oz low-sodium canned black beans,  
drained & rinsed

$\frac{3}{4}$  cup salsa

1 large garlic clove, minced

3 teaspoons fresh lime juice

1 teaspoon ground cumin

$\frac{1}{4}$  cup cilantro, minced

### Directions:

- In a food processor, puree the black beans, salsa, garlic, lime juice, and cumin until smooth.
- Add the cilantro and pulse a few times until just combined.
- Serve with sliced veggies or baked chips.
- Makes 16 servings.





# Philly Cheesesteak

## Sliders



### Nutrition Facts

servings per container  
**Serving size** (87g)

Amount per serving  
**Calories** **150**

% Daily Value\*

<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 370mg	<b>16%</b>
<b>Total Carbohydrate</b> 22g	<b>8%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 4g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 11g	
Vitamin D 0mcg	0%
Calcium 120mg	10%
Iron 0mg	0%
Potassium 160mg	4%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Ingredients:

Non-stick cooking spray	¼ teaspoon black pepper
1 white onion, thinly sliced	½ pound deli roast beef, sliced thin
1 green bell pepper, thinly sliced	Slider rolls, package of 12
2 teaspoons garlic, minced	½ pound provolone cheese, sliced

### Directions:

- Spray griddle with non-stick cooking spray. Heat a griddle over medium-high heat.
- Add onions and bell peppers and cook, stirring occasionally, until they begin to soften and take on some color.
- Add garlic, and black pepper, and cook for about 30 seconds. Push the mixture off to the side of the griddle and add the meat to an empty space on the heat.
- In the last third of the griddle, split the rolls and place face-down to toast.
- Heat the deli meat thoroughly by placing on griddle and continuously turning it. Using a spatula, slightly chop the deli meat into smaller pieces.
- Mix the meat and vegetables together and top with cheese. Once melted, assemble the sandwiches.
- Makes 12 servings.

