

Primary Home Care Series

**BOILING FOODS**

NAME \_\_\_\_\_ SCHOOL \_\_\_\_\_

DATE STARTED \_\_\_\_\_ DATE COMPLETED \_\_\_\_\_

**TO THE SUPERVISOR** \_\_\_\_\_

Please ensure the student understands the data below in language appropriate for the student.

**PREREQUISITE:** None.

**HOW TO DO THIS COURSE:** Do the steps one at a time, in order. When you finish a step, put your initials and the date on the sign-off line on the right. A split line means to get a pass (and an initial) from another student (or your supervisor if it says that).

**PURPOSE:** To learn to cook foods by boiling them.

**ESTIMATED TIME:** 7 hours.

**MATERIALS NEEDED TO DO THIS COURSE** \_\_\_\_\_

Stove (preferably smaller size for younger students); pots of different sizes, lids for some or all of the pots, colander, spoons (wooden and metal), measuring cup, tablespoon, clay, pot holders, double boiler, 24 small rocks about the size of peas, 2 plates, 2 forks, food graters (coarse and fine), 1 carrot, tea kettle, 4 eggs, three servings of a raw vegetable of student's choice suitable for steaming and serving under cheese sauce, 1/3 cup milk, 1 tablespoon butter, 1 tablespoon whole wheat flour, 1/4 lb. mild yellow cheese.

Heron study booklet with these Data Sheets:

922	923	924	925	926	927	928
929	2651	2652	931	2653	2654	

Exam: 2655

**A. INTRODUCTION**

1. READ: Data Sheet #922 Stoves and Cooking. \_\_\_\_\_
2. DEMONSTRATE: Draw a picture of some foods you eat that are cooked before you eat them. Give this to your supervisor. \_\_\_\_\_
3. DEMONSTRATE: Find the stove in the cooking area. Draw a picture of what it looks like. \_\_\_\_\_
4. READ: Data Sheet #923 Cooking. \_\_\_\_\_
5. DEMONSTRATE: Find the oven in the stove in the cooking area. Open the oven door and look inside. \_\_\_\_\_
6. DEMONSTRATE: Find the burners and burner knobs on the stove in the cooking area. Show them to someone else. \_\_\_\_\_

7. DEMONSTRATE: Have your supervisor or a coach turn on one of the stove burners. Hold your hand over it (don't touch it!) and feel the heat coming from the burner. Then have him put some water in a pot and put it on the burner. You watch what happens. Watch until the water boils. Hold your hand above the pot and feel the heat coming from the boiling water. Ask your supervisor or coach to take the pot off the burner.

\_\_\_\_\_

8. DEMONSTRATE USING CLAY: What would happen if you touched a hot burner or pan.

\_\_\_\_\_

## B. BOILING FOODS

1. READ: Data Sheet #924 Boiling Foods.

\_\_\_\_\_

2. DEMONSTRATE: Find a small pot and a big pot in the cooking area.

\_\_\_\_\_

3. DEMONSTRATE USING CLAY: What happens if you boil food in a pot that is filled to the top.

\_\_\_\_\_

4. DRILL: Get 24 small rocks, about this size . These will be "peas."

Put water in a small pot. Put it on a burner and turn on the burner. Wait until the water boils. Then put your peas in the water. Do this carefully so the hot, boiling water doesn't splash on you. Tell your supervisor or coach, "The peas are in the pot." Have him take the pot off the burner and turn the burner off.

\_\_\_\_\_

5. READ: Data Sheet #925 Using the Burner Knobs.

\_\_\_\_\_

6. DEMONSTRATE: Find on the stove which burner knob turns on which burner. Turn one of them on a little bit. Hold your hand over the burner you think will heat up. See if it does. Turn off the burner.

\_\_\_\_\_

7. DEMONSTRATE:

a) What to do if the food boils too hard and bubbles out of the pan. \_\_\_\_\_

b) What to do if the food doesn't boil. \_\_\_\_\_

\_\_\_\_\_

## C. THINGS YOU USE IN BOILING FOODS

1. READ: Data Sheet #926 Pot Holders. \_\_\_\_\_
2. DEMONSTRATE: Find some pot holders in the cooking area. \_\_\_\_\_
3. DRILL: Fill a pot with water and put it on a burner. Don't turn on the burner. Pretend the pot has hot, boiling food in it. Use a pot holder and practice taking the pot off the burner. Do this until you can use a pot holder well and can take the pot off the burner without spilling any water. \_\_\_\_\_
4. READ: Data Sheet #927 Lids. \_\_\_\_\_
5. DEMONSTRATE: Find some lids in the cooking area. Find the pots the lids fit on. \_\_\_\_\_
6. READ: Data Sheet #928 Colander. \_\_\_\_\_
7. DEMONSTRATE: Find a colander in the cooking area. \_\_\_\_\_
8. DRILL: Find 20 small rocks and put them in a pot. Put water in the pot to cover the rocks. Set the pot on a burner. Don't turn it on. Get a colander and set it in the sink. Pretend you have hot, boiling water with food in it in the pot. Take the pot off the burner and pour the "food" and water into the colander. When all the water has gone out, use a spoon to pick up the "food" and put it on a plate. Do this until you can do it without spilling any water as you carry the pot to the colander and can pour the water and "food" into the colander and take the food out of the colander easily. \_\_\_\_\_
9. READ: Data Sheet #929 Double Boiler. \_\_\_\_\_
10. DEMONSTRATE: Find a double boiler in the cooking area. Show your supervisor where you put the water and where you put the food when you use a double boiler. \_\_\_\_\_
11. READ: Data Sheet #2651 Steam. \_\_\_\_\_
12. DEMONSTRATE: Boil some water in a tea kettle. Show your supervisor where the steam is coming out. Do not touch the steam. \_\_\_\_\_
13. READ: Data Sheet #2652 Food Grater. \_\_\_\_\_

14. DEMONSTRATE: Carefully feel a food grater with your hand. Grate part of a carrot on a coarse grater. Grate the rest of the carrot on a fine grater. \_\_\_\_\_
15. DEFINE: sauce. Use it in sentences until you can use it correctly. \_\_\_\_\_

#### D. PRACTICAL APPLICATIONS

1. READ: Data Sheet #931 How to Hard Boil Eggs. \_\_\_\_\_
2. PRACTICAL APPLICATIONS: Hard boil 4 eggs. Clean up. Save the eggs to eat or give them to other people. You can eat one now if you want to. \_\_\_\_\_
3. READ: Data Sheet #2653 Steaming Vegetables. \_\_\_\_\_
4. READ: Data Sheet #2654 How to Make Cheese Sauce. \_\_\_\_\_
5. FINAL PRACTICAL APPLICATION: Steam a vegetable you like. Make cheese sauce and put it on your vegetables. Serve the vegetables to yourself and your supervisor. Clean up. \_\_\_\_\_

I have completed the steps of this course. I understand what I studied and can use it.

Student \_\_\_\_\_ Date \_\_\_\_\_

The student has completed the steps of this course and knows and can apply what was studied.

Supervisor \_\_\_\_\_ Date \_\_\_\_\_

This student has passed the exam for this course.

Examiner \_\_\_\_\_ Date \_\_\_\_\_