What Can I Cook?

1. Did you prepare any of the foods we did in class at home? If so, what did you prepare?

2. What is the first thing you do before you start to cook?
   a. get out ingredients
   b. wash hands
   c. read recipe

3. Which snack would you choose first?
   a. cookies
   b. chips
   c. cereal
   d. apple

4. Which would you measure with this cup? Circle the answer.
   a. flour
   b. water

7. How would you measure $\frac{3}{4}$ teaspoon of salt?
   a. a little less than 1 teaspoon
   b. $\frac{1}{2}$ teaspoon and $\frac{1}{4}$ teaspoon
   c. 1 teaspoon and $\frac{1}{4}$ teaspoon

8. What should you remember about using knives?
   a. use a cutting board
   b. cut away from you
   c. store knives separately
   d. don’t walk around with a knife
   e. all of these
9. Name three food groups on the Food Guide Pyramid?

__________________, ___________________, and ____________________

10. How long can a glass of milk be kept out of the refrigerator?
   a. 1 hour
   b. 2 hours
   c. 4 hours

11. What was your favorite food to prepare in this class?

12. Would you want to have more cooking classes? Yes or no

13. Name three things you learned in this class.