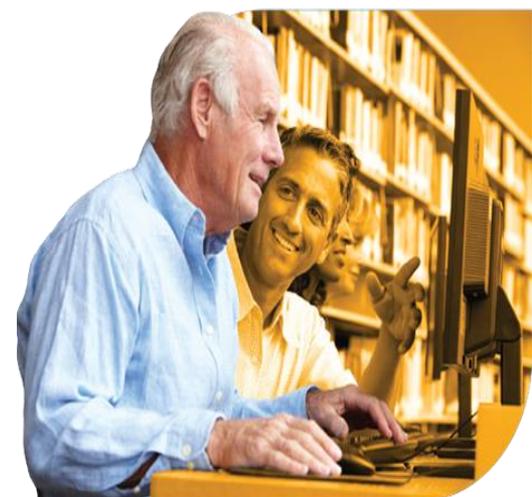




GWINNETT COUNTY
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Your Best Life



Fun in the Kitchen!



gethousedecor.com

Fun Starts with Understanding

Learn the words used in recipes.

Learn the kitchen tools needed to do what the recipe says.

Learn how to use the tools safely.

Clean Hands, Food, Tools



CDC

Wash hands before beginning to cook and after working with eggs or raw meat.



Eatright.org

Do not use the same cutting board for raw meat as you use for fresh fruits and vegetables that will not be cooked.



Bake, Roast

To bake, we set the temperature for the oven according to the recipe.

Always open the oven door carefully, standing to the side.

Pull the rack out with both hands, and using potholders so that you do not get burned.



Tools for Baking



Boscov's



Amazon



Pampered Chef



Surlatable.com



Target



Reviewed.com

Using Potholders

Baking dishes and pan handles get hot.

Be sure to use a potholder.

Potholders can help you keep your hands from getting burned.



Boil, Steam

Many cooking activities happen on the stovetop.



Martha Stewart



All Recipes Australia

Stovetop Safety

Boiling water and hot grease can cause serious burns!

Keep the handle of the pan over the stovetop or counter away from where it might be accidentally hit.

Remember the stove can stay hot even after you turn it off.



Stovetop Safety



Compact Appliance

Did you know that steam is hotter than boiling water? Be careful when taking the lid off a pan.

Be sure to take the spoon out of a hot pan. If you leave it in the pan and need to pick it up, use a potholder.



Saute, Brown, Simmer, Fry



American Heart Association



Shibumo - wordpress



YouTube



The Manual

Frying

Grease is very hot and it can cause burns and fires. Always ask for help when you want to fry.

Use a pan lid to cover the pan if a fire starts.

Wear an apron so grease does not get on your clothes.

Clean up any spills so no one slips and falls.



Rachel Ray in Season



New York Magazine

Frying with Air

There is a new way to fry foods that is safer and healthier. Use an air fryer.

Hot air is circulated around the food so it cooks without oil.

This air fryer fries, bakes, dehydrates, and roasts.



Cookers

You know about Crock Pots that cook food slowly.

The InstaPot uses high pressure to cook food quickly.

You need to have someone teach how to use this tool safely.

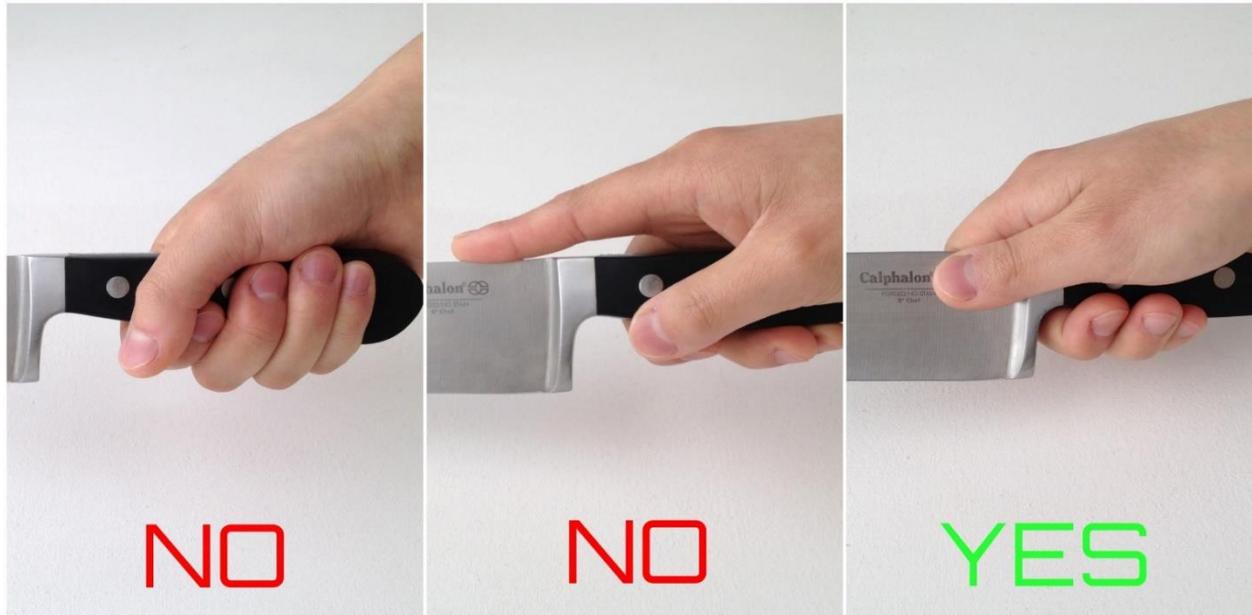


Amazon



Dice, Chop, Mince

All of these recipe instructions are done with a knife. Handle sharp knives with care.



Chef's Knife



Fillet Knife



Cleaver



Bread Knife



Paring Knife



Utility Knife



Slice, Dice, Chop, Mince

Use a clean cutting board. Do not cut into your hand.



WIKIHOW



The Cookie Rookie

Clean Knives Carefully

Use a cloth or a sponge to clean the sharp blade. Do not leave a knife in soapy water. Someone might accidentally cut their hand.



Cutco

Shred, Grate

Watch your fingers!



Recipetips.com



Taste of Home



Cranberry Island Kitchen

Using a Food Processor



Blend

Put the top on before starting to blend. Be very careful when cleaning the sharp blades.



Pare, Peel, Core

Some foods need to have the skin removed for a recipe even if the skin is ok to eat.



RecipeTips.com



Drain, Strain

Separate liquid from fruit, vegetables, or noodles.



HuffPost

Dishing with Divya

Melt

Heat on low heat until a solid becomes a liquid, stirring the whole time.



Dissolve

Combine a solid and a liquid, usually a hot liquid.
Stir until the solid disappears.



Sift

Flour should be sifted before you measure.



Culinary Hill



Southern Living

Measure

Exact measuring is important to the recipe turning out delicious!



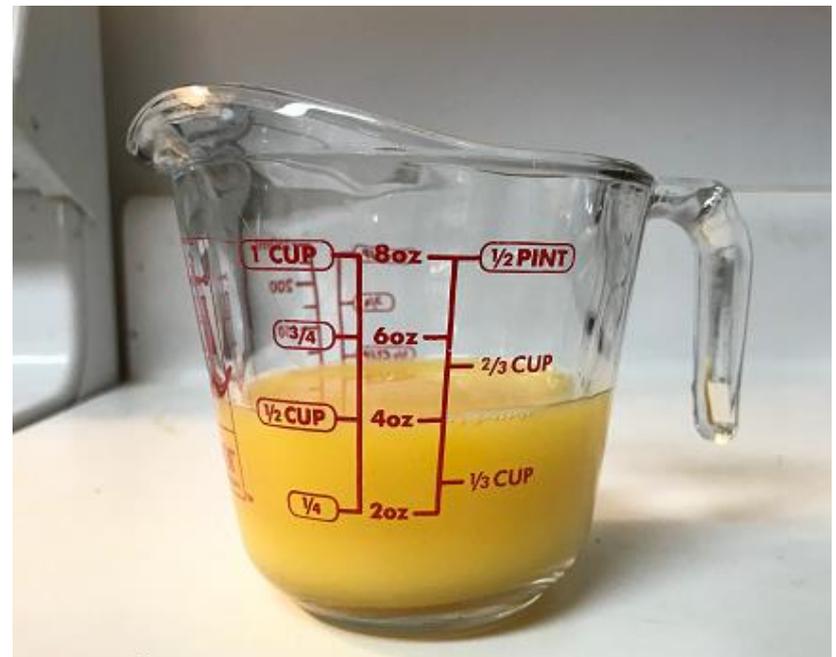
Measuring Accurately

Level the top of the measuring cup.



Cook's Illustrated

The liquid should be level with the line. You may have to stoop to make sure.



Combine, Fold-in, Stir, Whisk

Combining means putting ingredients together. Stirring is usually done by hand with a spoon. Whisking can be used for blending liquids, thin batters, or eggs.



Houghton Mifflin Harcourt



CraftyBaking



Didriks

Beat, Whip, Cream



Land O'Lakes

Keep fingers away
from the beaters
when mixer is on!



The Spruce Eats

Other Kitchen Tools



When opening cans, be very careful not to cut your finger on the sharp edge.



The top can opener does not leave a sharp edge.

After you empty the can, push the sharp edge down into the can before you put it in the trash.

Other Kitchen Tools



Amazon

This rolling pizza cutter makes slicing pizza so easy!

Use a masher to turn cooked food into a smoother texture.



Amazon



The Container Store

Use a juicer to make fresh juice for breakfast!

Recipe Quiz

What tool(s) do you need to follow the recipe? What safety tips do you need to remember?

Open and drain a can of pears.

Bake at 350 degrees.

Sift 1 cup of flour into a bowl.

Fold blueberries into the batter.

Recipe Quiz

Cream sugar, butter, and eggs together.

Beat egg whites until stiff peaks form.

Peel and core 10 apples.

Combine dry and wet ingredients and stir well.

Brown ground beef and drain.

Recipe Quiz

Add 1 cup of milk to the dry pudding and mix.

Shred one head of cabbage and two carrots.

Dissolve gelatin in boiling water.

Simmer the soup for 45 minutes.

Whisk oil and lemon juice together.

When to Wear a Mask if you have been Vaccinated

Outside

When you are outside, you can safely go without a mask unless you are very close to others you do not know.

Inside

When you are inside with many people, wear a mask.

When you are inside with your family, no mask is needed.

**Supporting young adults
with intellectual and developmental disabilities
toward their best life!**



Invite your friends!

***Your Best Life
Enjoying Your Pets
Thursday, June 24 3 pm***

***Open Your World Book Club
Anne of Green Gables
Tuesdays, June 8 – July 20 3 pm***

***Registration for Book Club:
Gwinnett County Public Library
www.gwinnettpl.org***

***Dunamis
Educational Foundation
www.dunamised.org
dunamisedorg@gmail.com***



Thank You

www.gwinnettpl.org

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Practice

- Practice proper handwashing technique.
- Role play in the kitchen with kitchen tools.
- Know names of tools and what they are used for.
Play “Did I do that right?”
- Practice cutting with a knife with help from a staff member.
- Practice handling a can that has been opened.
- Visit a restaurant kitchen to find out what rules they have to follow. Check the rating that the inspector gave the restaurant.