

**Advanced:**  
(Must know 1 of 2)

**1. Knows how to follow instructions on preparing canned or frozen food**



Directions on how to prepare the canned food. In the microwave and on the stove.

### Worksheet:

Explain how you would prepare the frozen pizza in an oven.

What's the first thing you do when preparing the pizza?

What are the next steps you would take to prepare the pizza?

For food safety and quality cook before eating to an internal temperature of 160°F. Cook before serving.



#### **OVEN INSTRUCTIONS:**

- 1** Preheat oven to 375°F.
- 2** Remove plastic wrap from pizza.
- 3** Place pizza on sheet pan on the middle rack and bake for 21 to 22 minutes or until cheese is melted and lightly browned.

**NOTE:** Since conventional ovens vary, you may need to adjust your cooking time.



#### **MICROWAVE INSTRUCTIONS:**

- 1** Unwrap pizza and place on microwave-safe plate.
- 2** Cook on high for 2 ½ to 3 minutes. Product is done when cheese is melted.
- 3** Carefully remove product from microwave and let stand for 1 minute.

**CAUTION:** Product is hot.

**NOTE:** Microwave only one pizza at a time.

Microwave directions developed with 1100-WATT microwave ovens.

Since microwave ovens vary in power, you may need to adjust your cooking time.

Refrigerate or discard any unused portion.

**Answer:**

1. Preheat the oven to 375 degrees F
2. Remove the plastic wrap from pizza
3. Place the pizza on sheet pan on the middle rack
4. Bake for 21-22 minutes, or until the cheese is melted and lightly browned
5. May need to adjust cooking time.
6. Remove the pizza from the oven using oven mitts
7. Turn off the oven

## 2. Knows how to prepare meal using a recipe and can adjust for more/less people

### How to read a recipe:

Ingredients in the food

Temperature to set oven at

How to mix the ingredients together and prepare the food before baking

Amount of time the food take to bake/cook, and the cooling time.

### How to adjust the amount of ingredients depending on less/more people

- Divide in half (1/2) to cut the recipe in half.
- Multiply by 2 to double the recipe.

#### **Example:**

- Recipe calls for 1 cup of milk for 14 pancakes. You only want 7 pancakes so you will only need ½ cup of milk!
- Recipe calls for 2 eggs to make 20 cookies, you want to make 40 cookies. You will double to amount of eggs which make the recipe need 4 eggs!