

Intermediate: (Must know 4 out of 6)

1. Knows how to order a meal from a menu

Menu: the food available or to be served in a restaurant or at a meal.

What's on a Menu?

- **Appetizer:** An appetizer is a small first course of an overall meal. Common examples include: shrimp cocktail, salad, potato skins, bread, or cheese and crackers.
- **Entree:** The main dish of the meal. The main ingredient is usually meat, fish or another protein source. It is most often after eating the appetizer, soup or salad, and followed by a dessert.
- **Dessert:** A usually sweet course or dish, as of fruit, ice cream, or pastry, served at the end of a meal.
- **Drinks:** a liquid that can be swallowed as refreshment or nourishment during a meal.
- **Price:** How much each of the items on the menu cost will be listed next to each item.

Example:

APPETIZERS	PIZZA 
MINISTRONE SOUP (BOWL) SALAD (CHOICE OF DRESSING) PEPPERONI SALAMI ANCHOVIES MEAT BALLS (2) BLUE CHEESE BREADED CHEESE RAVIOLI ANTIPASTO SAUSAGE SANDWICH MEATBALL SANDWICH SPECIAL SALAD (SERVES 4) FRIED MOZZARELLA CHEESE FRIED ZUCCHINI FRIED MUSHROOMS COMBINATION FRIED PLATTER FRESH MOZZARELLA & SLICED TOMATOS	<i>ALL OUR PIZZAS ARE DRESSED WITH TOMATO SAUCE AND CHEESE</i> CHEESE PIZZA PEPPERONI PIZZA SALAMI PIZZA SAUSAGE PIZZA ANCHOVIES PIZZA MUSHROOMS PIZZA HAMBURGER PIZZA BELL PEPPER PIZZA JALAPENO PIZZA SHRIMP PIZZA COMBINATION PIZZA SORRENTO'S SPECIAL COMBINATION PIZZA ROYAL TOPPER EXTRA TOPPING EXTRA THICK PIZZA CRUST
DESSERTS	BEVERAGES
ICE CREAM SPUMONE CHEESECAKE CHOCOLATE CHEESECAKE TIRAMISU CANNOLI	WINE CARAFE OF HOUSE WINE 1/2 CARAFE OF HOUSE WINE GLASS OF HOUSE WINE BEER (COORS, MILLER, BUDWEISER, LONE STAR) LIGHT BEER OR MICHELOB HEINEKEN (IMPORTED) MICRO BREWERY SOFT DRINKS (COKE, SPRITE, ORANGE, DIET COKE) REFILLS EXTRA COFFEE, ICED TEA FREE REFILLS HOT TEA LEMONADE

OPEN EVERY EVENING
SUNDAY - SATURDAY
5 P.M. - 10 P.M.
AND FOR LUNCH,
MONDAY - FRIDAY
FROM 11 A.M. - 2 P.M.

At a Restaurant

1. Find a seat.

- It's probably a better idea to find a seat before you get your food, because if all the seats are full after you've collected your food, have to either eat standing up or walk around looking for a seat time.
- Some restaurants send waiters to your table, so it's required that
- At some restaurants, there will be a hostess who will direct you to



This is
you're going to
for quite some
you find a seat.
your seat.

2. Look at the menu.

- The menu should already be on your table but if it's not, or there are not enough menus for everyone, ask a member of staff for one.
- The menu includes everything that the restaurant sells and also states their prices.
- Have a look and see if anything interests you then decide what you're going to buy.

3. Call the waiter over

- This can be done by simply getting a passing waiter's attention or waiting until they come to you.
- Once they arrive, tell them what you'd like to eat. Make sure that they've written down the correct foods so you don't end up with something that you didn't want.
- Never click your fingers to get their attention, the waiter will find it very rude and offensive.

4. Wait for your food.

- At some restaurants, they cook the food from scratch as soon as they get your order. This means that it might take some time for your food to get to you. Just be patient, your food should arrive in under half an hour. If it hasn't arrived, tell someone. They may have forgotten about your order, or it might just be a busy day.



5. Enjoy your meal!

6. Pay for the meal

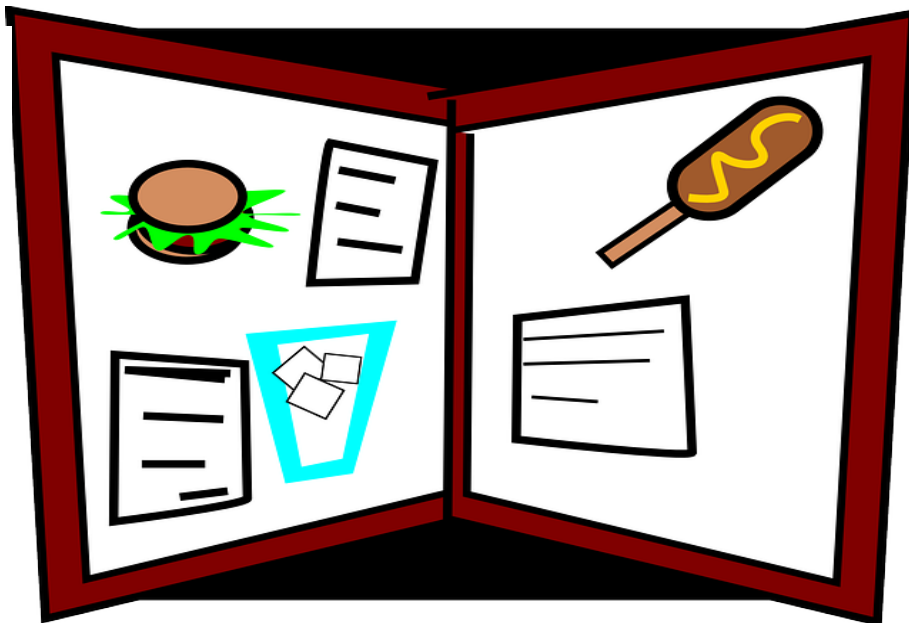
- You ask for the bill, then give the server or cashier the cash or your credit card.

More Information: <https://www.wikihow.com/Order-Food>

Over the Phone



1. Decide where you'd like to eat.
 - This all depends on what you like. Are you hungry for a burger? Or would you rather order from your local pizza shop? As long as the shop does deliveries, you can pretty much order whatever you like.
2. Find their phone number.
 - You can usually do this by going to their website or searching for their phone number online. If the shop is local, they will usually post flyers through the door. If they don't have a website, you can also look at one of these flyers to find their number.
3. Call the restaurant.
 - They might not answer straight away if they're busy but just do your best to stay patient.
4. Place your order.
 - To do this, tell them what you'd like to eat. They will usually ask for your address so they know where to deliver the food and sometimes your name. Make sure that they confirm your order so you don't end up with the wrong foods at your door.
5. Wait for your delivery.
 - Depending on where you live and where you ordered from, the time you'll have to wait can vary. Usually though, you shouldn't be kept waiting for over half an hour. If you're still waiting, call them uagain and confirm that your order has been delivered. They may have forgotten about it or not finished cooking it yet.
6. Pay the delivery person.
 - Some people give small tips to the delivery person. This is optional but they'll appreciate it a lot. If you'd like to give a small tip, tell them to just keep the change.



More Information: <https://www.wikihow.com/Order-Food>

Practice Worksheet:

- How would you order a coke, garlic bread, chicken parmigiana hot sub, and plain cheesecake from this menu at a restaurant?
 - What steps would you take?
 - Would you have enough money if you had \$15.00?

<i>Appetizers</i>		<i>Salads</i>																									
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Practice Worksheet ANSWERS:

- How would you order a coke, garlic bread, chicken parmigiana hot sub, and plain cheesecake from this menu at a restaurant?
 - What steps would you take?
 - **Find a seat, look at menu, tell the waiter what I would like to eat, wait for food to be made, enjoy the meal, pay the bill**
 - Would you have enough money if you had \$15.00?
 - **Yes**

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2. Knows how to calculate the cost of a meal in a restaurant (including tax and tip)

Receipt: a document that you get from someone showing that you have given them money or goods

- **Sales Tax:** The Connecticut sales tax is 6.35%, this percent is multiplied to your final bill and is included in the final cost. It is collected by the government.
- **Tip on gratuity:** The tip is something you can either add onto the bill or money you leave at the table. This money is given directly to the waiter for his/her service throughout your meal. The customer decides how much tip money they would like to leave for the service they received. The normal amount left is between 10-20%.
- **Total:** The total amount including the sales tax and tip.

The image shows a restaurant receipt with a barcode at the top. Below the barcode, it lists 'Restaurant Name', 'Address 1', and 'Address 2'. The date and time are '3/15/09 6:06:44 PM'. The receipt includes 'Table: 201', 'Chk# #1111', and 'Guest: 2'. The items ordered are '10 sodas' for \$40.75 and '1 LOBSTER' for \$12.50. The charges are listed as 'TAX \$5.33', 'GRATUITY \$6.00', and 'TOTAL DUE \$64.60'. At the bottom, it says 'THANK YOU FOR DINING WITH US! PLEASE COME AGAIN'. Three callout boxes on the right point to the receipt: 'SALES TAX' points to the TAX line, 'TIP' points to the GRATUITY line, and 'TOTAL AMOUNT' points to the TOTAL DUE line.

10 sodas	\$40.75
1 LOBSTER	\$12.50
TAX	\$5.33
GRATUITY	\$6.00
TOTAL DUE	\$64.60

More information: <https://www.wikihow.com/Tip-Your-Server-at-a-Restaurant>

More information: <http://www.tax-rates.org/connecticut/sales-tax>

Worksheet

Soup

	small	large
1. Wonton Soup (chicken)	\$2.25	6.95
2. Egg Drop Soup	\$1.95	6.50
3. Chicken Corn Soup	\$2.25	6.50
4. Vegetable Corn Soup	\$1.95	6.50
🔥 5. Hot & Sour Soup (chicken)	\$2.25	7.50
🔥 6. Spicy Lemon Soup	\$2.95	7.50

Appetizer

10. Egg Rolls (2)	\$1.95
11. Vegetable Roll	\$1.25
12. Vegetarian Spring Rolls (2)	\$1.95
13. Shrimp Toast	\$2.25
14. Chicken Satay	\$6.50
🔥 15. Shrimp Pakoras (12 pcs)	\$7.50
16. Fried Wontons - Chicken (12 pcs)	\$4.25
17. Pupu Platter (for 2)	\$8.50
18. Butterfly Shrimp (8 pcs)	\$6.95
19. Chicken Pakoras (12 pcs)	\$7.95

Wings

20. Fried Wings (6 pcs)	\$5.50
🔥 21. Zesty Wings (6 pcs)	\$5.50
🔥 22. Chili Wings (6 pcs.)	\$5.50
🔥 23. Szechwan Wings (6 pcs.)	\$5.95

Chef's Specials

CS1. Orange Beef	\$8.95
Crispy beef chunks sautéed in spicy orange sauce.	
🔥 CS2. Hot Crispy Beef	\$8.95
Crispy shredded beef sautéed with carrots and celery in hot pepper sauce.	
CS3. Supreme Crispy Eggplant	\$8.95
Sliced eggplant dipped in egg batter and fried till crispy then toss-fried in chef's spicy sauce.	
CS4. Sweet and Sour Pork	\$10.95
The perfect balance of sweet and sour.	
CS5. Mu Shu Pork	\$12.95
Served with pancakes, the classic dish to roll your own.	
CS6. General Tso's Chicken	\$8.95
General's favorite dish. Tender chunks of marinated boneless chicken sautéed in chef's red hot sauce.	
CS7. Tangerine Chicken	\$8.95
Crispy chunks of boneless white meat chicken sautéed with peppers and orange curls in a special sauce.	
CS8. Empress Chicken	\$8.95
Chicken chunks dipped in egg batter and lightly fried, then sautéed in chef's delicious sauce. Served on a bed of steamed broccoli.	
🔥 CS9. Kung Pao Shrimp	\$8.50
Baby shrimp sautéed in rich brown sauce with red pepper and peanuts.	
CS10. Manor Shrimp	\$12.95
Delicately seasoned jumbo shrimp lightly battered, fried to a golden brown in natural sweet and sour sauce.	
CS11. Seafood Imperial	\$15.95
Shrimp, crab & scallops blended together with hidden seasonings & baked to perfection.	



Using this menu:

How much would the bill be if you ordered a small Wonton Soup (chicken) and Tangerine Chicken before tax and tip?

How much would the bill cost when the tax was 6.35%?

How much money should you leave for the waiter's tip if you leave 20%?

Answer Worksheet

How much would the bill be if you ordered a small Wonton Soup (chicken) and Tangerine Chicken before tax and tip? **\$11.20**

How much would the bill cost when the tax was 6.35%? **\$11.91**

How much money should you leave for the waiter's tip if you leave 20%? Tip= **\$2.38** Total= **\$14.29**

3. Knows how to fix breakfast, lunch, dinner for one

- The average human should be consuming about 2,000 calories per day depending on your weight, height, and how active you are.
- This diet should include food from all five food groups. For the day the normal portions for eat food group include:
 - o 5 ½ ounces of meat OR ¼ cups cooked beans
 - o 2 ½ cups of vegetables
 - o 2 cups of fruit
 - o 3 cups of dairy products
 - o 3+ ounces of whole-grain products.

• **Portion Control:** It is not realistic to measure every single thing you will eat for the day, so portion size is key.

- o Using a sectioned plate will help you understand the amount of food you should be eating for each meal.
- o Develop visual cues that will help with determining portion sizes.

- For example:

- o A three-ounce serving of meat is the size of a deck of cards or a bar of soap.
- o A medium potato is about equal to a computer mouse.
- o A half-cup of rice would just about fill a regular-sized cupcake wrapper.
- o One ounce of cheese is about the size of four dice.
- o Sandwich meat should be equivalent to the thickness of one standard slice of whole wheat bread. Vegetables should be twice the thickness of the meat.



Breakfast Foods:

Eggs
Cereal
Oatmeal
Fruit
Granola
Pancakes
English muffin
Bacon
Sausage

Lunch Foods:

Sandwich (cold/hot)
Salad
Mac and Cheese
Pizza
Soup

Dinner Foods:

Burger
Chicken
Rice
Pasta
Fish
Salad/Soup

Examples:
How to Cook Eggs

How Long to Cook Eggs

Boil and
let stand
for 10
minutes



Boil and
let stand
for 4
minutes



Cook 4-5
minutes in
skillet



Beat and
cook in
pan 4-5
minutes



Cook in
boiling water
for 4 minutes



How to Cook Pancakes



How to Cook Mac and Cheese

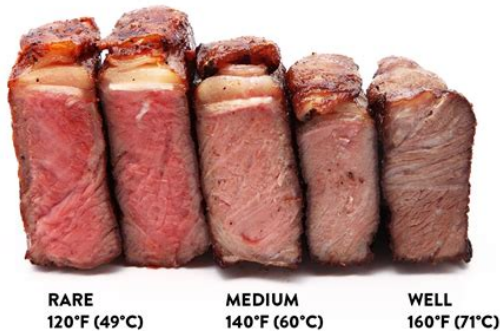


4. Knows how to tell when food is properly and thoroughly cooked



Oven/Grill-Safe Meat Thermometer: This thermometer is used to measure the temperature of the meat you are cooking to make sure it is not raw on the inside. Stick the thermometer's pointy edge into the middle of the meat and read the temperature. The following is what the temperatures meat should be at in order for it to be safe to eat:

- Ground Meat:
 - Beef, pork: 160 degrees F
 - Chicken, Turkey: 165 degrees F
- Fresh Beef/ Steak:



- Poultry:
 - Chicken, turkey (whole): 180 degrees F



No red or blood in the chicken.

- Fresh Pork
 - Medium: 160 degrees F
 - Well-done: 170 degrees F
- Fish – Opaque coloring

Food poisoning bacteria grow more easily on some foods than others. These high-risk foods include:

- Raw and under cooked meat, including poultry such as chicken and turkey, and foods containing them
- Dairy products, such as milk and yogurt
- Eggs
- Lunch meat
- Seafood, such as seafood salad, patties, fish balls, stews containing seafood and fish stock
- Prepared salads like coleslaws, pasta salads and rice salads, prepared fruit salads
- Ready-to-eat foods, including sandwiches, rolls, and pizza that contain any of the food above

ITEMS NOT PROPERLY REFRIGERATED THEY WILL GO BAD!!

5. Knows how to plan and shop for a week's menu and stays within food budget

How to spend less than \$50 a week on food:

1. **Create cheap inexpensive meal plans** that can usually be made for \$2 or less per a single person portions. Such as chili, fried rice, or food that can be whipped up in large portion so there'll be leftovers for later use. Then create a list of ingredients that could make it possible.
2. **Look what you have in your cabinets beforehand.**
3. **Make lists of what you need before going to the store.**
4. **Consider buying generic products (store brand).** Generic doesn't always necessarily mean worse, but it can definitely save you money rather than buying food from a well-known brand. Examples of generic brands would be: Great Value (Walmart), No Name, etc.
5. **Leftovers.** If you ever have leftovers, consider storing them in a container of some sort and keep them cool in the fridge. They could be used for something later on. **Consider putting some of your food in the freezer.** If you don't plan to use a certain ingredient for some time, consider putting them in a safe secure container and put them in the freezer for later use. Doing this will help to make sure it doesn't go bad and letting it go to waste in the end.
6. **Don't eat out.** You could easily spend your entire week's budget just by eating out one day.
7. Remember to **use coupons** as they save you a few dollars. If you ever see a "Buy one, get one free", don't buy 2 with really different weights. Try to buy 2 of the things with the same weight unless if it's a prepackaged with the same weight. **Look to see if there are any in-store specials.** Sometimes, stores do have some sort of promotional deals or special offers where you can save big bucks on food. If you happen to have a coupon on the special in-store deals, then you might be able to save even more money on it.

Grocery Store Checklist

Weekly Meal Planner

Consider using a weekly meal planner, so to determine what you will need to buy grocery shopping. This will help you stick budget!

Grocery List

Dairy Skim milk Cottage cheese (Viva) String cheese (Frigo) Feta cheese Greek yogurt (Dannon Light & Fit) Greek frozen yogurt (Healthy Choice)	Fruit Apples Bananas Oranges Strawberries Pineapple Grapes Avocado
Vegetables Lettuce Sweet potato Broccoli Tomato Bell peppers Cucumber Mushrooms Celery Spaghetti Squash	Meat/Protein Chicken burgers (Harvestland) Grilled chicken strips (Tyson) Frozen chicken tenders (Tyson) Eggs Liquid egg whites (All Whites)
"Grains" Sandwich Thins (Orowheat) Whole wheat bread (Orowheat) Rice cakes (Quaker) Wheat Thin Pops (Wheat Thins) Oats - Instant (Quaker) Protein Granola (Nature Valley)	Other Peanut butter (Adam's) Honey Hummus (Athenos/Sabra) Guacamole (Wholly Guac.) Light salad dressing (Annie's/Hidden Valley) Dark chocolate chips Olive Oil

you are able while you a to your

Weekly Meal Planner

Dates: _____

Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast

Breakfast

Breakfast

Breakfast

Breakfast

Lunch

Lunch

Lunch

Lunch

Lunch

Dinner

Dinner

Dinner

Dinner

Dinner

Saturday

Sunday

Recipe Resource

Grocery List

Breakfast

Breakfast

Lunch

Lunch

Dinner

Dinner

Meal Prepping: Doing this in the beginning of each week could help you portion out the amount of food you will eat each day for the week.



5 things to do before shopping

1. Throw out food that has gone bad
2. Make a list of items needed
3. Know your budget
4. Check cabinets to make sure you don't already have the food item
5. Look for deals/coupons

5 things to do when you get home from shopping

1. Take the food out of the bag
2. Put dry food in cabinets/ on counter top
3. Place cold food in the fridge/freezer
4. Keep receipts to help with budgeting
5. Meal Preparation

6. Knows how to use appliances safely

Microwave:



- Don't use metal bowls or utensils in microwave
- Do use glass, ceramic or microwave safe plastic containers
- Don't cook all foods for the same amount of time
- Do heat it until bubbling and/or steaming
- Don't microwave food uncovered
- Do clean microwave often
 - Do not reheat food in plastic or Styrofoam containers

Stove:

- Never leave food cooking unattended.
- Keep it clean. Food particles and grease residue can ignite and cause a fire. (areas under the burner)
- Check for body safety: (tie back hair, roll up long sleeves, etc.)
- Before each use, do an oven safety check (don't smell gas, nothing in the oven, etc.)
- Be sure to follow safety guidelines when using stove top burners.
 - Use burners on the back as much as possible.
 - Never use a pot that is too small or big for the burner.
 - Never leave a burner on that does not have a filled pot or pan on it. Do not leave an empty pan on hot burners.
 - Turn all pot and pan handles inwards. They can be pulled and knocked over when they are turned out.
- Close the oven door immediately after removing or testing food.
- Keep oven mitts and other cloth and paper out of the way of the burners.
- Use oven mitts and oven sticks to remove pots and pans from the stove top or oven.
- Keep a fire extinguisher, baking soda and metal lids nearby to put out fires quickly.
- Create a "Kid-Free Zone" that children are aware they are not allowed to enter.
- **TURN OFF AFTER USE!**



Toaster:



Slide one slice of bread into each toaster slot.

Set the toasting level. Use the adjustment knob on the front of the appliance to choose how dark you want the toast to be. On most toasters, the dial runs from 1-5: 1 being the lightest, and 5 being the darkest. For your first time, try setting the dial somewhere in the middle: 2 or 3.

Lower the lever to start the toasting cycle. Wait for the food to toast. Keep your nose peeled to smell for burning! The toasting process should not take longer than a minute or two, depending on how dark you want the toast.

Unplug to remove crumbs, do not dislodge toast with metal utensil while plugged in!

Coffee Maker/Pot:



- When making coffee it is important to remember that the coffee pot remains hot for a long period of time after. Make sure to be careful when handling and pouring coffee.
- Make sure to clean the coffee pot after you are finished with the coffee. This will prevent buildup of mold.
- Make sure to unplug and turn off!
- Make sure cord is intact and away from water to prevent fire/shock hazard.

Vacuum Cleaner:



- Prepare the room by removing items from the carpet, including small objects like coins or twine that could damage the vacuum.
- Check the dust bag or bin on the vacuum and empty it if necessary. When in doubt, clean it out.
- Plug in the vacuum and slowly push the vacuum forward and backward several times. Continue in this manner until all the carpet in the room has been cleaned.
- Make sure cord is intact and away from water to prevent fire/shock hazard.

Iron:



- Ensure the cords are out of the reach of children and pets/not a trip hazard.
- **Unplug the iron immediately after use** and allow to cool.

Toaster Oven:



- Keep it clean. Food particles and grease residue can ignite and cause a fire. (areas under the heating element)
- Keep your nose peeled to smell for burning!
- Use caution when using and be aware of the plug.

Hair Dryer/Curling Iron:



- These appliances get extremely hot and can burn you if you come in contact with the metal part.
- Used caution and unplug when not using.