

B. Food Management

Advanced

Knows appropriate storage place for different food items	"Hungry? Eat Healthy" I-1
Knows signs of spoilage in food, and knows how to use dates on packages to prevent spoilage	"Hungry? Eat Healthy" I-2, I-2a
Knows how to follow the instructions for preparing canned or frozen foods	"Hungry? Eat Healthy" I-5
Knows how to plan a weekly menu of nutritious meals	"Hungry? Eat Healthy" A-1, A-6
Knows how to shop for a week's menu and stay within food budget	"Hungry? Eat Healthy" A-4, A-6
Knows how to set the table properly	"Hungry? Eat Healthy" M-6
Knows how to carry out a grocery shopping trip on their own	"Hungry? Eat Healthy" I-4a
Knows how to prepare a meal using a recipe and can adjust recipe for more/less people	"Hungry? Eat Healthy" A-2, A-3



EMPTY THOSE GROCERY BAGS

Place the name or number of the food where it should be stored.

1. corn flokes
2. frozen orange juice
3. milk
4. crackers
5. margarine
6. canned corn
7. rice
8. hot dogs
9. flour
10. dry Navy beans
11. corn meal
12. hamburger
13. carrots
14. grapes
15. frozen TV dinners
16. cheese
17. eggs
18. lettuce

THINK AND COMPARE !

Answer the following questions. Then share your answers with someone else to see if you agree.

- 1 Why should grocery bags be emptied as soon as they are brought home?
- 2 How can you protect food such as corn meal from bugs?
- 3 How should eggs be stored?
- 4 What should be done with lettuce before storage?
- 5 Why should cheese be tightly wrapped?
- 6 Which of the foods would be stored best in a dry, moderately cool spot?
- 7 Should frozen fish and poultry be frozen in their original containers?
- 8 What would a date written on a package of bologna mean?
- 9 Where should bread be stored?
- 10 What should you do with the canned corn if the can is bulging ?
- 11 Why should food be dated when it is put into a freezer?
- 12 What temperature is best for storing canned goods?
- 13 How can a quantity of meat be prepared to freeze in smaller portions for later use?
- 14 What should you do with eggs that got cracked on the way home?
- 15 Where should you thaw turkey if you want to use it in two days?
- 16 What should you do if the wrappings on frozen foods have been torn?
- 17 Where should bananas be stored?
- 18 Where should packages of compressed yeast be stored?
- 19 Where should packages of dry yeast be stored?
- 20 Have you ever emptied grocery bags for a full week's shopping before?



JUDGING FRESH PRODUCE



Various governmental agencies protect the food sold in the United States. Such concerns as safety, grading, processing, enforcement, labeling, and food processing are carefully controlled. Most foods are graded for quality. Eggs, for example are Graded AA, A, and B. Eggs are also graded by size.

Since fresh fruits and vegetables deteriorate quickly, quality and grading are difficult. For this reason it's important to be able to judge the quality yourself before you buy. Fresh produce gives the most nutrition and taste for your \$\$\$.

Do you know how to judge the quality of produce? Here's a research challenge.



RESEARCH PROCESS:

1. Gather some ripe fruits and vegetables and observe them as they age. Leave them at room temperature for observation. (Very ripe and over-ripe produce can be found at grocery stores where produce departments are getting rid of them.. They can also be gathered from homes.)
2. Research how to judge quality of fresh fruits and vegetables. List names of fruits and vegetables. Write or draw how each can be judged for quality. Use books or the internet. (You might like to share the job with someone.)
3. Plan to interview a super market produce manager or someone knowledgeable about produce. Prepare questions beforehand. (i.e. What is done with older produce? Do you recycle? What hints can you suggest for purchasing fruits and vegetables? Where is produce purchased? What is "organic" produce? What can I do if produce I buy in a package is rotten? What education is needed to become a produce manager? etc.)
4. Visit a grocery store to explore the quality of produce. You will probably find fruits and vegetables that you haven't seen or tasted before. Answer the following questions:

Which produce was not top quality?

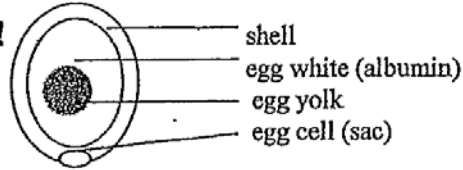
What produce had you not seen before?

What produce haven't you tasted? (You might like to plan a tasting party!)

What did you learn from this research?

HOW TO TELL WHAT'S INSIDE. . .

Let's look inside an egg!



It's difficult to see what's inside an egg to tell if it's fresh or not. Government regulations can help. Eggs are graded according to weight and to the size of the air cell inside the egg. As an egg ages, the cell (sac) grows larger, the white and yolk get thinner. When an old egg is broken open, the yolk and white flatten out. When a fresh egg is broken open, the white and the yolk give a high, rounded appearance. If the egg is very old, it smells very bad when broken open! (Don't eat it!) If you are not sure about an egg's freshness, it is best to break it into a dish to check it. (If you break it into a batter, for example, you could ruin the whole batter.) Eggs are graded and dated on the package (sometimes on each egg.) As eggs grow older, their quality lessens. Eggs are graded as AA for freshest followed by A and B. Sizes range from Jumbo (30oz), followed by Extra Large, Large, Medium, Small, Peewee.

Want to see inside an egg? You'll need: a cardboard tube from kitchen toweling; an egg; a flashlight; a dark room. Hold the egg on an open end of the tube. Flash the light in the other end. Look at the egg to find the air cell and the yolk. (You will have to test several eggs to see the differences in age.) This process, done a bit differently by egg producers, is called candling.

WHAT CAN I DO TO SEE INSIDE CANS?

Government agencies like the USDA (United States Department of Agriculture) set up standards for canned goods. The goods are graded, starting with Grade A (Fancy), Grade B (Extra Standard), Grade C (Standard), and Grade D (Sub-standard). Labels on cans will give the grading information. You will find that qualities vary. Manufacturers may pack several grades of foods and use a different brand name for each to indicate its quality. There will be: generic brands, name brands, house brands, economy brands. Prices will vary. The only true way to decide which brand and quality you like is to buy a can and try it. Choose what is best for your purposes. Lesser quality tomatoes, for example, are great for sauces.

1. Tour your cupboards to read the labels.
2. Buy 3 qualities of a product. Taste and compare.

WHAT ABOUT MEAT PACKAGES?

Meats are graded also. As an example, the best quality of beef is labeled Choice followed by Select, Standard (Commercial), Utility (cutter and canner). Standard (commercial) are often sold as store brand or ungraded. Utility is seldom found in the retail market. Hamburger is labeled with the amount of fat content in the meat. The labels should also be dated so the buyer can judge freshness and length of time to keep the meat before use.

- Pork is generally not graded because of its tenderness.
- Veal is either Prime or Choice.
- Poultry's top grade of A is usually found in retail markets. Grades B and C are usually used in places where it can be cut up into pieces..

Explore your meat market cases to see the difference in qualities.

????? WHAT OTHER PRODUCTS NEED GRADING? ? ? ? ?

Explore market shelves.

“You’ve Never Even Opened a Can?”
(Research and Role Play)



Pedro’s friend George moved in with him. One of the first things they did was plan how they would share cooking. (They were hungry after the move.)

They decided to use whatever they could find in the cupboard and freezer for lunch. They explored and decided to use frozen hamburger patties, canned baked beans, and frozen peaches. They had half a package of hamburger buns and some milk. That sounded like a nutritious, quick lunch! Since they were REALLY hungry, they decided to make their first meal together so George could get acquainted with the kitchen.

Surprise! Pedro found that George had never even opened a can of beans..... or cooked any frozen foods. Pedro said, “George, all you need to do is read the labels!” Pedro said, “Sorry, George, there are no instructions on this can.”

Pedro knew he had a problem. He decided to teach George some of the basics.

What do you think that Pedro should teach George about the following things?

1. How to heat foods from cans

2. How to figure number of servings in cans

3. When foods in cans need to be thrown away rather than eaten

4. Defrosting frozen foods

5. Preparing frozen foods

5. How to judge when frozen foods are too old for safety or food quality

6. What other things should Pedro teach George?



ARE THESE MENUS GOOD OR BAD?



How do you judge a menu? Taste? Appearance? Variety? Nutrition?

Consider the following menus served on a white plate. Think what they would taste like and look like..

#1 Mashed Potato	#2 Scrambled Eggs	#3 Crispy Tacos	#4 Sauerkraut with Sausage
Broiled Halibut	Mashed Potatoes	Potato Chips	Dill Pickles
Cauliflower	Creamed Corn	Carrot Strips	Sourdough Bread Slices
White Bread	Applesauce	Crisp Oatmeal Cookies	Lemon Ice

Which menu number has foods that are: all one color? _____ all with crispy texture? _____
 all with creamy texture? _____ all with only one flavor? _____

Taste and appetizing appearance are the pleasurable parts of eating. Dietitians recommend menus with a variety of flavor, texture, color, and temperatures in foods.



NOW ANALYZE THESE DIETS FOR NUTRITIONAL VALUE

Meal Menu	Write # of Servings of:			
	Fruits	Vegetables	Meat	Bread/ Milk
Day 1 Breakfast				
Sugared Cereal (1 c)				
Milk (1/2 c)				
Donut				
Coffee				
Day 1 Lunch				
French Fries				
Juice				
Day 1 Dinner				
Ham Slice (3oz)				
Baked Potato				
Green Beans (1/2c)				
White Bread (2 slices)				
Chocolate Cake				
Milk (1 c)				
Day 1 Snacks				
Candy Bar				
Potato Chips and Soda				
Day 2 Breakfast				
Oatmeal (1 c cooked)				
Milk (1/2 c)				
Orange Juice (8 oz)				
Toast (1 slice)				
Day 2 Lunch				
Bologna (3oz)				
Bread (2 slices)				
Carrot Sticks (1/2 c)				
Apple				
Day 2 Dinner				
Hamburger Patty (3oz)				
Cheese Slice (2oz)				
Baked Beans (1/2c)				
Lettuce Salad (1 c)				
Applesauce (1/2c)				
Day 2 Snacks				
Cookies (3)				



NUTRITION ANALYSIS

HOW MANY MORE SERVINGS ARE NEEDED TO MEET THE MINIMUM RECOMMENDED REQUIREMENTS FOR ONE DAY?

Day 1
 Fruits _____ Vegetables _____ Meat _____
 Bread _____ Milk _____

Day 2
 Fruits _____ Vegetables _____ Meat _____
 Bread _____ Milk _____

RATE THE MENUS FOR VARIETY of temperature, color, flavor, & texture. Place an "X" by the varieties that are met.

Day 1 Breakfast
 Temperature _____ Color _____ Flavor _____
 Texture _____

Day 1 Lunch
 Temperature _____ Color _____ Flavor _____
 Texture _____

Day 1 Dinner
 Temperature _____ Color _____ Flavor _____
 Texture _____

Day 2 Breakfast
 Temperature _____ Color _____ Flavor _____
 Texture _____

Day 2 Lunch
 Temperature _____ Color _____ Flavor _____
 Texture _____

Day 2 Dinner
 Temperature _____ Color _____ Flavor _____
 Texture _____

HOW IMPORTANT IS VARIETY IN FOOD?
 IS NUTRITION MORE IMPORTANT?



COMPARE 'N SHOP



Sally went shopping with a friend, Jerry. Jerry commented on Sally's choice of a name brand product. He had chosen a less expensive one. Sally said, "Oh, why worry about a couple of cents?" Jerry explained that he never looked at paying more as a "couple of cents". "I look at it as a percentage of my food budget. You purchased your can of beans at \$.50. I got mine for \$.45. That's 10% difference! Now if I save 5 or 10 % a month on my food bill, that's a lot of money over a year's time. I can use that saved money someplace else!"

What is your food budget per week? _____ If you saved 10% of that a week, how much would you be saving? _____ How much would that be over a month's time? _____ Over a year? _____ Where could you spend that money in a different way?

Jerry impressed Sally. He said he'd be glad to help her save money while shopping for foods. Here are some of the things he asked her to try. Go to a grocery store and try them yourself.

1. **Compare weekly food ads.** Compare the same products in all of the food ads. See if there is a difference. Consider which of these "specials" you might want to use in your week's menu plans.
2. **Plan your shopping close to where you live to avoid transportation costs.** Consider sharing rides.
3. **Plan your menus for a week.** Keep your budget in mind as you plan.
4. **Make a grocery shopping list.** List the groceries in the order in which they would be found in the store where you plan to shop. (This will be a time saver.) Attach coupons you want to use with your list.
5. **Avoid shopping when you're hungry.** You'll be less tempted. Don't impulse buy. Be adaptable.
6. **Check the following prices using unit pricing on store shelves.** Compare coupon items you want to buy and answer these questions: What products of comparative quality are available for a lower price? _____ Do you really need the product? _____ Do you normally use the brand or product? _____ Do you need to send in a rebate form? _____ What's the total cost including stamp & envelope for rebate items? \$ _____
7. **Did you find any advertising gimmicks such as sets of dishes or pans?** _____ Check prices of items elsewhere. _____ What does a customer have to purchase to take advantage of the store special? _____
8. **Compare a "BUY ONE, GET ONE FREE" product.** Is this product the best buy? _____ Which ones are better? _____
9. **Compare the following brands by reading labels to find best value of a can of green beans:**
 National Brand (advertised brand) \$ _____ Private Label (house brand processed by type of store where you are shopping) \$ _____ Economy Brand (usually house brand of lower quality) \$ _____
 Generic, No-name, No-brand (usually with black and white label) \$ _____
10. **Compare cereals of the same types by using unit pricing to get equal comparisons:**
 National brand \$ _____ Private Label \$ _____ Cereal in a Bag \$ _____
11. **Check freshness codes on products.** Find products with the following codes:
 Day old product sold after shelf date (When products are put out for sale) _____
 Expiration date (Date product should be used. May say "EXP" or "Do not use after..") _____
 Pull-date ("Best if used before....." Product will then begin to lack quality) _____
 Pack date (On bottom of cans showing when food was processed) _____
12. **See if you find any case lots (Foods overstocked at beginning or end of season.)** _____
13. **Find a meat cut that could be used for several meals if cut and frozen at home.** _____
14. **Watch food prices being rung up at check-out counter. Check receipt when you get home.**



**USE A FOOD BUDGET TO
PLAN A FULL WEEK'S MENUS AND SHOPPING LIST**

Work with a budget of \$ 3.00 per day per person.
Do this for yourself, your family, or your roommates.

MENUS (Attach recipes)	COST	SHOPPING LIST
BREAKFAST		

LUNCH

DINNER

SNACKS

Total cost \$ _____ Total budgeted amount \$ _____ Difference \$ _____
Did you meet the goals of \$3.00/day per person? _____ How would you change the menus? _____

○ TIME TO SET THE TABLE!

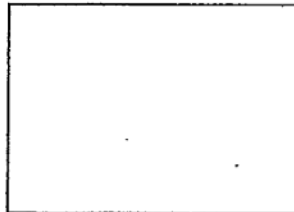
Remember:

- Silverware and plate should be placed in a straight line one inch from edge of table.
- Silverware pieces are arranged so those to be used first are farthest from the plate.
- The knife's cutting edge should face the plate. Tines of forks and bowls of spoons should be face up.

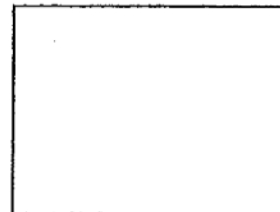
DRAW SINGLE PLACE SETTINGS FOR THE FOLLOWING MENUS

(A place setting is the area used by one person at a table. Serving pieces are sometimes set on a place mat.)

Hamburger on a Bun
Fried Potatoes
Carrot Sticks
Milk

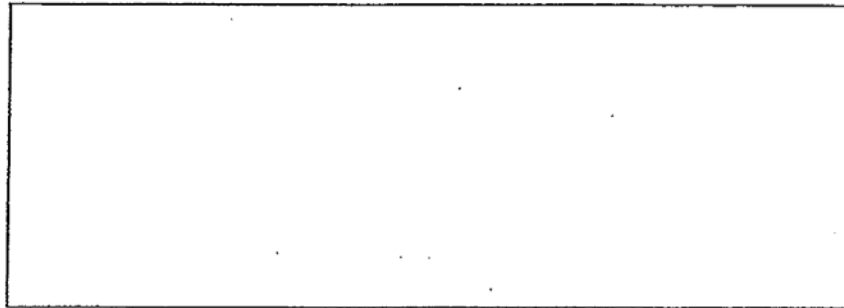


Tomato Soup
Beef and Noodles
Green Beans
Tossed Salad
Roll and Butter
Coffee Milk



DRAW A PLAN FOR A PARTY BUFFET TO SERVE 12 PEOPLE

Ham Sandwiches
Relish Tray
Potato Chips
Fruit Salad
Small Cakes and Cookies
Taco Dip and Chips
Punch



NOW PLAN A REAL



Plan! Make lists. You can also draw a picture of table settings.

1. Party theme
2. Date and time
3. Guest list
4. Invitation method
5. Budget
6. Timing of preparations
7. Help needed
8. Menu
9. Recipes
10. Food shopping list
11. Party supplies (decorations, tableware, dishes, glasses, napkins.)
12. Table setting
13. Entertainment

SUPER SHOPPER SCAVENGER

Ever been on a grocery store scavenger hunt? Here's a list of what you need to find. Fill in the blanks.

(Hint: If you can draw a floor plan of the store where you'll be hunting, you'll find things much faster. Make a picture of the aisles and the location of the special departments such as bakery, produce, meat.)

Time I began my hunt _____ Time I finished my hunt _____

1. Name of an advertised coupon or newspaper ad item _____ Cost: _____
2. Name of an equal product that costs less _____ Cost: _____
- Brand names of 14.5 oz cans of creamed corn:

Generic brand name _____	Grade _____	Cost _____	Unit price _____
Name brand name _____	Grade _____	Cost _____	Unit price _____
House brand name _____	Grade _____	Cost _____	Unit price _____
Economy brand name _____	Grade _____	Cost _____	Unit price _____
3. Name of a juice that is 100% juice _____ Unit price _____
 Name of a "juice drink" _____ %Amount of juice _____ Unit price _____
4. Brand names of packages of corn flakes:

Brand name _____	Cost _____	Unit price _____
Brand name _____	Cost _____	Unit price _____
Brand name _____	Cost _____	Unit price _____
Brand name _____	Cost _____	Unit price _____
5. Compare measurements for unit pricing for toilet paper

Brand name _____	Cost _____	Unit price _____
Brand name _____	Cost _____	Unit price _____
Brand name _____	Cost _____	Unit price _____
Brand name _____	Cost _____	Unit price _____
6. Find dates on the following containers:

Can of peas _____	Loaf of bread _____	Hot dogs _____	Hamburger _____
Milk _____	Cottage cheese _____	Eggs _____	
7. A product that has "LIGHT" on label _____ Amount of calories _____
8. A product that has "GOOD SOURCE" on label _____ What nutrient is considered the "Good Source"? _____ How much of this nutrient is there in the product? _____
9. Find nutrient content of a cola drink _____ Unit price _____
 Find nutrient content of a diet soda _____ Unit price _____
 Find nutrient content of milk _____ Unit price _____
10. Compare prices on the following foods:

1 lb white potatoes _____	1 lb potato chips _____	Difference _____
1 lb frozen chicken breasts _____	1 lb fresh chicken breasts _____	Difference _____
1 lb lean hamburger _____	1 lb extra lean hamburger _____	Difference _____
1 lb apples _____	16 oz can applesauce _____	Difference _____
16oz package of frozen green beans _____	1 lb of fresh green beans _____	Difference _____
package of 8 hamburger buns: brand name _____	fresh bakery _____	Difference _____
11. Find name of a food sale item that is outdated _____
12. Find name of a fresh meat product that shows cooking instructions _____
13. What are two extra services available at the store. _____

COOKING DEMONSTRATION BY GUEST



The television cameras are rolling. It's you under the hot lights preparing a Devil's Food Layer Cake today. Plan to demonstrate or tell someone how to measure the ingredients and do the baking. Here's the recipe. You make the script explaining the terms and processes. (You'll need to make a list of utensils that you will need so you can demonstrate.)

Devil's Food Layer Cake

- | | |
|---------------------------|-------------------|
| 1 1/4 c sifted cake flour | 3/4 c cocoa |
| 2 t baking powder | 5 eggs, separated |
| 1/8 t salt | 1 c cold water |
| 2 c sugar | 1 t vanilla |

Sift flour, baking powder, and salt together twice. Mix sugar and cocoa in large bowl. Beat egg yolks until thick; add to sugar mixture. Add water and vanilla; stir well. Add half the flour mixture; stir 25 strokes. Add remaining flour mixture; stir 50 strokes. Beat egg whites until stiff peaks form; fold gently into batter using 20-25 folding strokes. Pour into 9-inch layer pans. Bake at 365 degrees for 25 minutes.

Chocolate Frosting

- | | | |
|---|----------|-----------|
| 1/2 c margarine or butter | 5 T milk | 5 T cocoa |
| 3 1/2 c sifted confectioner's sugar (1 box) | | |

Mix milk, margarine, and margarine together in saucepan. Bring to boil, stirring constantly. Add sugar. Mix until smooth. Frost cake.

List of information to include in demonstration:

- How to sift flour
- How to measure flour, baking powder, salt, sugar, and cocoa
- How to separate eggs (Remember that eggs should be broken individually into a container before adding them to other ingredients. If only a tiny speck of yolk is in the white, the white won't whip well. Even the container for the whites must be free of fat or grease.)
- How to measure water and vanilla
- Terms of mix, beat, add, stir, stiff peak form, fold

List of equipment needed for preparation:

Be ready to answer or demonstrate answers to the following questions from the audience:

- How do you measure brown sugar?
- What's the difference between cake flour and regular flour?
- Why wasn't an electric mixer used for the cake itself?
- How can I make only a one layer cake? (A whole cake is too much for me.)
- What if directions don't say "sift flour"?
- How do I measure granulated sugar if it is lumpy? What do I do about lumpy confectioner's sugar?
- If I want to use stick margarine, how much is there in one stick?

To be sure you know how to make a recipe for more or fewer people, here's some practice.

Cut measurements in half for half of a recipe (divide by 2)				Double the measurements for making twice as much (multiply by 2)			
1/2 c _____	1/4 c _____	1/8 c _____	3/4 c _____	1/2 c _____	1/4 c _____	1/8 c _____	3/4 c _____
7/8 c _____	1 T _____	1/2 T _____	pinch _____	7/8 c _____	1 T _____	1/2 T _____	pinch _____
1 t _____	1/4 t _____	1/2 t _____	1/8 t _____	1 t _____	1/4 t _____	1/2 t _____	1/8 t _____

OOPS!
I NEED TO CHANGE THE
RECIPE

"I love lasagna, but my recipe serves 8. I can freeze part of it, so I'd like to make enough for just 4."

Here's how I'll measure:

Recipe calls for:	Here's what I'll use
1 lb ground beef	_____
1 clove garlic, minced	_____
2 T salad oil	_____
1 8oz can tomato sauce	_____
2 1/2 c tomatoes	_____
1 t salt	_____
1/8 t pepper	_____
1/2 t ground oregano	_____
1/2 lb lasagna or wide noodles	_____
1 lb cottage or ricotta cheese	_____
1/2 c grated Parmesan cheese	_____
1/2 lb mozzarella or cheese	_____

"That lasagna was good! Think I'll serve it for a party. There'll be 16 so I'll have to double it."

Here's how I'll measure:

Recipe calls for:	Here's what I'll use
1 lb ground beef	_____
1 clove garlic, minced	_____
2 T salad oil	_____
1 8oz can tomato sauce	_____
2 1/2 c tomatoes	_____
1 t salt	_____
1/8 t pepper	_____
1/2 t ground oregano	_____
1/2 lb lasagna or wide noodles	_____
1 lb cottage or ricotta cheese	_____
1/2 c grated Parmesan cheese	_____
1/2 lb mozzarella or cheese	_____

"I'm having a small party and want a hot drink. I'll use just a fourth of my recipe for Russian Tea."

Here's how I'll measure:

Recipe calls for:	Here's what I'll use:
1/2 c sugar	_____
1 1/2 qt water	_____
1 stick cinnamon	_____
1 c tea	_____
1 small can frozen orange juice	_____
1/3 c lemon juice	_____
1 12oz can pineapple juice	_____
1 c ginger ale (optional)	_____

"My friend asked me to make a list of equivalents. Here it is."

3 t = _____	4 T = _____
8 T = _____	12 T = _____
2/3 c = _____	5/8c = _____
7/8 c = _____	16 T = _____
few grains, dash, or pinch = _____	
8 fluid oz = _____	1 fluid oz = _____
2 c = _____	4 c = _____
4 qt = _____	2 pt = _____
1 lb sifted flour = _____	
1 lb brown sugar = _____	
1 lb granulated sugar = _____	
1 lb confectioners' sugar = _____	
2 medium eggs = _____	
2 large eggs = _____	
3 medium eggs = _____	3 large eggs = _____