



# **Kitchen Fundamentals Common Tools & Terms**

## **Worksheets**



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Name: \_\_\_\_\_

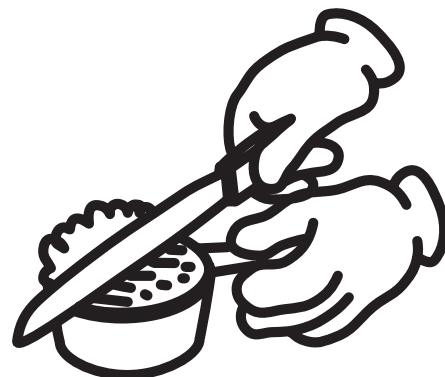
# Kitchen Fundamentals

1. When washing your hands, you must wash under your fingernails by \_\_\_\_\_  
\_\_\_\_\_
2. Restaurants don't usually use wooden cutting boards because \_\_\_\_\_  
\_\_\_\_\_
3. The most important thing about knives is that they are \_\_\_\_\_.
4. Serrated (or bread) knives are also use to cut \_\_\_\_\_, \_\_\_\_\_ and other \_\_\_\_\_.
5. Paring knives are used to cut \_\_\_\_\_ or \_\_\_\_\_.
6. Put your \_\_\_\_\_ on one side and your \_\_\_\_\_ on the other side of the knife and curl your fingers away from the blade.
7. \_\_\_\_\_ = to cut into thin, broad pieces, such as carrot rounds
8. \_\_\_\_\_ = to cut into square, chunky pieces, roughly the same size
9. When you dice, you need to cut food into \_\_\_\_\_.
10. \_\_\_\_\_ = to cut into 1/4 inch cubes
11. \_\_\_\_\_ = to chop or cut into very fine pieces
12. To cut bread, use a \_\_\_\_\_ knife.
13. When cutting bread, instead of a thousand little motions, make \_\_\_\_\_ motions for each slice, going forward and back.
14. When what you're grating is getting small, spread out your fingers and push with your \_\_\_\_\_.



15. Use a rubber \_\_\_\_\_ to get the last drop out of a container.
16. A \_\_\_\_\_ \_\_\_\_\_ blends shortening into flour.
17. \_\_\_\_\_ = to put one or more dry ingredients into a fine sieve.
18. Sift first, then \_\_\_\_\_ flour.
19. \_\_\_\_\_ = to distribute solid shortening through dry ingredients.
20. \_\_\_\_\_ = to mix gently with a spoon in a rotary motion.
21. To make a pie crust light and fluffy, roll *lightly* with a \_\_\_\_\_ \_\_\_\_\_.
22. \_\_\_\_\_ = to beat rapidly to incorporate air and increase volume.
23. To whip, one may use a \_\_\_\_\_ \_\_\_\_\_, a \_\_\_\_\_ \_\_\_\_\_ or an \_\_\_\_\_ \_\_\_\_\_.
24. \_\_\_\_\_ \_\_\_\_\_ occur when the peaks fall over on themselves.
25. \_\_\_\_\_ = to combine a delicate ingredient to a solid mixture.
26. The two basic operations of an oven are \_\_\_\_\_ and \_\_\_\_\_.
27. \_\_\_\_\_ = to cook by dry heat, usually in an oven.
28. \_\_\_\_\_ = to cook meat or poultry by dry heat, usually in an oven.
29. \_\_\_\_\_ = to moisten food while it's cooking to add flavor.
30. \_\_\_\_\_ = to cook under direct heat in a boiler or over hot coals.
31. Broiling is made for things that are naturally \_\_\_\_\_.
32. Electric stoves don't go on or off \_\_\_\_\_.
33. \_\_\_\_\_ = to cook in liquid at boiling temperature (212°)
34. \_\_\_\_\_ = to cook in liquid just below the boiling point

35. \_\_\_\_\_ = to cook in a closed pot with only enough water to generate steam
36. When steaming, open the lid \_\_\_\_\_ .
37. \_\_\_\_\_ = to cook in liquid and simmer on the stove or in the oven
38. \_\_\_\_\_ = to cook in a small amount of hot fat in a skillet
39. When you use a non-stick pan, you don't have to use as much \_\_\_\_\_ .
40. Microwaves are great for \_\_\_\_\_ food but not as good for cooking food.
41. Microwaves make food \_\_\_\_\_ even though the containers may be cool.
42. \_\_\_\_\_ = to combine a dry substance with a liquid so they merge
43. Don't put \_\_\_\_\_ in a microwave.
44. Don't run the microwave \_\_\_\_\_ .
45. Liquids or foods with fat work very \_\_\_\_\_ in the microwave.
46. \_\_\_\_\_ in the microwave speeds up the heating time.
47. Remember to \_\_\_\_\_ a tightly covered container when microwaving.
48. Venting means to \_\_\_\_\_ .
49. Basic Rules of Cooking:
  - A. Wash \_\_\_\_\_ .
  - B. Read the \_\_\_\_\_ .
  - C. Remember \_\_\_\_\_ .
  - D. Enjoy \_\_\_\_\_ !



# Kitchen Fundamentals

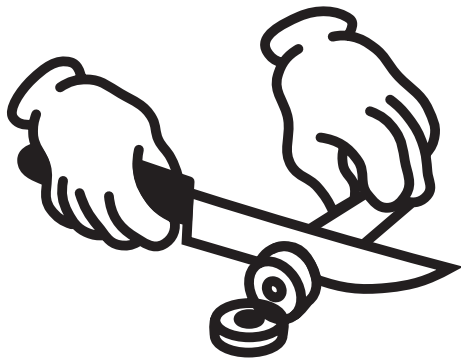
1. When washing your hands, you must wash under your fingernails by **working up a lather, pinching your fingers together so the fingernails dig into your palm.**
2. Restaurants don't usually use wooden cutting boards because **they are very hard to keep clean.**
3. The most important thing about knives is that they are **sharp.**
4. Serrated (or bread knives) are also use to cut **melons, tomatoes** and other **soft things.**
5. Paring knives are used to cut **potatoes** or **apples.**
6. Put your **thumb** on one side and your **forefinger** on the other side of the knife and curl your fingers away from the blade.
7. **Slice** = to cut into thin, broad pieces, such as carrot rounds
8. **Chop** = to cut into square, chunky pieces, roughly the same size
9. When you dice, you need to cut food into **squares.**
10. **Dice** = to cut into 1/4 inch cubes
11. **Mince** = to chop or cut into very fine pieces
12. To cut bread, use a **serrated (or bread)** knife.
13. When cutting bread, instead of a thousand little motions, make **two** motions for each slice, going forward and back.
14. When what you're grating is getting small, spread out your fingers and push with your **palm.**



15. Use a rubber **scraper** to get the last drop out of a container.
16. A **pastry blender** blends shortening into flour.
17. **Sift** = to put one or more dry ingredients into a fine sieve.
18. Sift first, then **measure** flour.
19. **Cut-in** = to distribute solid shortening through dry ingredients.
20. **Stir** = to mix gently with a spoon in a rotary motion.
21. To make a pie crust light and fluffy, roll *lightly* with a **rolling pin**.
22. **Whip** = to beat rapidly to incorporate air and increase volume.
23. To whip, one may use a **wire whip**, a **hand beater**, or an **electric mixer**.
24. **Soft peaks** occur when the peaks fall over on themselves.
25. **Fold** = to combine a delicate ingredient to a solid mixture.
26. The two basic operations of an oven are **baking** and **roasting**.
27. **Baking** = to cook by dry heat, usually in an oven.
28. **Roasting** = to cook meat or poultry by dry heat, usually in an oven.
29. **Basting** = to moisten food while it's cooking to add flavor
30. **Broil** = to cook under direct heat in a boiler or over hot coals.
31. Broiling is made for things that are naturally **tender**.
32. Electric stoves don't go on or off **instantly**.
33. **Boil** = to cook in liquid at boiling temperature (212°)
34. **Simmer** = to cook in liquid just below the boiling point

35. **Steam** = to cook in a closed pot with only enough water to generate steam
36. When steaming, open the lid **away from you**.
37. **Braise** = to cook in liquid and simmer on the stove or in the oven
38. **Sauté** = to cook in a small amount of hot fat in a skillet
39. When you use a non-stick pan, you don't have to use as much **oil**.
40. Microwaves are great for **reheating** food but not as good for cooking food.
41. Microwaves make food **hot**, even though the containers may be cool.
42. **Dissolve** = to combine a dry substance with a liquid so they merge
43. Don't put **metal** in a microwave.
44. Don't run the microwave **empty**.
45. Liquids or foods with fat work very **well** in the microwave.
46. **Covering food** in the microwave speeds up the heating time.
47. Remember to **vent** a tightly covered container when microwaving.
48. Venting means to **leave a space for steam to escape**.
49. Basic Rules of Cooking:
  - A. Wash **your hands**.
  - B. Read the **recipe**.
  - C. Remember **safety rules**.
  - D. Enjoy **yourself!**





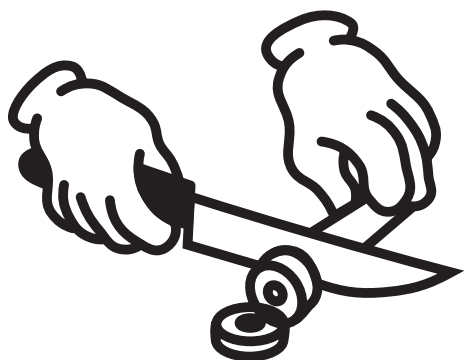
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## Common Kitchen Terms

Match the cooking term listed on the right to the correct definition. Write the term's letter to the left of the correct term.

	<b>Definition</b>	<b>Terms</b>
	1. to cook in liquid at boiling temperature	A. bake
	2. to cut into 1/4 inch cubes	B. baste
	3. to distribute solid shortening through dry ingredients	C. boil
	4. to cook by dry heat, usually in an oven	D. braise
	5. to cook meat or poultry by dry heat, usually in an oven	E. broil
	6. to moisten food while it's cooking to add flavor	F. chop
	7. to beat rapidly to incorporate air and increase volume	G. cut-in
	8. to combine a delicate ingredient to a solid mixture	H. dice
	9. to cook in a closed pot with only enough water to generate steam	I. dissolve
	10. to cut into square, chunky pieces, roughly the same size	J. fold
	11. to cut or to chop into very fine pieces	K. mince
	12. to cook in liquid and simmer on the stove or in the oven	L. roast
	13. to combine a dry substance with a liquid so they merge	M. sauté
	14. to cook under direct heat in a boiler or over hot coals	N. simmer
	15. to cook in liquid just below the boiling point	O. slice
	16. to cook in a small amount of hot fat in a skillet	P. steam
	17. to mix gently with a spoon in a rotary motion	Q. stir
	18. to cut into thin, broad pieces or slices, such as carrot rounds.	R. whip

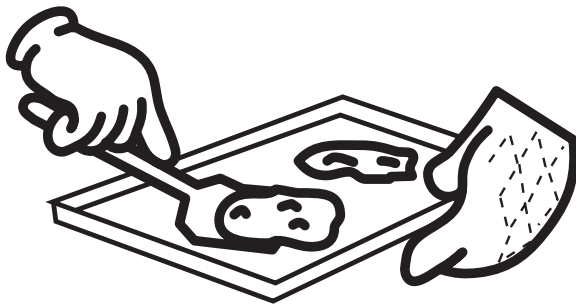




# Common Kitchen Terms

Match the cooking term listed on the right to the correct definition. Write the term's letter to the left of the correct term.

	<i>Definition</i>	<i>Terms</i>
<b>C</b>	1. to cook in liquid at boiling temperature	A. bake
<b>H</b>	2. to cut into 1/4 inch cubes	B. baste
<b>G</b>	3. to distribute solid shortening through dry ingredients	C. boil
<b>A</b>	4. to cook by dry heat, usually in an oven	D. braise
<b>L</b>	5. to cook meat or poultry by dry heat, usually in an oven	E. broil
<b>B</b>	6. to moisten food while it's cooking to add flavor	F. chop
<b>R</b>	7. to beat rapidly to incorporate air and increase volume	G. cut-in
<b>J</b>	8. to combine a delicate ingredient to a solid mixture	H. dice
<b>P</b>	9. to cook in a closed pot with only enough water to generate steam	I. dissolve
<b>F</b>	10. to cut into square, chunky pieces, roughly the same size	J. fold
<b>K</b>	11. to cut or to chop into very fine pieces	K. mince
<b>D</b>	12. to cook in liquid and simmer on the stove or in the oven	L. roast
<b>I</b>	13. to combine a dry substance with a liquid so they merge	M. sauté
<b>E</b>	14. to cook under direct heat in a boiler or over hot coals	N. simmer
<b>N</b>	15. to cook in liquid just below the boiling point	O. slice
<b>M</b>	16. to cook in a small amount of hot fat in a skillet	P. steam
<b>Q</b>	17. to mix gently with a spoon in a rotary motion	Q. stir
<b>O</b>	18. to cut into thin, broad pieces, such as carrot rounds	R. whip



Name: \_\_\_\_\_

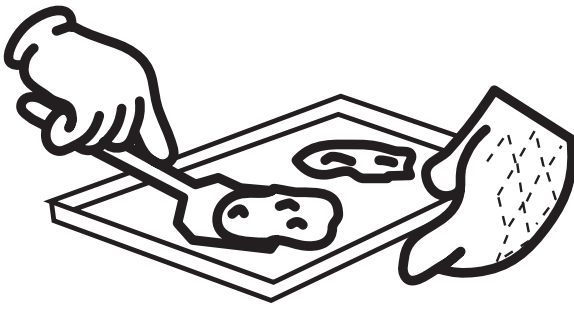
# Common Cooking Terms

Write in the correct cooking term for each definition given.

## Terms

## Definition

Terms	Definition
	1. to combine a delicate ingredient to a solid mixture
	2. to cook meat or poultry by dry heat, usually in an oven
	3. to moisten food while it's cooking to add flavor
	4. to cook in a small amount of hot fat in a skillet
	5. to mix gently with a spoon in a rotary motion
	6. to cook in liquid at boiling temperature
	7. to beat rapidly to incorporate air and increase volume
	8. to cook in liquid just below the boiling point
	9. to distribute solid shortening through dry ingredients
	10. to cut into 1/4 inch cubes
	11. to cook in a closed pot with only enough water to generate steam
	12. to combine a dry substance with a liquid so they merge
	13. to cut into square, chunky pieces, roughly the same size
	14. to cook by dry heat, usually in an oven
	15. to cut into thin, broad pieces, such as carrot rounds
	16. to cook in liquid and simmer on the stove or in the oven
	17. to cut or to chop into very fine pieces
	18. to cook under direct heat in a broiler or over hot coals



# Common Cooking Terms

Write in the correct cooking term for each definition given.

<b>Terms</b>	<b>Definition</b>
<b>fold</b>	1. to combine a delicate ingredient to a solid mixture
<b>roast</b>	2. to cook meat or poultry by dry heat, usually in an oven
<b>baste</b>	3. to moisten food while it's cooking to add flavor
<b>sauté</b>	4. to cook in a small amount of hot fat in a skillet
<b>stir</b>	5. to mix gently with a spoon in a rotary motion
<b>boil</b>	6. to cook in liquid at boiling temperature
<b>whip</b>	7. to beat rapidly to incorporate air and increase volume
<b>simmer</b>	8. to cook in liquid just below the boiling point
<b>cut-in</b>	9. to distribute solid shortening through dry ingredients
<b>dice</b>	10. to cut into 1/4 inch cubes
<b>steam</b>	11. to cook in a closed pot with only enough water to generate steam
<b>dissolve</b>	12. to combine a dry substance with a liquid so they merge
<b>chop</b>	13. to cut into square, chunky pieces, roughly the same size
<b>bake</b>	14. to cook by dry heat, usually in an oven
<b>slice</b>	15. to cut into thin, broad pieces, such as carrot rounds
<b>braise</b>	16. to cook in liquid and simmer on the stove or in the oven
<b>mince</b>	17. to cut or to chop into very fine pieces
<b>broil</b>	18. to cook under direct heat in a broiler or over hot coals

Name: \_\_\_\_\_

# Kitchen Fundamentals Quiz

1. Tell how to wash your hands before cooking. List at least four ideas given from the video:

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2. If you use a wooden cutting board, be sure to \_\_\_\_\_

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3. You should help guide your knife by putting your index finger on the dull part of the knife.  
(Circle yes or no.)      yes      no

4. What kind of knife should be used to cut soft things such as tomatoes?

- A. paring
- B. French
- C. serrated
- D. cleaver

5. A \_\_\_\_\_ strips the outer covering of vegetables or fruits.

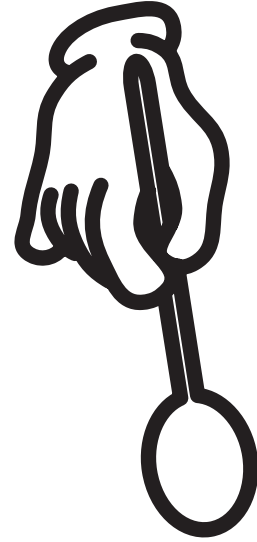
6. Use a \_\_\_\_\_ knife to cut apples or potatoes.

7. How many motions are used to cut each slice of bread?

- A. one
- B. two
- C. three
- D. lots

8. When the item you are grating gets small, you should start pushing the item with your:

- A. palm
- B. fingertips
- C. knuckles
- D. other hand



9. If a recipe calls for sifted flour, you should measure it:

- A. before sifting
- B. after sifting
- C. either before or after sifting
- D. right from the bag; it's already sifted

10. Broiling needs open heat, so:

- A. tightly close the oven door
- B. set the temperature wherever you want
- C. crack open the oven door
- D. open the oven door often

11. When taking a lid off a pot on the stove, you should: \_\_\_\_\_  
\_\_\_\_\_

12. When you use a non-stick pan, you don't have to use as much \_\_\_\_\_.

13. Are microwaves best for reheating food or for cooking food? \_\_\_\_\_

14. Microwaves:

- A. keep both the food and containers cool
- B. make both food and containers very hot
- C. make containers hot even though the food may be cool
- D. make food hot even though the containers may be cool

15. Never put \_\_\_\_\_ in a microwave oven.
16. It's all right to run the microwave empty to warm it up. (Circle yes or no.)  
yes      or      no
17. How can you speed up the cooking time needed in a microwave oven?
- A. warm up the microwave oven
  - B. heat up the pan first
  - C. cover up the food
  - D. all the above
18. What should you do before putting a tightly covered container in a microwave oven?  
\_\_\_\_\_
19. Finish the basic rules of cooking:
- A. Wash your \_\_\_\_\_ .
  - B. Read the \_\_\_\_\_ .
  - C. Remember the \_\_\_\_\_ .
  - D. \_\_\_\_\_ yourself!



## Teacher's Key

# Kitchen Fundamentals Quiz

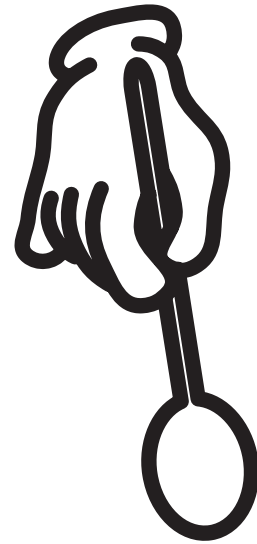
1. Tell how to wash your hands before cooking. List at least four ideas given from the video.:

**Answers will vary. They must include at least four of the following ideas: use enough soap to make a lather, wash the backs of the hands, wash between the fingers, pinch your fingers so your fingernails dig in your palm, go up around your wrists, wash long enough to be able to sing the Happy Birthday song; turn off the faucet with your wrist and dry with a paper towel you can throw away.**

2. If you use a wooden cutting board, be sure to **clean it thoroughly and adequately.**
3. You should help guide your knife by putting your index finger on the dull part of the knife. (Circle yes or no.)    yes    **no**
4. What kind of knife should be used to cut soft things such as tomatoes?
- A. paring
  - B. French
  - C. serrated**
  - D. cleaver
5. A **scraper** strips the outer covering of vegetables or fruits.
6. Use a **paring** knife to cut apples or potatoes.
7. How many motions are used to cut each slice of bread?
- A. one
  - B. two**
  - C. three
  - D. lots

8. When the item you are grating gets small, you should start pushing the item with your:

- A. palm**
- B. fingertips
- C. knuckles
- D. other hand



9. If a recipe calls for sifted flour, you should measure it:

- A. before sifting
- B. after sifting**
- C. either before or after sifting
- D. right from the bag; it's already sifted

10. Broiling needs open heat, so:

- A. tightly close the oven door
- B. set the temperature wherever you want
- C. crack open the oven door**
- D. open the oven door often

11. When taking a lid off a pot on the stove, you should **open the lid away from you.**

12. When you use a non-stick pan, you don't have to use as much **oil (or fat).**

13. Are microwaves best for reheating food or for cooking food? **reheating**

14. Microwaves:

- A. keep both the food and containers cool
- B. make both food and containers very hot
- C. make containers hot even though the food may be cool
- D. make food hot even though the containers may be cool**



15. Never put **metal** in a microwave oven.
16. It's all right to run the microwave empty to warm it up. (Circle yes or no.)  
yes    or    **no**
17. How can you speed up the cooking time needed in a microwave oven?
- A. warm up the microwave oven
  - B. heat up the pan first
  - C. cover up the food**
  - D. all the above
18. What should you do before putting a tightly covered container in a microwave oven?  
**Vent it.**
19. Finish the basic rules of cooking:
- A. Wash your **hands.**
  - B. Read the **recipe.**
  - C. Remember the **safety rules.**
  - D. **Enjoy** yourself!

