

Introduction

In the Kitchen provides a unique approach for students to practice comprehension, finding facts, understanding directions, discerning differences in text, and writing their conclusions. Twenty-five tasty recipes are the basis for these lessons. Students can reinforce their functional reading skills by actually making these recipes at home.

This book is designed for use in grades 4 – 8. Readability is on the 3rd – 4th grade level.

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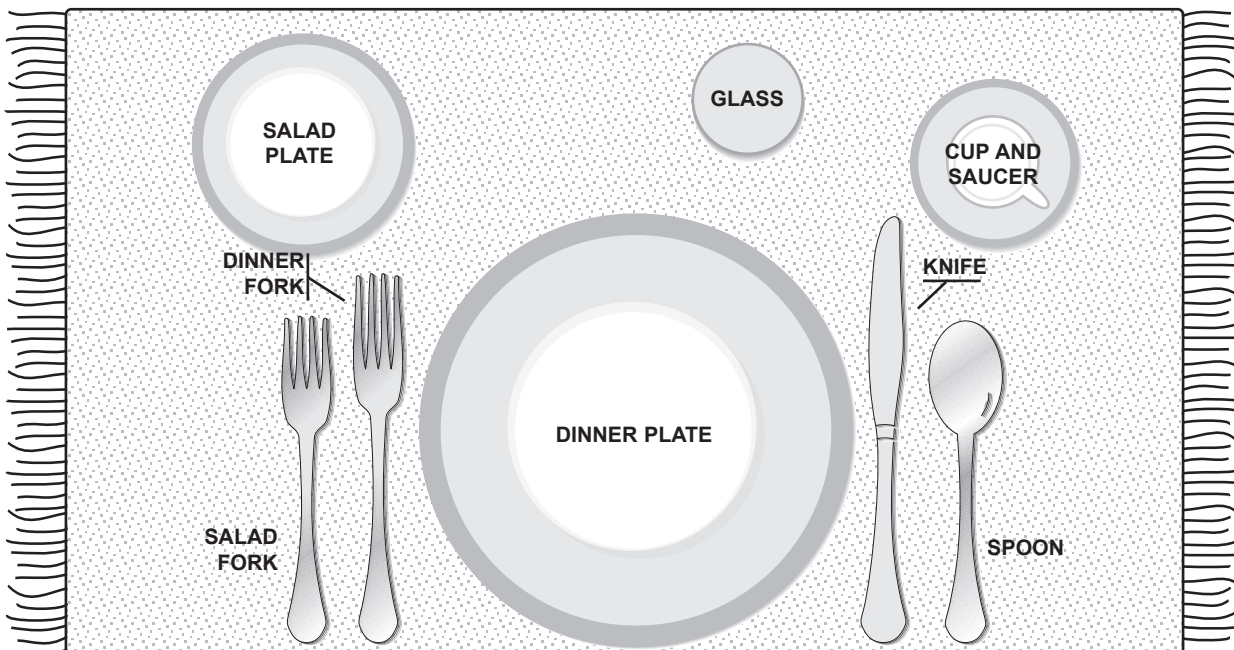
Helpful Hints Before Cooking

Measurement Abbreviations

t, tsp.	=	teaspoon
T, tbls.	=	tablespoon
oz.	=	ounce
lb.	=	pound
c.	=	cup (8 ounces)

1. Read through the *entire recipe* before starting.
2. Always check with an adult *before* using the kitchen.
3. Be sure you have all the ingredients and kitchen utensils needed to make the recipe.
4. Wash your hands before (and after) handling any food.
5. Wear an apron to protect your clothes while cooking.
6. Follow the steps in the recipe exactly.
7. Use a kitchen timer to tell you when cooking time is over.
8. Be sure to clean up the kitchen and put everything away when you are finished.

How to Set a Table



Name _____

CHEESY TUNA

- | | |
|--|----------------------------|
| $\frac{1}{2}$ tsp. Worcestershire sauce | 3 tbs. butter or margarine |
| $\frac{1}{3}$ cup grated Parmesan cheese | 3 tbs. flour |
| 1 $6\frac{1}{2}$ oz. can tuna, drained | $\frac{1}{4}$ tsp. salt |
| toasted bread slices | 1 cup milk |

1. In a medium saucepan, melt butter or margarine.
2. Stir in flour and salt.
3. Add milk and Worcestershire sauce.
4. Cook over medium heat, stirring constantly, until thick and bubbly.
5. Continue to cook one minute more.
6. Turn heat to low and stir in grated cheese, cooking until cheese melts.
7. Stir in tuna and heat thoroughly.
8. Spoon mixture over toasted bread slices.



The following sentences are false. Rewrite them to make them true.
Use the information from the recipe above.

1. Use 2 teaspoons of butter or margarine. _____

2. To double this recipe, you will need 8 tablespoons of flour. _____

3. Use a large baking dish. _____

4. Add the tuna before the grated cheese. _____

5. Use $\frac{1}{2}$ teaspoon of barbecue sauce. _____

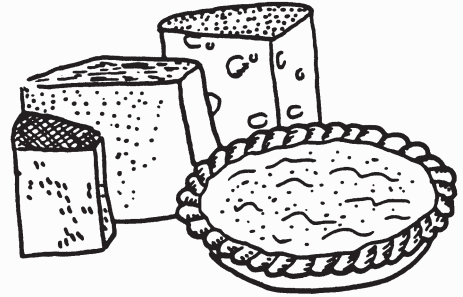
6. Before adding the cheese, turn the heat to high. _____

7. Serve the mixture over fresh, soft bread slices. _____

Name _____

THREE-CHEESE PIE

- | | |
|------------------------------|---------------|
| 1 9" pie crust shell | 3 eggs |
| ½ cup grated Cheddar cheese | 1½ cups milk |
| ¼ cup grated Swiss cheese | ½ tsp. salt |
| ¼ cup grated Parmesan cheese | ¼ tsp. nutmeg |



1. Preheat oven to 350°.
2. Mix together the three cheeses.
3. Sprinkle cheese mixture into pie crust shell.
4. In a medium bowl, beat together eggs, milk, salt, and nutmeg.
5. Pour egg mixture over cheeses.
6. Bake in oven for 30 minutes.
7. Before serving, sprinkle a little nutmeg on top of pie.
8. Cut into 6 large or 8 small portions.

**The following sentences are false. Rewrite them to make them true.
Use the information from the recipe above.**

1. You need 1 cup of milk. _____

2. Beat the eggs with the milk and salt. _____

3. To double this recipe, you need 2 cups of grated Cheddar cheese. _____

4. Pack the cheese mixture firmly in the pie shell. _____

5. Preheat the oven to 450°. _____

6. This recipe can be cut into 8 large portions. _____

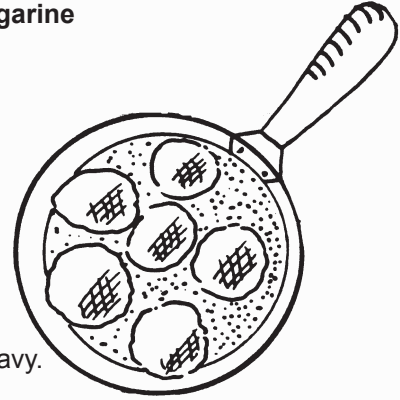
7. Use an 8" pie crust shell. _____

Name _____

SKILLET TUNA PATTIES

- | | |
|------------------------------------|--|
| 1 can creamy chicken mushroom soup | $\frac{1}{2}$ cup finely chopped onion |
| 2 cans tuna, drained and flaked | 2 tbs. butter or margarine |
| $\frac{1}{2}$ cup cornmeal | $\frac{3}{4}$ cup milk |
| 1 egg, slightly beaten | |

1. Mix very well $\frac{1}{2}$ cup of the soup with the tuna, cornmeal, egg, and onion.
2. Shape mixture into 6 patties (like hamburgers).
3. In the skillet, heat the butter or margarine until melted and hot.
4. Fry the tuna patties until brown on both sides.
5. Remove patties from skillet and place on a large plate.
6. Stir the remaining soup and milk into the skillet drippings to make gravy.
7. Add the patties and heat again.
8. Remove patties and serve with gravy spooned over them.



**The following sentences are false. Rewrite them to make them true.
Use the information from the recipe above.**

1. Mix all the soup with the tuna, cornmeal, egg, and onion. _____

2. Use one can of chicken noodle soup. _____

3. Shape the tuna mixture into meatballs. _____

4. To double this recipe, you need $\frac{3}{4}$ cup of cornmeal. _____

5. Make the gravy before frying the patties. _____

6. Use 3 teaspoons of butter or margarine. _____

7. Bake the patties in an oven. _____
