

FOODS AND NUTRITION MODULE
TEACHER'S RESOURCE PACKAGE

FOODS AND NUTRITION MODULE TEACHER'S RESOURCE PACKAGE

TABLE OF CONTENTS

- 1.3b Canada's Food Guide Match-Up
- 1.3b Canada's Food Guide Chart and Teacher's Key
- 1.3c Grocery Bag Activity and Teacher's Key
- 1.4a Karl's Kitchen
- 1.4i Daily Food Evaluation
- 2.1b What's Wrong In This Kitchen?
- 2.2b Brown Bagging It
- 3.1b Recipe Comparison
- 3.3b Name That Object!
- 3.5 Suggested Products for Food Preparation

Recipes:

- Granola
- Milkshakes
- Orange Julius
- Pastry Circles with Fruit
- Bread with Italian Topping
- Pizza Burgers
- Tomatoed Macaroni
- Crunchy Granola Cookies

CANADA'S FOOD GUIDE MATCH-UP

The list below contains many foods common in the eating pattern of Canadians. Use the CANADA'S FOOD GUIDE CHART provided for you in class and SORT the list of foods into four food groups. Some of the items do not belong on the food guide. List these foods under the title "EXTRAS" on the back of your chart. See if you can correctly sort the entire list!

lettuce
almonds
ice cream
pretzels
bran muffin
cod fillet
cheezies
coleslaw
sesame seeds
carrot
corn niblets
liver
doughnut
fruit roll-ups
pancakes
orange jello
tomato
peanut butter
hamburger patty
turkey
sour cream
chocolate drink
evaporated milk

whole wheat bread
tossed salad
oatmeal cookies
orange
apple pie
chocolate bar
broccoli
yogurt
Special K
peanuts
granola bars
green beans
rice
banana
raisins
cottage cheese
sunflower seeds
macaroni noodles
deep-fried onion rings
kidney beans
apple juice
butter
mozzarella cheese

white bread
popcorn
cheddar cheese
potato
cream-of-wheat cereal
pork chop
spaghetti noodles
egg
chocolate cake
chicken
oysters
salad dressing
milk
peas
potato chips
roast beef
cream cheese
hamburger bun
shrimp
oatmeal cereal
strawberry jam
cupcake

NAME: _____
CLASS: _____

CANADA'S FOOD GUIDE - CHART

Follow the instructions listed to complete the information in the chart provided.

1. Write the names of four food groups in the four sections next to "A".
2. In sections next to "B", write the number of servings recommended daily for each of the food groups in "A".
3. In section "C", write the foods that belong in each food group. Use the list provided on the sheet "Canada's Food Guide Match-Up". On the back of this paper, list "extras" from the list. Are these considered to be "GO", "CAUTION", or "STOP" foods?
4. In section "D", list the important nutrients in each food group. The important nutrients in each group are called LEADER NUTRIENTS for that food group.

"A" FOOD GROUPS

--	--	--	--

"B" NUMBER OF SERVINGS RECOMMENDED DAILY

--	--	--	--

"C" EXAMPLES OF FOODS IN THE GROUP

--	--	--	--

"A" FOOD GROUPS

--	--	--	--

"D" LEADER NUTRIENTS

--	--	--	--

The NUTRIENT LIST shown below contains the names of several nutrients important to good health. Each food group in Canada's Food Guide is important because it supplies certain nutrients; these are called the "LEADER NUTRIENTS" for that food group.

Can you match up the nutrients listed below with the food group(s) that supplies them in significant amounts? Place your choices in the section provided on the FOOD GUIDE CHART above.

Nutrients:**CARBOHYDRATE**

FIBRE (Though it is not a nutrient, fibre is a very important part of the diet; generally it is listed with carbohydrates, as it is often found in carbohydrate-rich foods.)

PROTEIN

MINERALS - CALCIUM and PHOSPHORUS
- IRON

VITAMINS - VITAMIN A, VITAMIN B, VITAMIN C, VITAMIN D.

(WATER and FAT are important nutrients also. Water is found in juice, milk and in foods high in liquid. Fat is found in small or large amounts in many foods.)

TEACHER'S KEY

CANADA'S FOOD GUIDE - CHART

Follow the instructions listed to complete the information in the chart provided.

1. Write the names of four food groups in the four sections next to "A".
2. In sections next to "B", write the number of servings recommended daily for each of the food groups in "A".
3. In section "C", write the foods that belong in each food group. Use the list provided on the sheet "Canada's Food Guide Match-Up". On the back of this paper, list "extras" from the list. Are these considered to be "GO", "CAUTION", or "STOP" foods?
4. In section "D", list the important nutrients in each food group. The important nutrients in each group are called LEADER NUTRIENTS for that food group.

"A" FOOD GROUPS

Milk and Milk Products	Meat, Fish, Poultry, and Alternates	Breads - Cereals	Fruits and Vegetables
------------------------	-------------------------------------	------------------	-----------------------

"B" NUMBER OF SERVINGS RECOMMENDED DAILY

3-4 (teens)	2	3-5	4-5
-------------	---	-----	-----

"C" EXAMPLES OF FOODS IN THE GROUP

evaporated milk yogurt mozzarella cheese cheddar cheese milk	almonds cod fillet sesame seed liver peanut butter hamburger patty turkey peanuts cottage cheese sunflower seeds kidney beans mozzarella cheese cheddar cheese pork chops eggs chicken oysters roast beef shrimp	bran muffin pancakes whole wheat bread Special K' rice macaroni noodles white bread cream of wheat cereal spaghetti noodles hamburger buns oatmeal cereal	lettuce coleslaw carrot corn niblets tomato tossed salad orange broccoli green beans banana apple juice potato peas raisins
--	--	--	--

Teacher's Key

"A" FOOD GROUPS

Milk and Milk Products	Meat, Fish, Poultry, and Alternates	Breads - Cereals	Fruits and Vegetables
------------------------	-------------------------------------	------------------	-----------------------

"D" LEADER NUTRIENTS

calcium phosphorus vitamin B (riboflavin) vitamin A & D Protein	protein iron vitamin A vitamin B	carbohydrates vitamin B iron fibre	vitamins esp. A & C minerals fibre
---	---	---	--

The NUTRIENT LIST shown below contains the names of several nutrients important to good health. Each food group in Canada's Food Guide is important because it supplies certain nutrients; these are called the "LEADER NUTRIENTS" for that food group.

Can you match up the nutrients listed below with the food group(s) that supplies them in significant amounts? Place your choices in the section provided on the FOOD GUIDE CHART above.

Nutrients:

CARBOHYDRATE

FIBRE (Though it is not a nutrient, fibre is a very important part of the diet; generally it is listed with carbohydrates, as it is often found in carbohydrate-rich foods.)

PROTEIN

MINERALS - CALCIUM and PHOSPHORUS
- IRON

VITAMINS - VITAMIN A, VITAMIN B, VITAMIN C, VITAMIN D.

(WATER and FAT are important nutrients also. Water is found in juice, milk and in foods high in liquid. Fat is found in small or large amounts in many foods.)

TEACHER'S KEY
CANADA'S FOOD GUIDE - CHART

Extras - Foods high in fat and sugar belong in the "extras" group. Those with significant redeeming features may be classified as CAUTION FOODS. Those with no redeeming features are STOP foods. The Department of Health guidelines and poster show this effectively. GO foods are foods from Canada's Food Guide.

ice cream
 (high in fat, therefore, extra
 though it does contain some milk)
fruit roll-up
sour cream
oatmeal cookies
chocolate bar
raisins
 (are fruit, but should be used with
 caution as a snack because they are
 sugary and sticky and adhere to teeth)

pretzels
cheezies
doughnut
orange jello
chocolate drink
apple pie
granola bars
deep fried onion rings
butter
popcorn

salad dressing
potato chips
cream cheese
strawberry jam
cupcake
chocolate cake

Reference: *Creative Living*, p. 265-266

GROCERY BAG ACTIVITY

Give students grocery bags of food items (labels or containers) such as those listed below. Include items that are relevant to the particular group - e.g., snack foods for adolescents. The object of the activity is to sort the foods into six categories.

milk and milk products
breads and cereals
meat, fish, poultry and alternates
fruits and vegetables
mixed foods
other foods (extras)

Label information may help in categorizing some items. Food labels list ingredients in decreasing order of proportion.

One suggestion is to divide a table top into sections and label the sections with titles from the list above.

Suggested food items for grocery bag

milk
green peas
margarine
apple juice
jelly
orange drink (e.g., tang)
ketchup
macaroni
cream cheese
butter
ice cream
cheese
carrots

potato chips
rice
pork
pizza
plums
chocolate bar
eggs
bacon
tea
whipping cream
soda pop (e.g. 7up)
crackers
potatoes

peanut butter
instant pudding
tuna
pease pudding
sour cream
hamburger
baked beans
green beans
dream whip
pickles
sweetened condensed
milk

TEACHER'S KEY

Sample Answers for Grocery Bag

Food Group	Foods in This Group
Milk and Milk Products	milk, cheese, instant pudding (1 package prepared with milk yields 1/2 serving milk per portion)
Meat, Fish, Poultry and baked beans, cheese	pork, eggs, peanut butter, tuna, pease pudding, Alternates
Breads and Cereals	macaroni, rice, crackers, muffin
Fruits and Vegetables	green peas, apple juice, plums, potatoes, green beans, carrots
Mixed Foods	pizza, hamburger, chicken noodle soup
Other Foods	margarine, jelly, orange drink (e.g., tang) ketchup, cream cheese, potato chips, chocolate bar, bacon, tea, whipping cream, soda pop, (e.g. 7-up), sour cream, dream whip, pickles, sweetened condensed milk

KARL'S KITCHEN

MENU

Soup

Cream of Tomato Soup
Chicken Soup

Side Orders

French Fries
French Fried Onion Rings
Hot Garlic Bread
Apple Sauce
Bran Muffin
Bowl of Chili

Desserts

Ice Cream
Apple Pie
Cherry Pie
Jello and Cream
Chocolate/Butterscotch Pudding
Chocolate Cake
Brownies
Fresh Fruit

Sandwiches

Fishburger
Hamburger
Cheeseburger
Club Sandwich
Peanut Butter and Banana Sandwich

Salads

Fresh Fruit Salad
Seafood Salad
Coleslaw
Tossed Green Salad
3-Bean Salad

Beverages

Chocolate Milk
Milk - 2%
Milk - Skim
Tea
Coffee
Soft Drinks

NAME: _____
CLASS: _____

KARL'S KITCHEN MENU

1. Which foods from the menu would you choose if you wanted to be well nourished?
2. List the meat alternates included in this menu.
3. List your favourite foods from the menu. Are they good sources of the major nutrients?
4. List the foods on the menu that contain a lot of kilojoules (calories) and few nutrients.

or

List the foods you should avoid.

**Foods and Nutrition
1.4a**

Daily Food Evaluation

1. Record all the foods you ate for one day and the approximate amount of each food. Then indicate which food group(s) each food represents by placing a check (☐) in the box provided. Remember to complete the paragraph for step 2 on the next page.

BASIC FOUR FOOD GROUPS

Food You Ate	Amount You Ate	Milk and Milk Products	Meat, Fish, Poultry, Alternates	Bread and Cereals	Fruits and Vegetables	Extras
Breakfast						
Lunch						
Dinner						
Snacks						
Total Servings You Had from Each Food Group						
Recommended Servings per day from Canada's Food Guide						

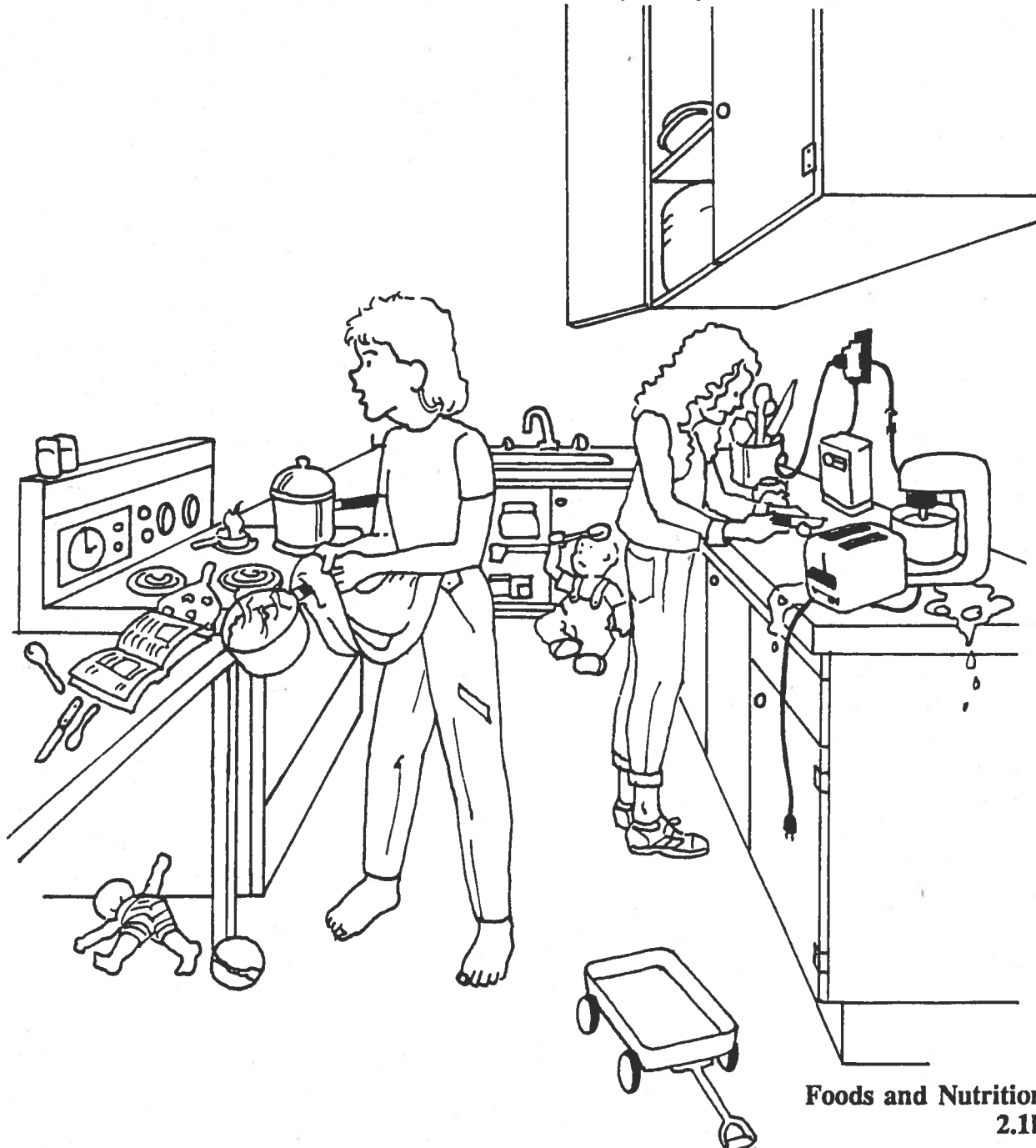
2. Write a paragraph comparing what you ate to Canada's Food Guide recommendations. If your food intake did not meet the food guide recommendations, suggest changes you could make to improve your eating habits.

NAME: _____
CLASS: _____

WHAT'S WRONG IN THIS KITCHEN?

Look carefully at this kitchen scene.

Identify the unsafe conditions and list them on a separate sheet of paper. Tell how each condition should be corrected. (CLUE: There are at least fifteen (15) hazards shown. If you find less than five (5) you are not very safety conscious.)



NAME: _____
CLASS: _____

BROWN BAGGING IT

Brown bag lunches can provide nourishing noontime meals. However, not all foods are suitable for bag lunches. Poultry, eggs, fish, and foods made of milk are perfect hosts for bacteria that can cause food poisoning. From the variety of foods shown below, circle the ones you would recommend for a brown bag lunch that will not be refrigerated.

HINT: Some things should be left at home if they cannot be packed to stay hot or cold.

celery sticks	cream-filled doughnut
pickles	small carton milk
canned butterscotch pudding	potato salad
peanut butter sandwich	canned fruit juice
homemade tapioca pudding	egg salad sandwich
chicken salad	carrot sticks
raisins	leftover crab legs
chocolate chip cookies	apple
potato chips	trail mix
yogurt	cheese
devilled eggs	crackers
meat loaf sandwich	fried chicken
sliced turkey sandwich	granola bars

From the items you chose as safe brown-bag foods, create a menu for your own lunch. Use Canada's Food Guide to choose foods that are nutritious as well as tasty. Write your menu below.

BROWN BAG LUNCH MENU

RECIPE COMPARISON

A. Well-Written Recipe

Apple Pancakes

180 mL milk
30 mL melted margarine
1 egg
1 tart apple (cored and thinly sliced)

250 mL all purpose flour
10 mL baking powder
30 mL white sugar
3 mL salt

1. Beat milk, margarine, and egg lightly in mixing bowl. Stir in apple slices.
2. Mix flour, baking powder, sugar, and salt on waxed paper.
3. Add dry ingredients to the liquid all at once, stirring just enough to moisten.
4. Lightly butter or grease a heavy frying pan or griddle and heat over medium heat until a few drops of cold water dance on the surface.
5. Pour batter on griddle, forming 10 cm circles. Bake until cakes are full of bubbles and golden underneath.
6. Turn with spatula and brown other side.
7. Place finished pancakes on warmed plate in 95°C oven until serving time.

A. Poorly-Written Recipe

Apple Pancakes

1/4 lb. flour
1 gill milk
1 dessert spoon olive oil
pinch salt

sugar
glass water
2 eggs

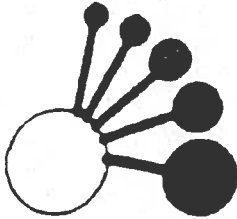
Make a batter with the ingredients. Cook in frying pan 'till done but before done place sliced apples on top.

Serve hot.

NAME: _____
CLASS: _____

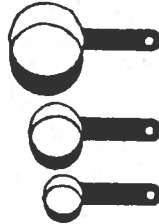
NAME THAT OBJECT!

For each piece of equipment shown below, give the correct name and the proper function.



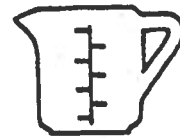
1. Name

Function



2. Name

Function



3. Name

Function



4. Name

Function



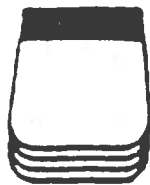
5. Name

Function



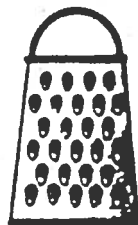
6. Name

Function



7. Name

Function



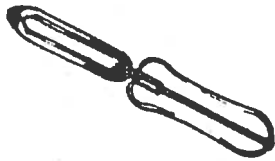
8. Name

Function



9. Name

Function



10. Name

Function



11. Name

Function



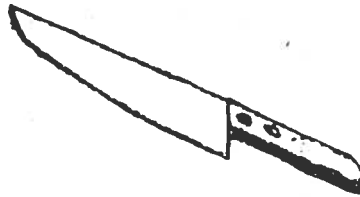
12. Name

Function



13. Name

Function



14. Name

Function



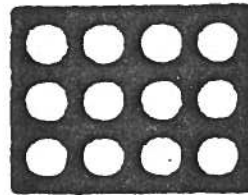
15. Name

Function



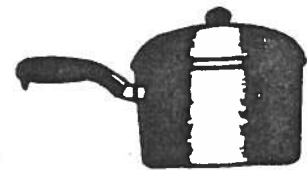
16. Name

Function



17. Name

Function



18. Name

Function



19. Name

Function



20. Name

Function

NAME: _____
CLASS: _____

Granola

Yield 6 cups (may be halved or doubled)

750 mL	rolled oats		60 mL	honey
125 mL	wheat germ		60 mL	brown sugar
125 mL	shelled sunflower seeds		2 mL	vanilla
125 mL	shredded coconut	1	mL	salt
125 mL	vegetable oil		125 mL	raisins

Method:

1. Preheat the oven to 140°C.
2. Gather the utensils: metric measures (dry, liquid, spoons) wooden spoon
large bowl 2 cookie sheets
metal spatula rubber scraper/spatula
saucepan (small) plastic bag
oven mitts, cooling racks
3. Using the dry measures, measure the first **four** ingredients into the large bowl.
4. Measure the oil, honey (liquid measure) and sugar (dry measure) into the saucepan. Place the pan on the stove and heat at medium setting.
5. When the mixture in the saucepan is heated, add the vanilla and salt. Stir.
6. Pour the heated mixture in the saucepan over the ingredients in the large bowl. Stir-toss to coat lightly.
7. Spread loosely on the large cookie sheets.
8. Bake in preheated oven for 25-30 minutes. Stir occasionally to toast lightly and evenly.
9. Remove pans from oven and place on cooling racks.
10. Measure raisins in dry measure and stir gently into the granola on the cookie sheets.
11. Cool, stirring occasionally.
12. Measure 625 ml of granola into plastic bag and label. Pass in to your teacher. (This is for next week's lab.)

Divide the remainder of granola among the lab group members.

Clean Up

wash dishes	put away dishes
rinse dishes	clean counters and stove
dry dishes	sweep floor

**Foods and Nutrition
Recipes**

NAME: _____
CLASS: _____

Milkshakes

Ingredients:

125 mL milk
2 scoops ice cream

Flavour variations: (choose one)

1 mL vanilla
30 mL chocolate syrup
30 mL strawberry or raspberry
 jam
30 mL butterscotch syrup

Procedure:

To make this recipe, you will work independently. You will work as a group to do the clean up.

Decide on the flavour you want.

As your turn comes up you will measure the milk into the blender container. Then add the ice cream and the flavouring.

Cover the blender and blend for about five seconds or until smooth.

Pour into a glass and rinse out the container with cold water.

Clean Up:

wash dishes
rinse dishes
dry dishes
put away dishes
clean up counter
sweep floor
replace cloths
other duties

**Foods and Nutrition
Recipes**

NAME: _____
CLASS: _____

Orange Julius

250 mL milk
250 mL water
8 ice cubes
170 mL frozen orange juice concentrate
5 mL vanilla

Combine all ingredients in a blender. Cover the blender and blend for about 5 seconds or until smooth. Pour into glasses. Garnish with orange slices if desired.

Makes 3-4 servings.

NAME: _____
CLASS: _____

Pizza Burgers

1/2 hamburger bun or English muffin per person
tomato sauce
mozzarella cheese
oregano or Italian seasoning

Preheat oven to 230°C.

Gather utensils: cookie sheet
oven mitts
turner
small plate per person

Each person will take 1/2 burger bun and spread sauce on inside of bun.

Sprinkle with a little oregano or Italian seasoning.

Sprinkle cheese on top.

Place your pizza burger on a cookie sheet with the others from your group.

When all burgers are assembled, bake 10 minutes or until cheese is melted and bubbly.

Use the turner to remove each burger to the cooling rack, and then to individual small plates for serving.

Clean Up

wash dishes	sweep floor
rinse dishes	clean counters, stove, canisters
dry dishes	other duties
put away dishes	

**Foods and Nutrition
Recipes**

NAME: _____
CLASS: _____

Tomatoed Macaroni

1 can (540 ml) tomatoes
30 mL margarine
1 mL oregano
500 mL elbow macaroni
grated Parmesan cheese

1. Bring 2L water to a full boil in a large covered saucepan.
2. In a small saucepan heat tomatoes, margarine, and oregano to boiling. Reduce heat; simmer 10 to 12 minutes, stirring occasionally.
3. Add 5 mL salt and 5 mL vegetable oil to boiling water. Sprinkle in macaroni and cook **uncovered** at full boil, stirring occasionally. Cook 7-9 minutes or until tender but firm (al dente). Drain in colander.
4. Place macaroni in a serving dish or on dinner plates. Pour tomato sauce over. Sprinkle with cheese.

Serves 4.

**Foods and Nutrition
Recipes**

NAME: _____
CLASS: _____

Bread with Italian Topping

1 loaf (baguette) Mediterranean-style bread, about 5 cm in diameter **or**
10 slices bread, melba toast, or pita bread
50 ml butter, melted

Topping

25 mL oil
250 mL finely chopped onions
2 large cloves garlic, minced
1 can (796 mL) tomatoes, drained. Dice tomatoes.
2 egg yolks
250 mL freshly grated Parmesan cheese
dash salt and pepper

Preheat broiler. Cut bread diagonally into 1 cm thick slices. Place slices in a single layer on baking sheet and brush with some of the melted butter. Broil for 3 minutes or until golden. Turn bread, brush with remaining butter and broil until golden. Watch carefully to prevent bread from burning. Adjust oven heat to 200°C.

Topping

In a large skillet, heat the oil. Cook onions and one garlic clove over medium heat, stirring frequently until onions are translucent and tender, about 5 minutes. Drain tomatoes (reserve juice for another use). Chop pulp into 5 mm dice. Stir into skillet and cook over medium-high heat, uncovered, stirring frequently, until sauce is thickened, 5 to 10 minutes. Remove from heat. Stir in remaining garlic, egg yolks, cheese, salt and pepper.

Spread tomato mixture over toast rounds and bake in 200°C oven for 5 to 10 minutes or until heated through and topping is beginning to brown around edges. For a browner topping broil the product 10 cm from broiler. Serve immediately in napkin-lined basket.

Makes 10 appetizer servings or 4-5 servings, as accompaniment to salad.

**Foods and Nutrition
Recipes**

NAME: _____
CLASS: _____

Pastry Circles With Fruit

1 package pie crust mix
15 mL white sugar
3 mL cinnamon

Topping

Whipping cream or ice cream, fresh fruit, frozen or canned fruit,
pie filling, pudding, nutmeg.

1. Preheat oven to 240°C.
2. Prepare pastry according to package directions. DO NOT ROLL OUT. Instead, divide the dough into 8 equal parts. Gently shape each into a ball.
3. Pat each ball into a circle (7-8 cm across) on ungreased baking sheet.
4. Prick each pastry circle several times with a fork, making sure the holes are big enough so they won't close up during baking (this prevents puffing).
5. Mix the sugar and cinnamon in a custard cup. Sprinkle on top of the pastry circles.
6. Bake 7 minutes or until light brown.
7. With turner, carefully lift circles onto rack to cool.

Just before serving:

Prepare whipping cream (if using) and chill.

Prepare fruit or pudding, (drain canned fruit; wash and slice fresh fruit; prepare pudding).

Place a pastry circle on each dessert plate (4).

Spoon fruit or pudding topping onto each.

Cover with remaining circles. Top with whipped cream (or ice cream) and remaining fruit.

Sprinkle with nutmeg.

**Foods and Nutrition
Recipes**

NAME: _____
CLASS: _____

Crunchy Granola Cookies

Yield 18-36 cookies depending on size

125 mL margarine
125 mL brown sugar
1 egg
5 mL vanilla
125 mL whole wheat flour
125 mL white flour
1 mL baking soda
pinch of salt
625 mL granola (buy or make your own)

1. Preheat oven to 180°C. Grease baking sheets.

Gather the utensils: large mixing bowl
metric measures
(dry, liquid, and spoons)
metal spatula
wooden spoon
electric mixer
rubber scraper
2 cookie sheets
dessert spoon
small bowl
fork
oven mitts

2. Measure the margarine and brown sugar into the mixing bowl.
3. With the electric mixer, cream the margarine and sugar until smooth and fluffy.
4. Wash the egg and break into a small bowl. Add the egg and vanilla to the creamed mixture (margarine and sugar) and beat until thoroughly blended.
5. Remove the mixer from the bowl and clean off excess batter.
6. Add the flour, soda and salt to the creamed mixture. Stir with a wooden spoon.

**Foods and Nutrition
Recipes**

Crunchy Granola Cookies (cont'd)

7. Add the granola and mix with wooden spoon.
8. Drop batter by spoonfuls onto greased baking sheets.
9. Flatten with a fork.
10. Bake for 8-10 minutes, or until browned lightly. Cool on cooling rack.

Clean Up

wash dishes
rinse dishes
dry dishes
put away dishes
clean counters, stove and sink
clean floor

Teacher's Key

Milk and Milk Products	Meat, Fish, Poultry, and Alternates	Breads - Cereals	Fruits and Vegetables
3-4 (teens)	2	3-5	4-5
evaporated milk yogurt mozzarella cheese cheddar cheese milk	almonds cod fillet sesame seed liver peanut butter hamburger patty turkey peanuts cottage cheese sunflower seeds kidney beans mozzarella cheese cheddar cheese pork chops eggs chicken oysters roast beef shrimp	bran muffin pancakes whole wheat bread Special K rice macaroni noodles white bread cream of wheat cereal spaghetti noodles hamburger buns oatmeal cereal	lettuce coleslaw carrot corn niblets tomato tossed salad orange broccoli green beans banana apple juice potato peas raisins
calcium phosphorus vitamin B (riboflavin) vitamin A & D Protein	protein iron vitamin A vitamin B	carbohydrates vitamin B iron fibre	vitamins esp. A & C minerals fibre

Creative Living, p. 265-266

Extras - Foods high in fat and sugar belong in the "extras" group. Those with significant redeeming features may be classified as CAUTION FOODS. Those with no redeeming features are STOP foods. The Department of Health guidelines and poster show this effectively. GO foods are foods from Canada's Food Guide.

ice cream (high in fat, therefore, extra though it does contain some milk)	cheezies	pretzels	salad dressing
fruit roll-up	orange jello	doughnut	potato chips
sour cream		chocolate drink	cream cheese
oatmeal cookies		apple pie	strawberry jam
chocolate bar		granola bars	cupcake
raisins (are fruit, but should be used with caution as a snack because they are sugary and sticky and adhere to teeth)		deep fried onion rings	
		butter	
		popcorn	
	chocolate cake		

Top of range or hot
plate
Oven or toaster oven
Microwave oven
Other small appliances
- blender
- electric frying
pan
- food processor

**Note: Deep fat frying
is not recommended at
this level.**