



At the Table

SAY

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Table Settings

Casual

- **Plate** – The dinner plate is placed directly in front of the seat
- **Napkin** – The napkin is placed to the left of the plate, possibly under the fork. Sometimes it may be placed on the plate.
- **Cutlery** – The fork goes to the left of the plate, the knife, with the cutting edge facing the plate, to the right of the plate. The spoon goes to the right of the knife.
- **Glass** – The glass goes on the upper right. The knife points to the glass.

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More Casual Table Setting placemat

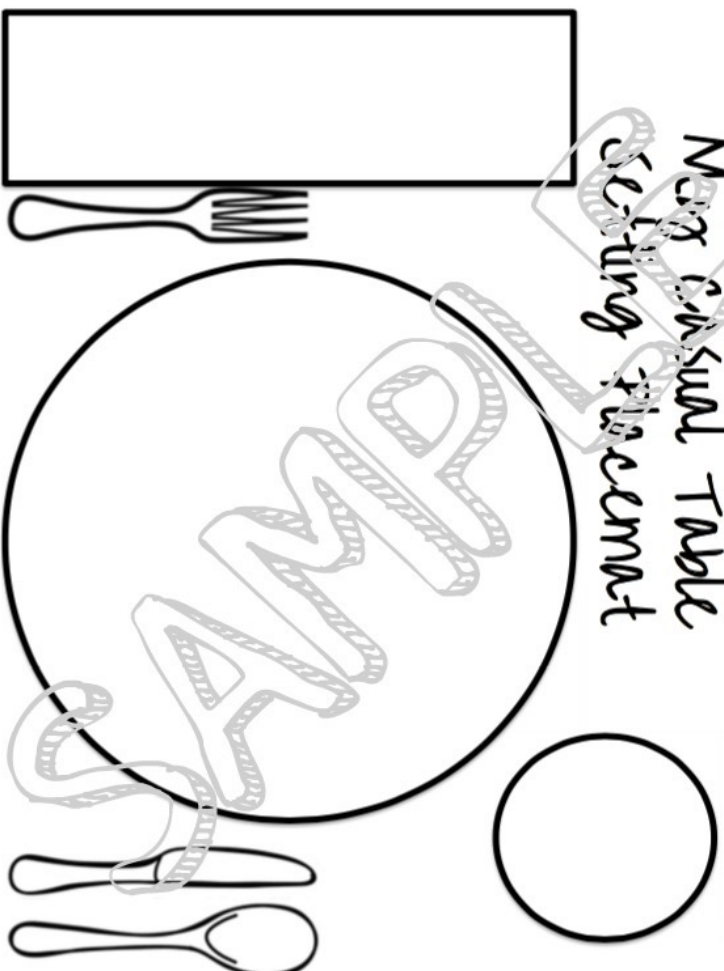


Table Manners

- Always wash your hands first.
- Do what you can to help prepare the food.
- Do what you can to help set the table.
- Sit up straight in your chair.
- Place your napkin on your lap.
- Don't put your elbows on the table.
- Don't reach across the table, ask for the food to be passed to you.
- Pass the food from left to right.
- Don't take more food than you can eat.
- Say 'thank you' when someone passes you the food.
- Wait until everyone is served before starting to eat.
- Don't pick the food up with your hands, use your cutlery.
- Never stuff your mouth full of food.
- Chew with your mouth closed.
- Say 'Excuse Me' if you burp.
- Don't talk loudly or interrupt.
- If you have to sneeze, cough or blow your nose, go to the bathroom to do it.
- If you leave the table, excuse yourself properly.
- Never say bad things about the food.
- Help clean up after eating.



Cooking Terms

bake	to cook food in an oven
grate	to scrape food against holes and make into smaller pieces
mash	to squash food with a fork or masher
chop	to cut food into small pieces
steam	to cook food using steam without placing it in water
marinate	to soak food in a liquid to tenderize or add flavor
preheat	to turn oven on ahead of time so that it is at the desired temperature when needed
brown	to cook over medium heat until surface browns
sauté	to cook quickly in a little oil or butter
blend	to combine ingredients together gently with a spoon
drain	to remove all the liquid using a colander or strainer
mix	to combine ingredients together with an electric mixer
knead	to press, fold and stretch dough until it is smooth
boil	to heat food so that the liquid gets hot and makes bubbles

Cooking Abbreviations



C - Celsius

F - Fahrenheit

tsp - teaspoon

TBSP - tablespoon

ml - millilitre

L / l - litre

mg - milligram

g - gram

kg - kilogram

fl oz - fluid ounce

oz - ounce

lb - pound

pt - pint

qt - quart

gal - gallon



Foods in Season

Vegetables

Spring	Summer	Fall / Autumn	Winter
artichokes	beans	beans	brussels sprouts
asparagus	beets	broccoli	chestnuts
beans	corn	brussels sprouts	kale
broccoli	cucumber	cauliflower	leeks
corn	eggplant	radish	squash
fennel	garlic	garlic	sweet potatoes
lettuce	lettuce	ginger	turnips
mushrooms	okra	Jerusalem artichoke	
onions	peas	lettuce	
peas	peppers	mushrooms	
rhubarb	potatoes	Jalapeno	
squash	radishes	pumpkin	
watercress	shallots	squash	
	squash	sweet potatoes	
	zucchini	turnips	



Tea Party Time





It's A Tea Party

Please come:

date: _____

time: _____

place: _____

rsvp: _____



It's A Tea Party

Please come:

date: _____

time: _____

place: _____

rsvp: _____

Tea Party Foods

- cucumber sandwiches
- fondue
- mini cupcakes / cakes
- fudge
- mini sausage rolls
- iced fruit tea
- mini jelly cups
- jelly slice
- mixed berry or fruit cups
- tea party decorate cookies
- fairy bread
- juice
- milkshake
- hot chocolate
- scones
- biscuits / cookies

- _____
- _____
- _____
- _____

Supplies I need:

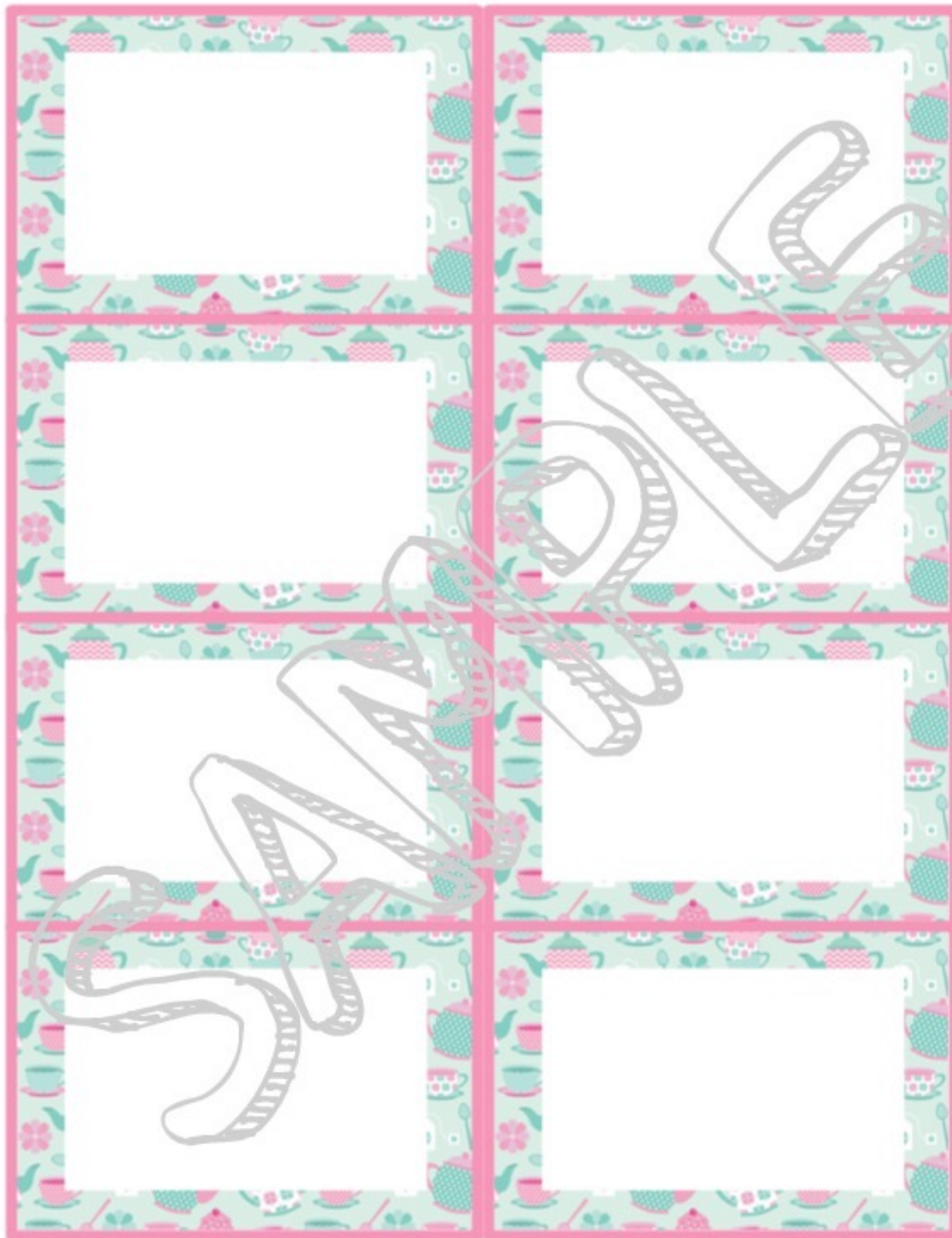
- ☐ _____
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Tea Party Menu



Memories

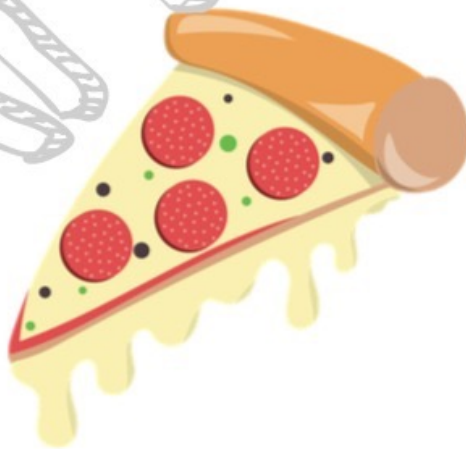




Tea Party Food Labels

© Proverbial Homemaker

Fabulous Food Party



It's A Fabulous Food Party



Please come:

date: _____

time: _____

place: _____

rsvp: _____

It's A Fabulous Food Party

Please come:

date: _____

time: _____

place: _____

rsvp: _____

Memories



SAMPLE

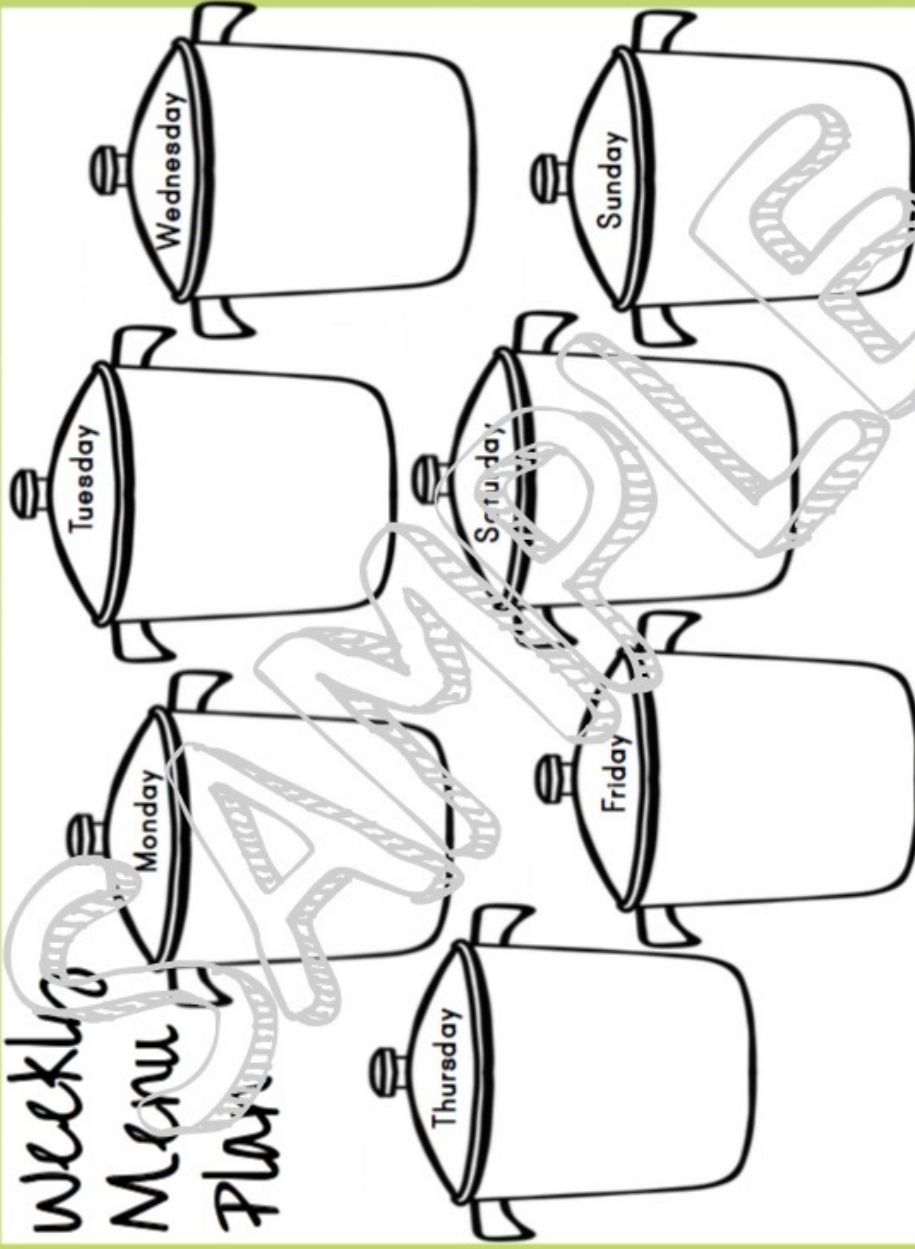
Planners

SAMPLE

SAMPLE

Blank handwriting practice paper with a large, stylized, light gray watermark reading 'Sample' diagonally across the page. The page features horizontal lines for writing and a vertical line on the right side. There are 10 sets of four small squares (a 2x2 grid) arranged in two columns of five, one on each side of the page, likely for use as a guide for letter height and placement.

Weekly Menu Plan



Monthly Menu Plan

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30
31					

Recipes



Create your Own Recipe

Recipe: _____

Ingredients:



Method:

A large blue-bordered box with rounded corners, intended for writing the recipe method. A large, light gray, 3D-style "SAMPLE" watermark is oriented diagonally across the center of this box.



What's Cooking

Recipe: _____

Did I like it?

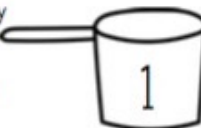
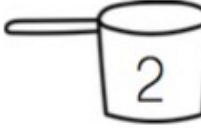
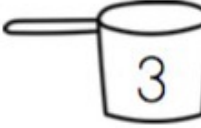
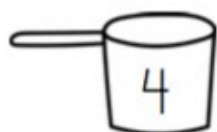
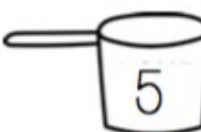
YES

NO

Why / Why Not?

Describe the recipe.

Rate the recipe by
shading the cups:
1 for yucky, 5 for
the delicious.



3 Ingredient Scones

Put 3  SR Flour in a .

Add $\frac{3}{4}$  lemonade.

Add 300ml  cream.

Mix well. 

Roll  out on a floured  board and cut into shapes.

Bake in at 220°C (390°F) for 15 – 20 minutes.

Serve with jam.



Fun Activities



Cooking Vocabulary







Write the letter next to the correct answer.

- A. Bake
- B. Blend
- C. Boil
- D. Brown
- E. Chop
- F. Drain
- G. Grate
- H. Knead
- I. Marinate
- J. Mash
- K. Mix
- L. Preheat
- M. Sauté
- N. Steam

- To cook food in an oven.
- To scrape food against holes and make into smaller pieces.
- To squash food with a fork or masher.
- To cut food into small pieces.
- To cook food using steam without placing it in water.
- To soak food in a liquid to tenderize or add flavor.
- To turn even on ahead of time so that it is at the desired temperature when needed.
- To cook over medium heat until surface browns.
- To cook quickly in a little oil or butter.
- To combine ingredients together gently with a spoon.
- To remove all the liquid using a colander or strainer.
- To combine ingredients together with an electric mixer.
- To press, fold and stretch dough until it is smooth.
- To heat food so that the liquid gets hot and makes bubbles.

What would you Use?

Cut out the pictures at the bottom of the page and glue next to their description.

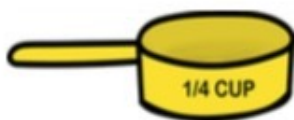
		
to boil water	to make toast	to slow cook a roast
		
to mix cake batter	to bake a cake	to clean up



Measuring Cups

Measuring cups are used to measure dry ingredients such as flour, coconut and sugar.

They can also be used to measure solid, non-pourable ingredients such as butter, sour cream and peanut butter.



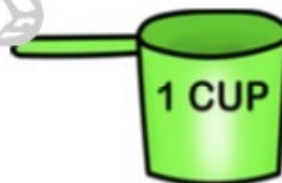
$\frac{1}{4}$ cup



$\frac{1}{3}$ cup



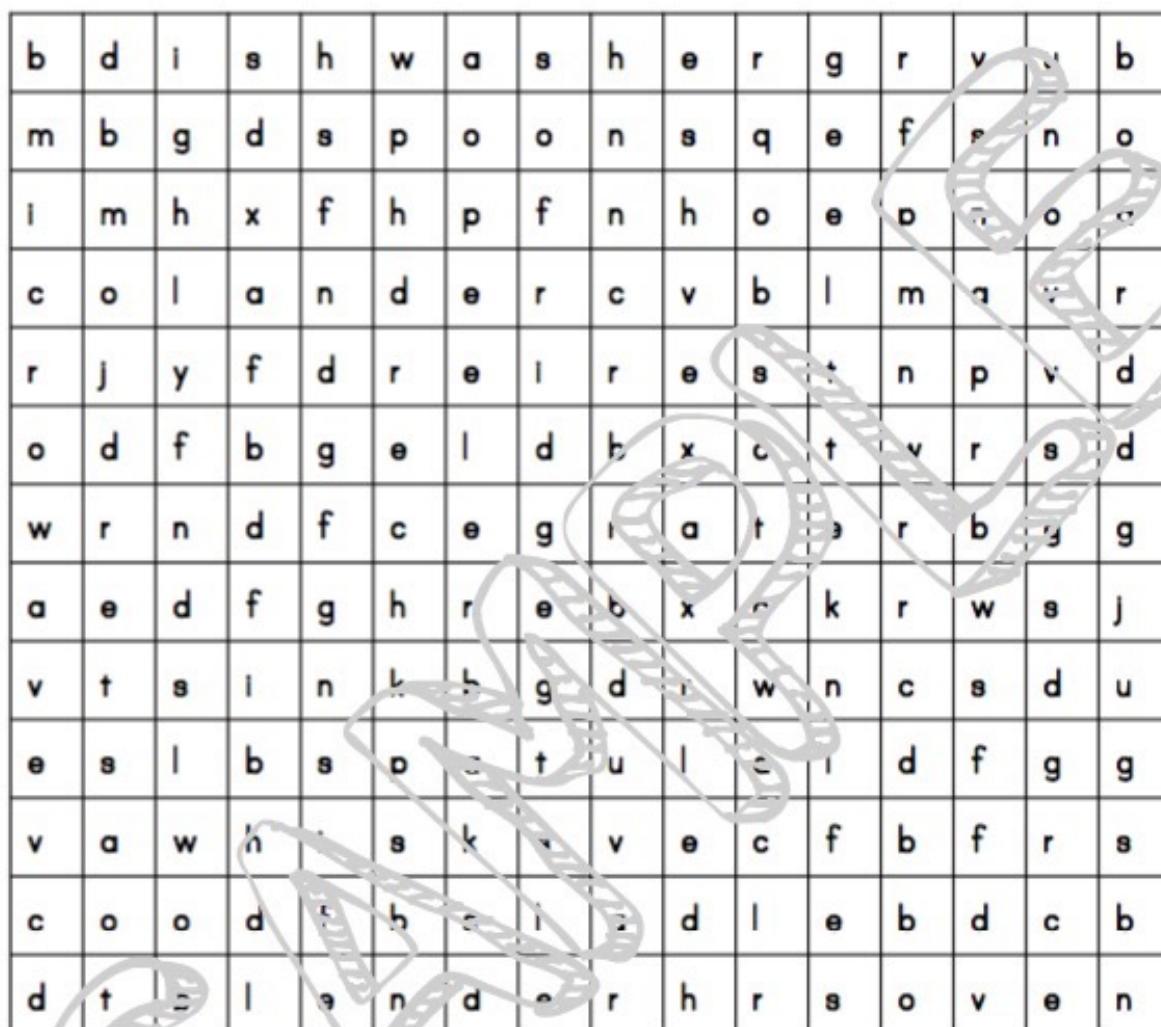
$\frac{1}{2}$ cup



1 cup

To use: Hold the cup over the sink or a spare bowl and add your ingredient so that it overfills the cup. Using the flat edge of a butter knife or spatula, scrap it over the top of the cup allowing the excess to fall off.

Kitchen Items Word Search



board	blender	bowls	colander	dishwasher
fridge	grater	jugs	kettle	knife
ladle	microwave	oven	pans	peeler
sink	spatula	spoons	toaster	whisk