

COOKING GUIDELINES

- Always wash your hands before handling food or cooking items.
- The most common baking temperature is 350 degrees.
- Ovens need to be preheated before food can be cooked in them.
- Use the stove, oven, and microwave oven only with adult supervision.
- Sharp knives should only be used with close adult supervision.
- Use only microwave-safe containers in the microwave; for optimal health, do not use the microwave regularly.
- Boiling water can cause 3rd degree burns and should be handled carefully.
- Before serving, keep the hot food hot and the cold food cold by keeping them separate from each other.
- Clean up after handling raw food to avoid disease and illnesses, especially chicken.
- Cook all meats thoroughly to avoid disease and illnesses.
- Use all-natural products without chemicals, hormones, or pesticides whenever possible.
- Whenever possible, steam, grill, and bake foods instead of frying them or using oil.
- Use sugar and fats sparingly.
- Have fun!



CREATING THE MENU

DRINK:

Suggestions: iced tea, fruit juice, sparkling cider

APPETIZER:

Suggestions: chicken wings, vegetable soup, cheese plate, vegetables

MAIN DISH:

Suggestions: pasta, roasted chicken, fish, casserole

SIDE DISHES (CHOOSE 2):

Suggestions: spinach, mustard or collard greens, rice with beans, potatoes, yams, grilled vegetables

DESSERT:

Suggestions: pie, fruit salad, coconut cake, chocolate



SETTING THE TABLE

A formal table setting often includes: a salad fork, a dinner fork, a spreader (butter knife), a dinner knife, a bread and butter plate, a soup spoon, a dessert spoon, a dinner napkin, and wine glass, a water glass, and another drinking glass.

Two versions are below:



GOOD TIP TO REMEMBER: work from the outside-in: using the outermost utensils first, working inward toward the center of the place setting, course by course.