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PENANG SANGAM HIGH SCHOOL
P.O.BOX 44, RAKIRAKI

LESSON NOTES WEEK 2

Subject: Home Economics

Year/Level: 9

Strand	Food and Nutrition
Sub Strand	Food Planning and Product Development
Content Learning Outcome	1. Define cooking methods, advantages and disadvantages safety precaution during cooking.

Chapter 7: Food Processing

Lesson 2: Food Planning and Product Development

Methods of Cooking

- Food is cooked by applying heat to it.
- There are various ways of applying heat to cook food.

Method	Advantages	Disadvantages	Safety precautions
1.Boiling – cooking food in water at temperature of 100°C. Food items suitable for boiling are tough cuts of meat, eggs, root vegetables, grains, pulses and pastas. When boiling: -Cover the food completely with water. -Use a pot with lid that fits to prevent vapor from escaping and to keep the temperature constant throughout the cooking process.	-Boiled food is easy to digest. -No oil is used. Cooking below boiling point is Simmering. Simmering – stay just below boiling point while bubbling gently.	-Some flavor is lost from meat. -Nutrient loss may be high as water soluble nutrients may be lost into the liquid.	-Be careful when handling the pot, as boiling water is very hot and can scald badly. -Turn handle of saucepan inwards to avoid any mishaps.
2.Steaming – cooking food using water vapor form boiling water. Food items suitable for steaming are minced meat, fish, egg, vegetables, custards, puddings and sponge cakes. When steaming: -Use a steamer with a tight fitting lid to prevent steam from escaping. -Cover food container with greaseproof paper, if necessary to prevent condensed water from falling onto the food and turning it soggy. -Boil the water before steaming the food. Add more boiling water when the amount in the steamer runs low. This is to ensure that the water is always boiling water in the steamer during the cooking process.	-Steamed food is easy to digest. -No oil is used. -Very little loss of nutrients.	-Steaming requires a longer cooking time than boiling. -Vitamin C is lost due to longer cooking time.	-Careful when lifting the cover of the steamer. Steam is hotter than boiling water and can scald badly. -Use a pair of tongs or pot holder to remove food from the steamer.
3.Stewing – slow, long, gentle, moist heat method of cooking in which foods are cooked in a liquid that is reduced or thickened and served with the cooked items. Food items suitable for stewing are tough cuts of meat, fish, vegetables and fruits. When stewing: -The temperature should not rise above 90°C. -The cooking pot to be tightly covered to prevent evaporation.	-Tenderizes tough cuts of meat. -Nutrient loss is minimum and flavor is retained as the liquid is served with the meat. -Economical on fuel consumption. -Whole meat can be prepared in one pot and it saves on		-Careful when lifting the lid of the cooking pot. Steam from the boiling water can scald badly.

-A very low temperature is essential to prevent toughening of meat fibers and evaporation of liquid.	time and cleaning up		
<p>4.Grilling – cooking food by placing it directly under a gas/ electric grill or oven a fire. . Food items suitable for grilling are small tender cuts of meat, seafood, tomatoes and root crops. Also used to toast bread and melt cheese topping.</p> <p>When grilling:</p> <ul style="list-style-type: none"> -Preheat the grill. The bars of a gas grill or the grill element of an electric cooker must be red hot. -Brush the food with little cooking oil to prevent it from drying out. -Turn the food occasionally to avoid burning and ensure even cooking. It is unhealthy to eat burn meat. -Avoid piercing the food, as this will cause the juice to escape. 	<ul style="list-style-type: none"> -Quick method of cooking. -Healthy method as only little oil is used and the meat is not burnt. -Little loss of nutrients. 	<ul style="list-style-type: none"> -Careful timing is required to prevent overcooking. -Only tender cuts of meat is suitable for grilling thus it is more expensive. 	<ul style="list-style-type: none"> -Be careful not to touch the heated metal parts with bare hands. -Use a pair of tongs to turn the food so as not to burn it.
<p>5.Frying – a quick heat method of cooking foods in fat or oil at a high temperature.</p> <p>Shallow frying: is done in a wide, shallow pan using a small amount of fat/ oil.</p> <p>Deep frying: uses a deep saucepan or a deep fryer that can hold a large volume of fat/ oil.</p> <p>When frying:</p> <ul style="list-style-type: none"> -Use a dry frying pan. -If cooking oil is necessary, use fresh, clean oil. -Heat the cooking oil using moderate heat. 	<p>Quick method of cooking.</p> <ul style="list-style-type: none"> -Dry and stir frying are healthy cooking as little or no fat is used absorbs lots of fat. -Stir frying has little loss of nutrients 	<ul style="list-style-type: none"> -A lot of nutrients are lost with the effects of heat. -Deep frying is unhealthy method of cooking 	<ul style="list-style-type: none"> -Hold the handle of the frying pan firmly to prevent slipping. When using a work, hold the handle with a pot holder. -Put food into hot oil using a frying slice to prevent splashing. -Particular caution must be observed during deep frying as it is probably the most dangerous culinary process.
<p><u>6.Baking</u> – is cooking food in an enclosed space such as gas or electric oven.</p> <p>When baking:</p> <ul style="list-style-type: none"> -Make sure that oven shelf is positioned properly. -Preheat the oven according to the temperature required in the recipe. 	<ul style="list-style-type: none"> -Baked food is easy to digest. -Healthy method of cooking as little or no fat is being used. -Less loss of nutrients. -Economical method of cooking when more than one type of food is being baked in the oven at the same time. 	<ul style="list-style-type: none"> -Oven is expensive to buy. -Takes time to cook. -Requires regular attention. 	<ul style="list-style-type: none"> -Use oven gloves or mittens to remove hot trays or dishes from the oven. -Avoid placing your head too near the oven when opening the door. Hot air from the oven can hurt the face. When lighting a gas oven, turn the knob a little. Use a gas lighter instead of a match.

Activity

1. Name two cooking methods that use water.
2. Describe two healthy methods of frying food.
3. What are the advantages of steaming food?