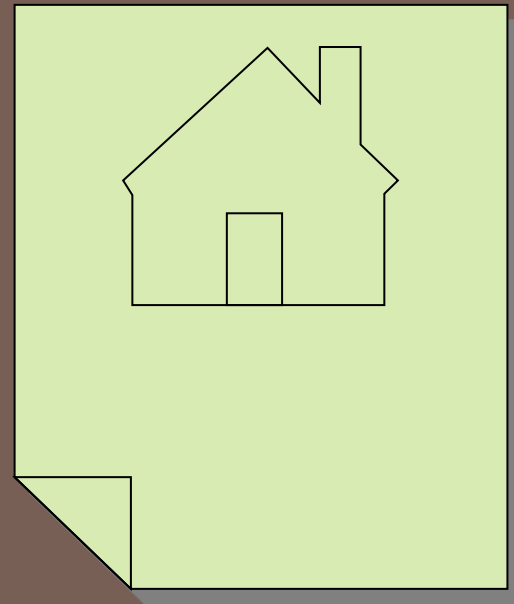


HOME COOKIN'



Making recipes from
scratch vs using convenience foods

Determine the Function

Using the Construction of Baked Products handout, list the main function of each home component in its designated box.

**** Do not worry about the ingredient at this point**

*Example: **Plumbing-** Provide water to the home, etc.*

WALLS

Function

□ STRUCTURE



Ingredient

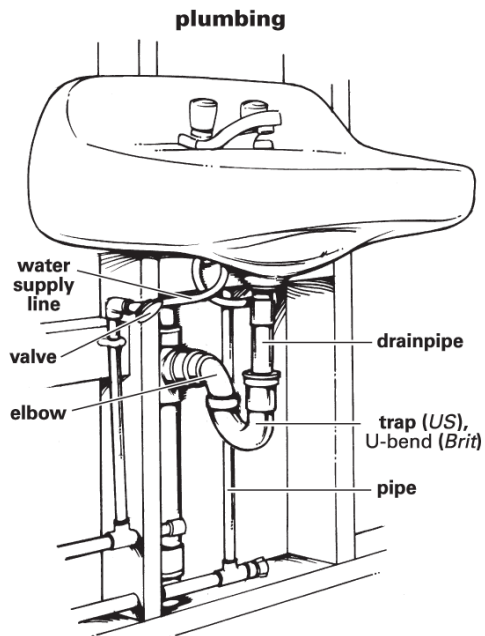
□ FLOUR



PLUMBING

Function

- Provide moisture



Ingredient

- LIQUIDS



PAINT & NAILS

Functions

- Paint: COLOR
- Nails: BIND ITEMS TOGETHER



Ingredient

- EGGS



STAIRS

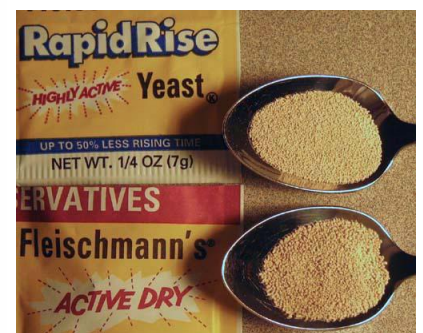
Function

- Rise to another level



Ingredient

- Leavening agents



CARPET

Function

- SOFT SURFACE
- In terms of food...
 - ▣ TENDERNESS



Ingredient

- FAT



+ HYDROGEN =



DÉCOR

Function

- Dependent on PERSONAL TASTE



Ingredient

- FLAVORINGS



Made from Scratch

Understand the functions of these ingredients to help troubleshoot recipes, particularly baked goods

Do you eat with your family...

- Once a month?
- Once a week?
- 2-3 times a week?
- Every night?

Family Dinner Statistics

Turn off :

TV

Phones (yes,
all of them)

iPod

iPad

All other
devices

FOCUS ON
THE FAMILY!

- The average parent spends 38.5 minutes per week in meaningful conversation with their children.
 - (A.C. Nielsen Co.)

- Frequent family meals are associated with a lower risk of smoking, drinking and using drugs; with a lower incidence of depressive symptoms and suicidal thoughts; and with better grades in 11 to 18 year olds.
 - (Archives of Pediatrics and Adolescent Medicine)

- Kids who eat most often with their parents are 40% more likely to say they get mainly A's and B's in school than kids who have two or fewer family dinners a week.
 - (National Center on Addiction and Substance Abuse at Columbia University)

Family Dinners Dwindle

MAKE YOUR
FAMILY TIME
WORTH IT!

Focus on the
positive and
actually enjoy
each other's
company

- ❑ Varying schedules
- ❑ After-school activities
- ❑ Work
- ❑ Overall lack of time
- ❑ Possible lack of one or more resources
 - ▣ Money
 - ▣ Food
 - ▣ Culinary skills



Convenience Foods

PROCESSED foods that take steps out of a recipe



FACT: The average American eats six convenience foods daily.

2 Types

Semi-prepared : Still require some labor

Cake mixes

Hamburger Helper

Mac-n-cheese

Bisquick



2 Types cont.

Finished: Ready to eat either immediately or simply heating or thawing

Canned soups

Packaged cookies

Canned pasta

Pop-tarts





Scratch vs. Convenience Foods

Which should you choose???

ADVANTAGES

SCRATCH

- More creativity and freedom of ingredients in the dish
- The quality and flavor can be improved by changing the ingredients
- You know everything that is going into your dish
- Usually ingredients from scratch are less expensive than mixes
- You can make the meal more nutritious by reducing the amount of salt and fat in the dish

CONVENIENCE

- Takes less time to prepare the food
- You know what to expect; flavor stays consistent
- Preparation is usually easy
- Less clean-up is usually involved
- Can be healthy IF you choose the right products

CONSIDER...

Scratch vs. Convenience Foods

Nutrition

Appearance and flavor

Cost/Budget

Other ingredients still needed

Serving sizes