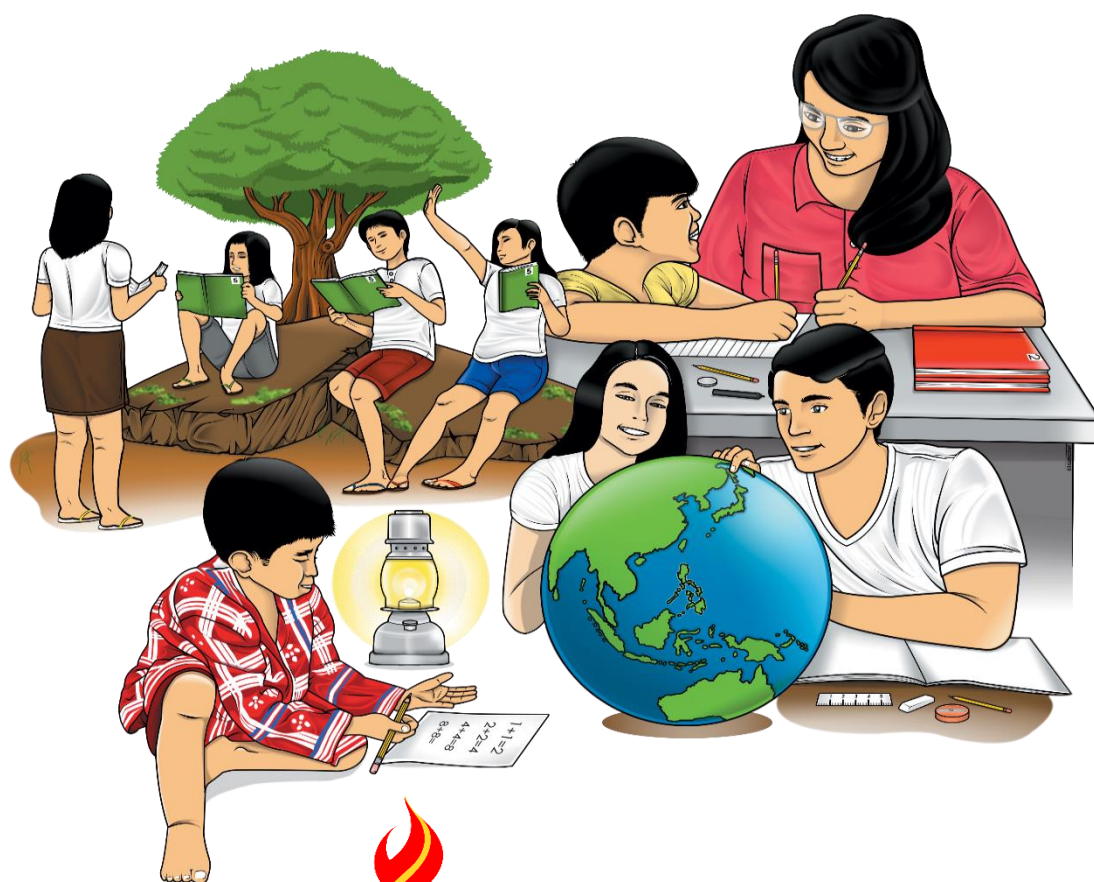


Technology and Livelihood Education

Home Economics: Cookery

Quarter 0 - Module 1

Kitchen Tools, Equipment & Paraphernalia



ALTERNATIVE DELIVERY MODE

TLE Cookery – Grade 8
Alternative Delivery Mode
Quarter 0 – Module 1: Kitchen Tools, Equipment & Paraphernalia
First Edition, 2020

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**Technology and
Livelihood Education
Home Economics: Cookery
Quarter 0-Module 1
Kitchen Tools, Equipment &
Paraphernalia**

Introductory Message

For the facilitator:

Welcome to the Technology and Livelihood Education Grade 8 Alternative Delivery Mode (ADM) Module on Kitchen Tools, Equipment and Paraphernalia.

This module was collaboratively designed, developed and reviewed by educators both from public and private institutions to assist you, the teacher or facilitator in helping the learners meet the standards set by the K to 12 Curriculum while overcoming their personal, social, and economic constraints in schooling.

This learning resource hopes to engage the learners into guided and independent learning activities at their own pace and time. Furthermore, this also aims to help learners acquire the needed 21st century skills while taking into consideration their needs and circumstances.

In addition to the material in the main text, you will also see this box in the body of the module:



Notes to the Teacher

This contains helpful tips or strategies that will help you in guiding the learners.

As a facilitator you are expected to orient the learners on how to use this module. You also need to keep track of the learners' progress while allowing them to manage their own learning. Furthermore, you are expected to encourage and assist the learners as they do the tasks included in the module.

For the learner:

Welcome to the Technology and Livelihood Education Grade 8 Alternative Delivery Mode (ADM) Module on Kitchen Tools, Equipment & Paraphernalia.

The hand is one of the most symbolized part of the human body. It is often used to depict skill, action and purpose. Through our hands we may learn, create and accomplish. Hence, the hand in this learning resource signifies that you as a learner is capable and empowered to successfully achieve the relevant competencies and skills at your own pace and time. Your academic success lies in your own hands!

This module was designed to provide you with fun and meaningful opportunities for guided and independent learning at your own pace and time. You will be enabled to process the contents of the learning resource while being an active learner.

This module has the following parts and corresponding icons:



What I Need to Know

This will give you an idea of the skills or competencies you are expected to learn in the module.



What I Know

This part includes an activity that aims to check what you already know about the lesson to take. If you get all the answers correct (100%), you may decide to skip this module.



What's In

This is a brief drill or review to help you link the current lesson with the previous one.



What's New

In this portion, the new lesson will be introduced to you in various ways such as a story, a song, a poem, a problem opener, an activity or a situation.



What is It

This section provides a brief discussion of the lesson. This aims to help you discover and understand new concepts and skills.



What's More

This comprises activities for independent practice to solidify your understanding and skills of the topic. You may check the answers to the exercises using the Answer Key at the end of the module.



What I Have Learned

This includes questions or blank sentence/paragraph to be filled in to process what you learned from the lesson.



What I Can Do

This section provides an activity which will help you transfer your new knowledge or skill into real life situations or concerns.



Assessment

This is a task which aims to evaluate your level of mastery in achieving the learning competency.



Additional Activities

In this portion, another activity will be given to you to enrich your knowledge or skill of the lesson learned. This also tends the retention of learned concepts.



Answer Key

This contains answers to all activities in the module.

At the end of this module you will also find:

References

This is a list of all sources used in developing this module.

The following are some reminders in using this module:

1. Use the module with care. Do not put unnecessary mark/s on any part of the module. Use a separate sheet of paper in answering the exercises.
2. Don't forget to answer *What I Know* before moving on to the other activities included in the module.
3. Read the instruction carefully before doing each task.
4. Observe honesty and integrity in doing the tasks and checking your answers.
5. Finish the task at hand before proceeding to the next.
6. Return this module to your teacher/facilitator once you are through with it.

If you encounter any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator. Always bear in mind that you are not alone.

We hope that through this material, you will experience meaningful learning and gain deep understanding of the relevant competencies. You can do it



What I Need to Know

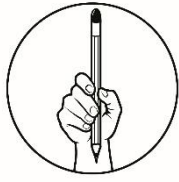
This module was designed and written with you in mind. It is here to help you master the different kitchen tools, equipment, and paraphernalia used in cooking. The scope of this module permits it to be used in many different learning situations. The language used recognizes the diverse vocabulary level of students. The lessons are arranged to follow the standard sequence of the course. But the order in which you read them can be changed to correspond with the textbook you are now using.

The module contains a lesson in

- LO 1 – Utilize appropriate kitchen tools, equipment, paraphernalia (TLE_HECJ7/8UTOa-1)

After going through this module, you are expected to:

- 1.1 identify types of tools, equipment, and paraphernalia;
- 1.2 classify the types of appropriate cleaning tools and equipment based on their uses



What I Know

Directions: Read each statement carefully. Write the letter of the correct answer in your activity notebook.

1. It is a tool used to open food tin, preferably with smooth operation, and comfortable grip, and turning knob.
 - A. can opener
 - B. chopping board
 - C. kitchen knives
 - D. vegetable peeler
2. Which of the following dishwashing materials cannot scratch dishes?
 - A. knife cleaner
 - B. sponge
 - C. stainless steel cast iron cleaner
 - D. whisk wiper
3. It helps remove the surface rust/stains of the utensils like cutlery, ceramic dinnerware, and any glass and melamine utensils.
 - A. baking soda
 - B. liquid detergent
 - C. cleaning detergent
 - D. steel wool
4. It cleans the floor without touching unsafe, dirty mop heads.
 - A. spin mop
 - B. sponge
 - C. spray bottle
 - D. vacuum
5. Which of the following is generally electrically handled that eliminates dirt from floors and other surfaces?
 - A. spin mop
 - B. sponge
 - C. spray bottle
 - D. vacuum
6. Which of the following is used for spraying detergent to any kitchen equipment and surfaces?
 - A. knife cleaner
 - B. sponge
 - C. spray bottle
 - D. whisk wiper
7. Which of the following is the process of removing unwanted substances, such as dirt, infectious agents, and other impurities from an object or environment?
 - A. cleaning
 - B. disinfecting
 - C. sterilizing
 - D. none of these

8. It is electrical kitchen equipment used in mixing ingredients by beating, stirring or whipping.
 - A. chiller
 - B. graters
 - C. funnels
 - D. electric mixer
9. It is an electrical kitchen equipment used in mixing ingredients by beating, stirring or whipping.
 - A. electric mixer
 - B. barbecue grill
 - C. oven
 - D. refrigerator
10. It is a tool used with a low-temperature internal atmosphere intended for storing semi-perishable foods like eggs, fruits, vegetables, milk, butter, cheese, and leftovers.
 - A. electric mixer
 - B. barbecue grill
 - C. oven
 - D. refrigerator
11. It is an enclosed chamber used for dry-heat cooking.
 - A. electric mixer
 - B. barbecue grill
 - C. oven
 - D. refrigerator
12. It is an equipment used in cooking in broiling fish, meat, or vegetables like corn and sweet potato.
 - A. barbecue grill
 - B. electric mixer
 - C. oven
 - D. refrigerator
13. It is a tool used to measure smaller quantities of liquid and dry ingredients.
 - A. measuring spoons
 - B. mixing bowl
 - C. pasta spoon or server
 - D. vegetable peeler
14. What utensil is used to scrape vegetables, such as carrots and potatoes, and to peel fruits?
 - A. measuring spoons
 - B. mixing bowl
 - C. pasta spoon or server
 - D. vegetable peeler
15. The following is a container or vessel for food mixing.
 - A. measuring spoons
 - B. mixing bowl
 - C. Pasta Spoon or Server
 - D. vegetable peeler

Lesson

1

Kitchen Tools, Equipment and Paraphernalia; and Cleaning Tools and Equipment Base in Their Uses

Cooking and preparing meals every day is not an easy work. It is the most time-consuming and exhaustive activity on your life apart from your day. There are invented tools, equipment, and paraphernalia to make life more convenient.



What's In

Directions: Identify the following objects below. Write the answer in your activity notebook.



1. _____



2. _____



3. _____



4. _____



5. _____



6. _____



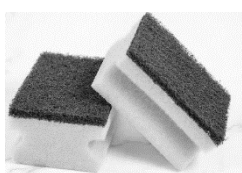
What's New

It is essential to be familiar with the utensils and equipment in cooking. It requires specific tools and equipment for proper and efficient preparation of food.

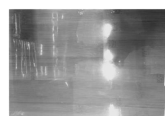
To determine your knowledge about kitchen tools and equipment; and cleaning tools and equipment answer the activity below.

Directions: Put a check (✓) if the following are available to your kitchen.

1. _____



4. _____



2. _____



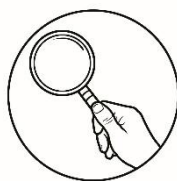
5. _____



3. _____



6. _____



What is It

Directions: Answer the given questions. Write them in your activity notebook.

1. Are you helping your mother in doing household chores? _____
2. Are you helping her with cooking for your meals? _____
 If yes, what are the kitchen tools/paraphernalia or equipment you use during your cooking session with your mom? _____
 If no, what are your reasons? _____
3. Can you draw one kitchen tool and one kitchen equipment that you have at home? _____

A. Tools, Equipment and Paraphernalia

Cooking is an art. It provides you with knowledge & develops your skills in cooking. The tools and equipment used in cooking are made of different materials.

TOOLS/PARAPHERNALIA

These are the common used tools/paraphernalia in the kitchen;

1. **Measuring cups** (for dry ingredients) - kitchen utensil used primarily to measure the volume of liquid or bulk solid cooking ingredients



2. **Measuring spoons** - are used to measure smaller quantities of liquid and dry ingredients. They are also standardized and come in different sizes.



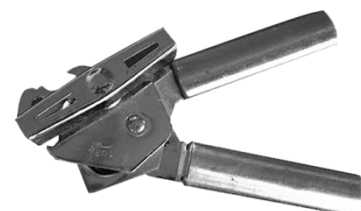
3. **Strainer** - is used to remove dirt or lumps from dry ingredients, also used to combine dry ingredients and extract milk from desiccated coconuts.



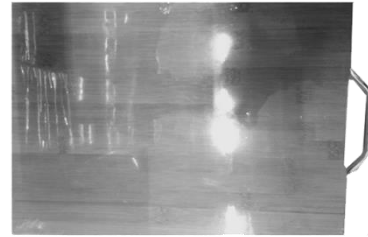
4. **Serving Tong** - use to grab and transfer food items, or meat and gives a better grip.



5. **Can Opener** - use to open a food tin, preferably with smooth operation, and comfortable grip, and turning knob.



6. **Cutting board**- a wooden or plastic board where meat, fruits, and vegetable are cut.



7. **Whisks** - are used for whipping eggs or batter, and for blending gravies, sauces, and soups. The beaters are made of looped steel piano wires which are twisted together to form the handle.



8. **Mixing bowl**- is a container or vessel for food mixing. It comes in different sizes.



9. **Vegetable peeler** - is used to scrape vegetables, such as carrots and potatoes, and to peel fruits. The best ones are made of stainless steel with a sharp double blade that swivels.



10. **Pasta Spoon or Server**- is used to transfer a little or much-cooked pasta to a waiting plate, without a mess.



11. **Grater** - is used to grate, shred, slice, and separate vegetables such as carrots, cabbage, and cheese.



Equipment

Tools that are more complicated are called equipment. They can be a small electrical appliance, such as a mixer, or a large, expensive, power-operated appliance such as a range or a refrigerator. They are important in the kitchen and food establishment.

1. **Electric Mixer**- is an electrical kitchen equipment used in mixing ingredients by beating, stirring, or whipping.



2. **Barbecue Grill** - is a cooking equipment used in broiling fish, meat, or vegetables like corn and sweet potato.



3. **Pressure Cooker** - is an airtight container, cooking food at high temperatures under high pressure.



4. **Oven** - used for dry-heat cooking (like baking) that may be fueled by Liquefied Petroleum Gas (LPG) or electricity.



5. **Refrigerator** - is an equipment with a low-temperature internal atmosphere intended for storing semi-perishable foods like eggs, fruits, vegetables, milk, butter, cheese, and leftovers.



B. Appropriate Cleaning Tools

Cleaning is the process of removing unwanted substances, such as dirt, infectious agents, and other impurities, from an object or environment. Cleaning occurs in many different contexts and uses many different methods. Several occupations are devoted to cleaning.

1. **Sponge** - used for dishwashing and cannot scratch your dishes while you clean them because it is smooth to use.



2. **Spray Bottle** - used for spraying detergent or water to any kitchen equipment and surfaces.



3. **Glove** - covers the whole hand of a person that performs household chores



4. **Hand brush** - helps in keeping the plastic straws of bottles and any tubes of kitchenware without microbial growth.



5. **Steel Wool** - helps remove the surface rust/stains of the utensils like cutlery, ceramic dinnerware, and any glass and melamine utensils.

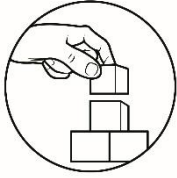


Equipment

1. **Vacuum** - generally electrically handled which eliminate dirt from floors and other surfaces.



2. **Spin Mop** - cleans the floor without touching unsafe, dirty mop heads.



What's More

Activity 1

Directions: List down all the tools and equipment, and cleaning tools and equipment you can find in your kitchen. Follow the format below.

Kitchen Tools	Kitchen Equipment	Cleaning Tools/Equipment

Activity 2: Matching Type

Directions: Match the tools/paraphernalia and equipment in **Column A** to their descriptions in **Column B**. Write your answer in your activity notebook.

Column A

Column B

1.



- a. It is an equipment with a low-temperature internal atmosphere intended for storing semi-perishable foods like eggs, fruits, vegetables, milk, butter, cheese, and leftovers.

2.



- b. It is used for dry-heat cooking (like baking) that may be fueled by Liquefied Petroleum Gas (LPG) or electricity.



- c. It is used for whipping eggs or batter, and for blending gravies, sauces, and soups. which are twisted together to form the handle.



- d. It is used to grate, shred, slice, and separate vegetables such as carrots, cabbage, and cheese.



- e. helps remove the surface rust/stains of the utensils like cutlery, ceramic dinnerware, and any glass and melamine utensils.

Activity 3: Portrait of you.

Directions: Draw ten (10) different tools, equipment and paraphernalia, and cleaning tools and equipment found in the kitchen. Do it in your activity notebook.



What I Have Learned

Directions: Copy the sentences in your activity notebook and fill in the blanks with the correct answers.

1. _____ is wooden or plastic board where meat, fruits, and vegetable are cut.
2. _____ is an enclosed chamber used for dry-heat cooking fueled by electricity.
3. _____ is used to open a food tin.
4. Cleaning is the process of _____ unwanted substances, such as dirt, infectious agents, and other impurities, from an object or environment.
5. _____ helps in keeping the plastic straws of bottles and any tubes of kitchenware without microbial growth.



What I Can Do

Activity 1

Directions: List down at least 5 tools/paraphernalia, equipment, and cleaning tools, classify them & give their uses.

Name	Classification	Uses
Example: measuring cup	Kitchen Tool	Used to measure ingredients.
1.		
2.		
3.		
4.		
5.		



Assessment

Directions: Choose the letter of the correct answer. Write the letter of the correct answer in your activity notebook.

1. It is electrical kitchen equipment used in mixing ingredients.
 - A. electric mixer
 - B. barbecue grill
 - C. oven
 - D. refrigerator
2. It is used for storing semi-perishable foods.
 - A. electric mixer
 - B. barbecue grill
 - C. oven
 - D. refrigerator
3. It is an enclosed chamber - used for dry-heat cooking (like baking) fueled by either Liquefied Petroleum Gas (LPG) or electricity.
 - A. electric mixer
 - B. barbecue grill
 - C. oven
 - D. refrigerator

4. It is an equipment used in cooking in broiling fish, meat, or vegetables like corn and sweet potato.
 - A. barbecue grill
 - B. electric mixer
 - C. oven
 - D. refrigerator
5. It is a utensil used to measure smaller quantities of liquid and dry ingredients?
 - A. measuring spoons
 - B. mixing bowl
 - C. pasta spoon or server
 - D. vegetable peeler
6. It is used to scrape vegetables, such as carrots and potatoes, and to peel fruits?
 - A. measuring spoons
 - B. mixing bowl
 - C. pasta spoon or server
 - D. vegetable peeler
7. It is a container used for food mixing.
 - A. measuring spoons
 - B. mixing bowl
 - C. Pasta Spoon or Server
 - D. vegetable peeler
8. It is electrical kitchen equipment used in mixing ingredients by beating, stirring, or whipping?
 - A. chiller
 - B. electric mixer
 - C. funnels
 - D. graters
9. It is a tool used to open food tin, preferably with smooth operation, and comfortable grip, and turning knob.
 - A. can opener
 - B. chopping board
 - C. kitchen knives
 - D. vegetable peeler
10. Which of the following dishwashing materials cannot scratch dishes?
 - A. knife cleaner
 - B. sponge
 - C. stainless steel cast iron cleaner
 - D. whisk wiper
11. It helps remove the surface rust/stains of the utensils like cutlery, ceramic dinnerware, and any glass and melamine utensils.
 - A. baking soda
 - B. liquid detergent
 - C. cleaning detergent
 - D. steel Wool

12. It cleans the floor without touching unsafe, dirty mop heads.
- A. spin mop
 - B. sponge
 - C. spray bottle
 - D. vacuum
13. Which of the following is generally electrically handled that eliminates dirt floors and other surfaces?
- A. spin mop
 - B. sponge
 - C. spray bottle
 - D. vacuum
14. Which of the following is used for spraying detergent to any kitchen equipment and surfaces?
- A. knife cleaner
 - B. sponge
 - C. spray bottle
 - D. whisk wiper
15. Which of the following is the process of removing unwanted substances, such as dirt, infectious agents, and other impurities from an object or environment?
- A. cleaning
 - B. disinfecting
 - C. sterilizing
 - D. none of these



Additional Activities

Directions: Copy the template in your activity notebook. List down as many as you can the kitchen tools/paraphernalia, equipment, and cleaning tools found in the picture below.



Kitchen Tools/Paraphernalia and Equipment		Cleaning Tools and Equipment	
A. Tools/Paraphernalia	B. Equipment	A. Tools/Paraphernalia	B. Equipment
1. _____	1. _____	1. _____	1. _____
2. _____	2. _____	2. _____	2. _____
3. _____	3. _____	3. _____	3. _____
4. _____	4. _____	4. _____	4. _____
5. _____	5. _____	5. _____	5. _____



Answer Key

<p>What I know</p> <p>1. a 2. b 3. d 4. a 5. d 6. c 7. a 8. d 9. a 10. d 11. c 12. a 13. a 14. d 15. b</p>	<p>What's In</p> <p>1. pressure cooker 2. grater 3. oven 4. spray bottle 5. barbecue grill</p>	<p>What's New</p> <p>(can be varied)</p> <p>What is it</p> <p>(can be varied)</p> <p>Additional Activities</p> <p>(various answer)</p>	<p>What's More</p> <p>Activity 1</p> <p>(various answer)</p> <p>Activity 2</p> <p>1. c 2. d 3. e 4. a 5. b</p>
<p>What I Have Learned</p> <p>1. cutting board 2. oven 3. can opener 4. remove/removing 5. hand brush</p>	<p>Assessment</p> <p>1. a 2. d 3. c 4. a 5. a 6. d 7. b 8. b 9. a 10. b 11. d 12. a 13. d 14. c 15. a</p>		

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