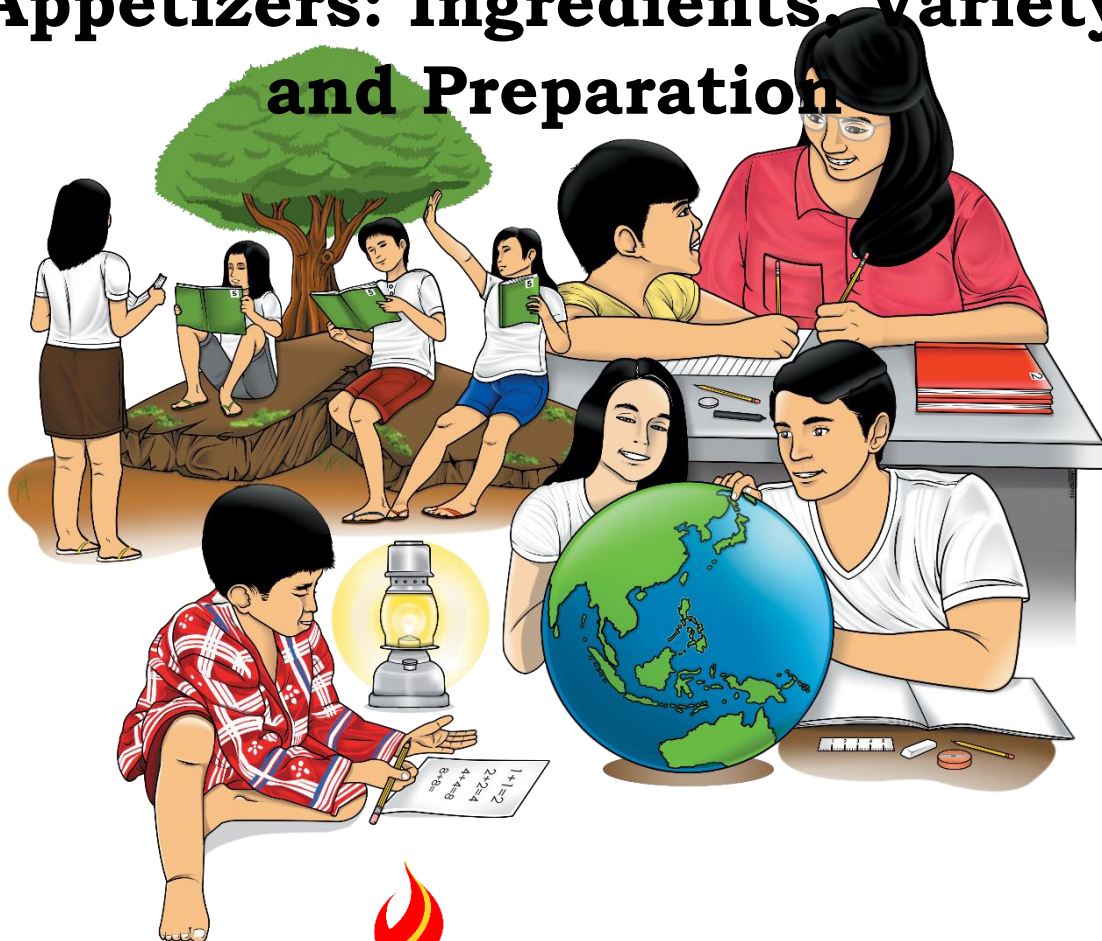


# Technology and Livelihood Education Cookery

## Quarter 1 – Module 4: Appetizers: Ingredients, Variety and Preparation



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# **Technology and Livelihood Education Cookery**

**Quarter 1 – Module 4:**

**Appetizers: Ingredients, Variety  
and Preparation**

# **Introductory Message**

This Self-Learning Module (SLM) is prepared so that you, our dear learners, can continue your studies and learn while at home. Activities, questions, directions, exercises, and discussions are carefully stated for you to understand each lesson.

Each SLM is composed of different parts. Each part shall guide you step-by-step as you discover and understand the lesson prepared for you.

Pre-tests are provided to measure your prior knowledge on lessons in each SLM. This will tell you if you need to proceed on completing this module or if you need to ask your facilitator or your teacher's assistance for better understanding of the lesson. At the end of each module, you need to answer the post-test to self-check your learning. Answer keys are provided for each activity and test. We trust that you will be honest in using these.

In addition to the material in the main text, Note to the Teacher are also provided to our facilitators and parents for strategies and reminders on how they can best help you on your home-based learning.

Please use this module with care. Do not put unnecessary marks on any part of this SLM. Use a separate sheet of paper in answering the exercises and tests. And read the instructions carefully before performing each task.

If you have any questions in using this SLM or any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator.

Thank you.



## ***What I Need to Know***

This module was designed and written with you in mind. It is here to help you master the pick and tell ingredients. 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 one lesson:

- Lesson 1 – Identify ingredients of appetizers according to the recipe



## ***What I Know***

**Direction:** Choose the letter of the best answer. Write the chosen letter on a separate sheet of paper.

1. Which ingredient is typically used as accompaniment to meat or fish, such as cabbage, potato, carrot or beans?  
a. spread  
b. vegetable  
c. dessert  
d. drinks
2. What do you call a set of instructions for preparing a particular dish, including a list of ingredients?  
a. recipe  
b. menu  
c. diary  
d. book
3. Which part of canapé holds the spread and garnish?  
a. base  
b. spread  
c. garnish  
d. filling
4. What do you call a combination of items that usually gives color and texture to the canapé?  
a. spread  
b. base  
c. garnish  
d. decoration
5. What is the base ingredient of canapé?

- a. vegetable
- b. meat
- c. crackers
- d. garnish

6. Which of the following is TRUE about ingredient?
- a. a substance that forms part of a mixture
  - b. a substance used to make a particular dish
  - c. a thing that is used to make something especially food
  - d. all of the above
1. Which recipe is a bite-size open faced sandwich consisting of tiny portions of food prescribed on bases of bread, toast or pastry?
- a. antipasto
  - b. relishes
  - c. club house sandwich
  - d. canape
8. What are the three parts of canape?
- a. meat, vegetable, fruits
  - b. base, spread, garnish
  - c. flower, meat, vegetable
  - d. fish, cheese, potato
9. Which ingredients are NOT used to garnish canapé?
- a. parsley, pickles, salmon, ham, cheese
  - b. olives, pimienta, caviar, salami, chicken
  - c. alcohol, flower, lemon, garlic, ginger
  - d. cucumber, shrimp, tomato, roast beef, tuna flakes
10. Which is NOT true about the guidelines in assembling canapé?
- a. select harmonious flavour combination
  - b. use high quality of ingredients
  - c. good in mise en place
  - d. keep it extravagant

## Lesson

# 1

# Cookery: Appetizers: Ingredients, Variety and Preparation

An **ingredient** is a substance that forms part of a mixture (in a general sense). For example, in cooking, **recipes** specify which ingredients are used to prepare a specific dish.



## *What's In*

### **Activity1: Jumbled Letter**

This activity will give you an opportunity to review the past lesson.

**Direction:** Unscramble the letters by using the clue written opposite the scrambled letters. Write your answer on the space provided for.

URTSIF –

PTIPEEAZSR –

EPANACS –

SLIATKCOC –

IDSP –

### **Guide Questions:**

1. What is the simplest appetizer?
2. What food stimulates appetite through its appearance, fragrance and flavour?
3. What appetizer is made out of thin slices of bread in different shapes?
4. What appetizer is usually made of fruit or vegetable juice mixed with little alcoholic beverage?
5. What is the most popular accompaniment to potato chips, crackers, and raw vegetables?

Refer your answer to the answer key.

Proceed to the next activity.

### **Notes to the Teacher**

In this module you will facilitate ADM learners to go through a series of learning activities in order to produce the desired learning outcomes. This is a kind of flexible learning which allows the learner to learn by considering their convenience on time or location. Hence, the learning resource is aligned to the curriculum and is designed to meet the needs and circumstances of learners.



## **What's New**

### **Activity 2: Read and answer**

**Direction:** Read the short story and fill in what are asked for in the Table below the story.

#### **Ana's Recipe**

Ana loves cooking. One day her mother asked her to cook her favourite recipe, the Canape. Ana went to the market and bought the following ingredients: cracker, spread, radish, onion, pimiento, cucumber, shrimp, tuna, salami, and cheese. After marketing, she went back to their house and prepared the ingredients for the Canape. Before cooking, she read again the correct procedure on how to cook her mother's favourite recipe.

*Table 1. List of Canape Ingredients*



#### **Guide Questions:**

1. What can you say about the activity?
2. What are the ingredients of Canape?

Refer your answer to the answer key. Great job! Let us proceed to the next lesson.





## **What is It**

### **Example of Recipe Including Ingredients:**

**Canape** is bite-size open faced sandwiches consisting of tiny portions of food presented on bases of breads, toast or pastry easily handled and eaten.



### **Parts of Canape:**

1. **Base** – holds the spread and garnish. Crackers and toasts are firmer and give a pleasing texture and crispness to the canapé

Example of base: bread cut outs, toast cut outs, crackers, melba toast, tiny unsweetened pastry shell, tortilla chips or cups

2. **Spread** – placed on top of the base so the garnish sticks to it without falling off

Example of spread: flavoured butter, flavoured cream cheese, meat and salad spreads

3. **Garnish** – any food item or combination of items placed on top of the spread which usually gives color, design, and texture or flavour accent to the canapé

### **Ingredients Used to Decorate Canape**

- a. Vegetable – plant or part of a plant used as food, typically accompaniment to meat or fish
  - radish onions, tomatoes, parsley, pickles, cucumber, asparagus, pimiento
- b. Fish – cold-blooded animal that lives in water, breathes with gills, and usually has fins and scales
  - Salmon, Tuna
- c. Meat – the flesh of an animal used as food
  - turkey, ham, beef, salami, chicken
- d. Cheese, hard cooked egg slices

### **Guidelines for Assembling Canape**

1. Good in mise en place.
2. Assemble as close as possible to serving time.
3. Select harmonious flavour combination.
4. Make sure to have at least one of the ingredients.
5. Use high quality of ingredients.
6. Keep it simple.
7. Arrange canapés carefully and attractively on trays.

Did you learn something about the lesson? Very good! Let us proceed to another activity.



### ***What's More***

#### ***Activity 3: Detect and Write***

**Direction:** Read the statement carefully and write the correct word that fits the description. Choose your answer from the box.

Spread	Vegetable	Base	Garnish	Canape	Meat
Cocktail					

- \_\_\_\_\_ 1. holds and spreads garnishes for canape
- \_\_\_\_\_ 2. adds color, design, texture and flavor to canape
- \_\_\_\_\_ 3. small pen-faced sandwiches served as appetizer
- \_\_\_\_\_ 4. a plant used as food
- \_\_\_\_\_ 5. garnish is placed on the top of the base to stick without falling off

Great! Let's have another activity.



## What I Have Learned

### Activity 4: Take Me In

**Directions:** Classify the ingredients listed below according to the parts of canapé.

Write each ingredient in the box provided for.

radish	bread cut-outs	asparagus
toast cut-outs	crackers	tomatoes
butter	tiny biscuits	fish
miniature pancakes	cheese	juice

Canape base	Canape spread	Canape garnish

Congratulations! You have learned a lot. Let us move to the last activity.
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## Assessment

**Direction:** Choose the letter of the best answer. Write the chosen letter on a separate sheet of paper.

1. What are the three parts of canape?
 

a. meat, vegetable, fruits	b. base, spread, garnish
c. flower, meat, vegetable	d. fish, cheese, potato
  
2. Which ingredients are **NOT** used to garnish canapé?
 

a. parsley, pickles, salmon, ham, cheese
b. olives, pimiento, caviar, salami, chicken
c. alcohol, flower, lemon, garlic, ginger
d. cucumber, shrimp, tomato, roast beef, tuna flakes

3. Which is NOT true about the guidelines in assembling canapé?
  - a. select harmonious flavor combination
  - b. use high quality of ingredients
  - c. good in mise en place
  - d. keep it extravagant
  
4. Why do we need to garnish the food?
  - a. to lessen the taste of the food
  - b. to add color, texture, and taste to the food
  - c. to attract costumer
  - d. both b and c
  
5. Which of the following is NOT a spread?
  - a. milk
  - b. butter
  - c. egg
  - d. yogurt
  
6. What is the first guideline in assembling canapé?
  - a. Keep it simple.
  - b. Use high quality of ingredients.
  - c. Arrange canapé carefully.
  - d. Good mise en place.
  
7. What are the three types of spread used in canapé?
  - a. peanut, mustard, lard
  - b. juice, cream of tartar, tomato sauce
  - c. butter, cream cheese, meat or fish spread
  - d. spinach, oil, boiled egg
  
8. What PPE will you use in preparing canapé?
  - a. goggles
  - b. headband
  - c. apron
  - d. boots
  
9. Which ingredient is typically used as accompaniment to meat or fish, such as cabbage, potato, carrot or beans?
  - a. spread
  - b. vegetable
  - c. dessert
  - d. drinks
  
10. What do you call a set of instructions for preparing a particular dish, including a list of ingredients?
  - a. recipe
  - b. menu
  - c. diary
  - d. book



## ***Additional Activities***

### ***Activity 6: Matching Type***

**Direction:** Match column A to column B. Write only the letter of the correct answer on the blanks provided before each number.

Column A

\_\_\_\_ 1. Toast cutouts

\_\_\_\_ 2. Asparagus

\_\_\_\_ 3. Turkey

\_\_\_\_ 4. Flavored butter

\_\_\_\_ 5. Caviar

Column B

a. Spread

b. Fish

c. Base

d. Vegetable

e. Meat

Refer your answer to the answer key. You made it! Congratulations!



## Answer Key

<p><b>Assessment</b></p> <p>A B C C D D D D D C B</p>	<p><b>What I Have Learned</b></p> <p><b>1. Canape's Base</b> Toast cutouts Tiny biscuit Bread outcuts Crackers</p> <p><b>2. Canape's Spread</b> Butter</p> <p><b>3. Canape's Garnish</b> Radish Asparagus Tomato Fish Cheese</p>	<p><b>What's More</b></p> <p>Base Garnish Canape's Vegetable Spread</p>
<p><b>What's New</b></p> <p>1. Cracker 2. Spread 3. Radish 4. Onion 5. Pimiento 6. Cucumber 7. Shrimp 8. Tuna 9. Salami 10. Cheese</p>	<p><b>What's In</b></p> <p>Fruits Appetizer Canape's Cocktail Dips</p>	<p><b>What I Know</b></p> <p>1. B 2. A 3. A 4. C 5. C 6. D 7. D 8. B 9. C</p>

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- Kong, Anecita S., 2016. Module 1 of 2 Cookery Manual DepEd
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- <https://www.eggs.ca/recipe/egg-and-bacon-canapes>

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