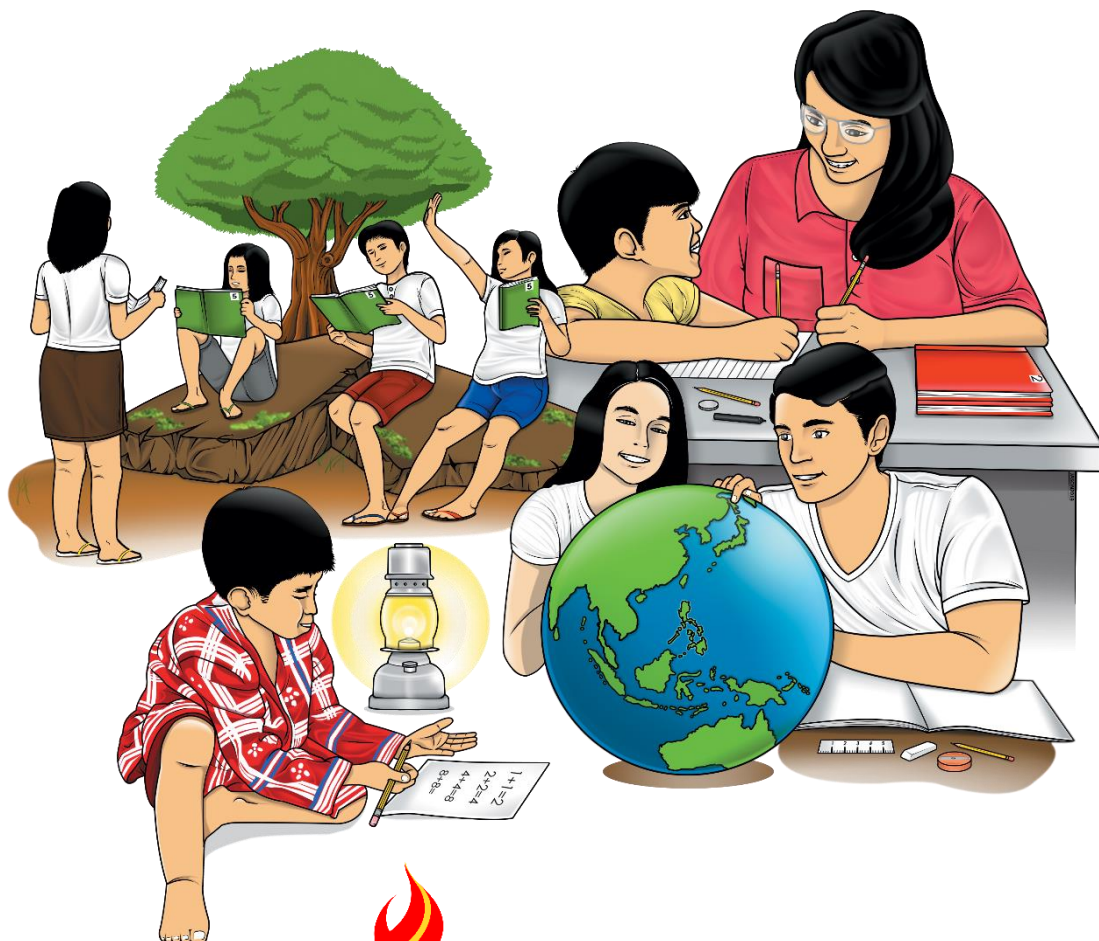


Technology and Livelihood Education

Home Economics

Module 10: Using Tools and Equipment in Food Preservation



TLE (HE) – Grade 6
Alternative Delivery Mode
Module 10: Using Tools and Equipment in Food Preservation
First Edition, 2020

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Technology and Livelihood Education
Home Economics

**Module 10: Using Tools and
Equipment in Food Preservation**

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, notes 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

One of the important skills in preparing food is the proper handling of kitchen tools and equipment. Most of us know the different tools and equipment found in the kitchen but lack of knowledge on the proper use of it.

This module was developed to help learners familiarize tools, utensils and equipment used in preserving food. In particular, it will greatly help you fully aware of the different uses of the tools, utensils and equipment and their substitute in food preservation.



What I Know

Before you begin, try to answer the following questions. This will help you find out what you have already know about the topic discussed in this module.

Read each question carefully. Choose the letter of the correct answer. Write your answer on a separate sheet of paper.

1. Jessa wants to cut pork for her *longganisa*. Which of the following tool/utensil is needed?
 - a. knife
 - b. container
 - c. pan
 - d. colander
2. Mother is cooking *chopsuey*. She asks Kelsi to drain the vegetables. Which tool/utensil will she use?
 - a. tray
 - b. colander
 - c. weighing scale
 - d. salometer
3. Cutting tools are used to cut food. Which is the appropriate tool to be used when you are cutting meats?
 - a. scissors
 - b. peeler
 - c. knife
 - d. fork

4. Which of the following tool is used along with knife to cut fruits, vegetables and meat?
 - a. chopping board
 - b. salometer
 - c. scissors
 - d. weighing scale
5. In your food preservation class your teacher tells to bring different tools/utensils to be used in baking a cake. Which of the following will you use to mix the ingredients such as cake flour, eggs and baking powder?
 - a. pot
 - b. mixing bowl
 - c. pan
 - d. plate
6. Ronah Jane is celebrating her 10th birthday. Her mother told her to grate the cheese to be used in the *spaghetti* that she is cooking. Which kitchen tool will she use?
 - a. grater
 - b. knife
 - c. peeler
 - d. spatula
7. You find hard time in preparing different dishes for the fiesta. Which kitchen equipment will help you chop, slice, shred, grind, batter, and make citrus easily and quickly?
 - a. steamer
 - b. blender
 - c. pots
 - d. food processor
8. In your Home Economics class you will perform how to make an egg sandwich. Which kitchen equipment is appropriate to use in boiling the eggs?
 - a. pot
 - b. mixing bowl
 - c. pan
 - d. steamer
9. Aling Lucing is a *sari-sari* store owner. She sells onions, tomatoes, garlic, vinegar, cooking oil and soy sauce. Which kitchen utensil will she used to pour the cooking oil from one container to another?
 - a. glass
 - b. spoon
 - c. colander
 - d. funnel
10. You are preparing hotdogs and scrambled eggs for breakfast. Which of the following tool is appropriate to use in beating the eggs?
 - a. whisk
 - b. ladle
 - c. fork
 - d. spoon

Lesson 1

Uses of Tools and Equipment in Food Preservation

In food preservation, kitchen tools/utensils and equipment helped our tasks be efficient, easy and produce quality products. The proper use of the tools/utensils and equipment will ensure the safety of the user. They contribute to the success of food preservation.



What's In

Read and answer each question carefully.

1. What are the foods that can be preserved?
2. What is food preservation?
3. What is the importance of food preservation?

Notes to the Teacher

Begin by orienting learners with the relevance of the module in providing varied, relevant activities and opportunities in improving learner's skills. Remind the learner to answer *What I Know*, *What Can I Do* and *Assessment* to test their own progress. Let them answer on a separate sheet of paper.



What's New

Have you tried helping your mother to cook?
What are some of the things she used when cooking?
Look at the given pictures below. Can you name them?















What is It


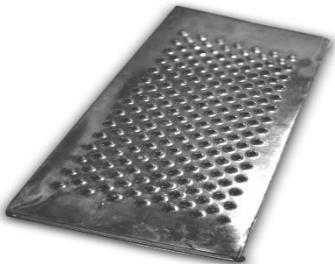

Kitchen Tools/Utensils

Kitchen is the most important place in the house where we store, prepare and cook food for the family. Kitchen nowadays is equipped with the latest tools/utensils and equipment.

A kitchen tool/utensil is a small hand tool used for food preparation and common kitchen tasks which include cutting food items to size, mixing, and measuring.


	<p>1. Knives</p> <p>Knives are used for cutting food. A kitchen needs at least three knives. (a)chef's knife which is used to do the bulk of your cutting; (b) serrated knife which is used for cutting bread; and (c) paring knife which is used for slicing or mincing smaller items.</p>
	<p>2. Chopping board</p> <p>Chopping board is also known as cutting board which come in all shapes, sizes and varieties. Most of the chopping board is made of wooden bamboo or plastic. They are used along with knife to cut and slice foods.</p>
	<p>3. Scissors</p> <p>Kitchen scissors is used for snipping herbs, cutting open food packaging.</p>
	<p>4. Mixing bowl</p> <p>Mixing bowl is a deep bowl that is used for storage, working dough, mixing salads and other ingredients.</p>






	<p>5. Measuring cup</p> <p>Measuring cup is used to measure the volume of liquid or bulk solid cooking ingredients such as sugar and flour. Measuring spoon is a spoon used to measure an amount of an ingredient, either liquid or dry in cooking.</p>
	<p>6. Can opener</p> <p>Can opener is also known as tin opener. It is used to open tin cans.</p>
	<p>7. Colander</p> <p>It is a bowl-shaped kitchen utensil with holes in it. It allows liquid to drain through while retaining the solid inside. A colander is also used to rinse vegetables and drain food such as pasta or rice.</p>
	<p>8. Vegetable peeler</p> <p>Vegetable peeler is a kitchen tool designed to remove just the peel of a vegetable, without sacrificing the layer of the flesh. This area is often rich in nutrients.</p>
	<p>9. Whisk</p> <p>Whisk is a cooking utensil which can be used to blend ingredients smooth or to incorporate air into a mixture in a process known whisking or whipping.</p>
	<p>10. Spatula</p> <p>A spatula is used to lift, flip and spread food. It has a long handle that keeps the holder's hand away from what is being lifted or spread. Its blade is wide and thin.</p>



	<p>11. Tong</p> <p>Kitchen tong is a tool used for picking up or manipulating food. It can be used in food preservation, food preparation, or in serving food.</p>
	<p>12. Grater</p> <p>It is also known as shredder and use to grate foods into fine pieces.</p>
	<p>13. Funnel</p> <p>Funnel is used to channel liquid or fine-grained substances into containers with a small opening.</p>

Kitchen Equipment

Kitchen equipment is a large item in the kitchen that handles the bulk preparation and cooking processes. It needs to be durable and easy to operate. Most kitchen equipment is operated electronically. They are used for cooking, cutting and baking.

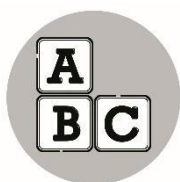
	<p>1. Weighing scale</p> <p>Weighing scale is used to measure weight or mass of the ingredients.</p>
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	<p>2. Pressure cooker</p> <p>Pressure cooker is used for softening less tender meats, poultry, and foods for canning.</p>
	<p>3. Food processor</p> <p>Food processor is used to grind food into fine/powdery texture.</p>
	<p>4. Stockpot</p> <p>A stockpot is a deep casserole used for boiling and other food.</p>
	<p>5. Frying pan</p> <p>It is a flat-bottom pan used for frying and browning of foods. Larger pan may have a small grab-handle opposite the main handle.</p>
	<p>6. Refrigerator</p> <p>Refrigerator is an appliance used for storing fresh food.</p>

	<p>7. Oven</p> <p>Oven is a kitchen appliance used for roasting and heating of food such as meat, baked bread, cake and other desserts.</p>
	<p>8. Stove</p> <p>Stove is used for cooking.</p>

Guide Questions:

1. What are tools/utensils? equipment?
2. Can you name each tool/utensil? What are its uses?
3. Can you name each equipment? What are its uses?
4. Why do we use tools/utensil? equipment?



What's More

Activity 1

Copy and complete the table below. Write your answer on a separate sheet of paper.

Tools/Utensils/Equipment	Uses
1. knife	
2. colander	
3. pot	
4. stove	
5. spatula	

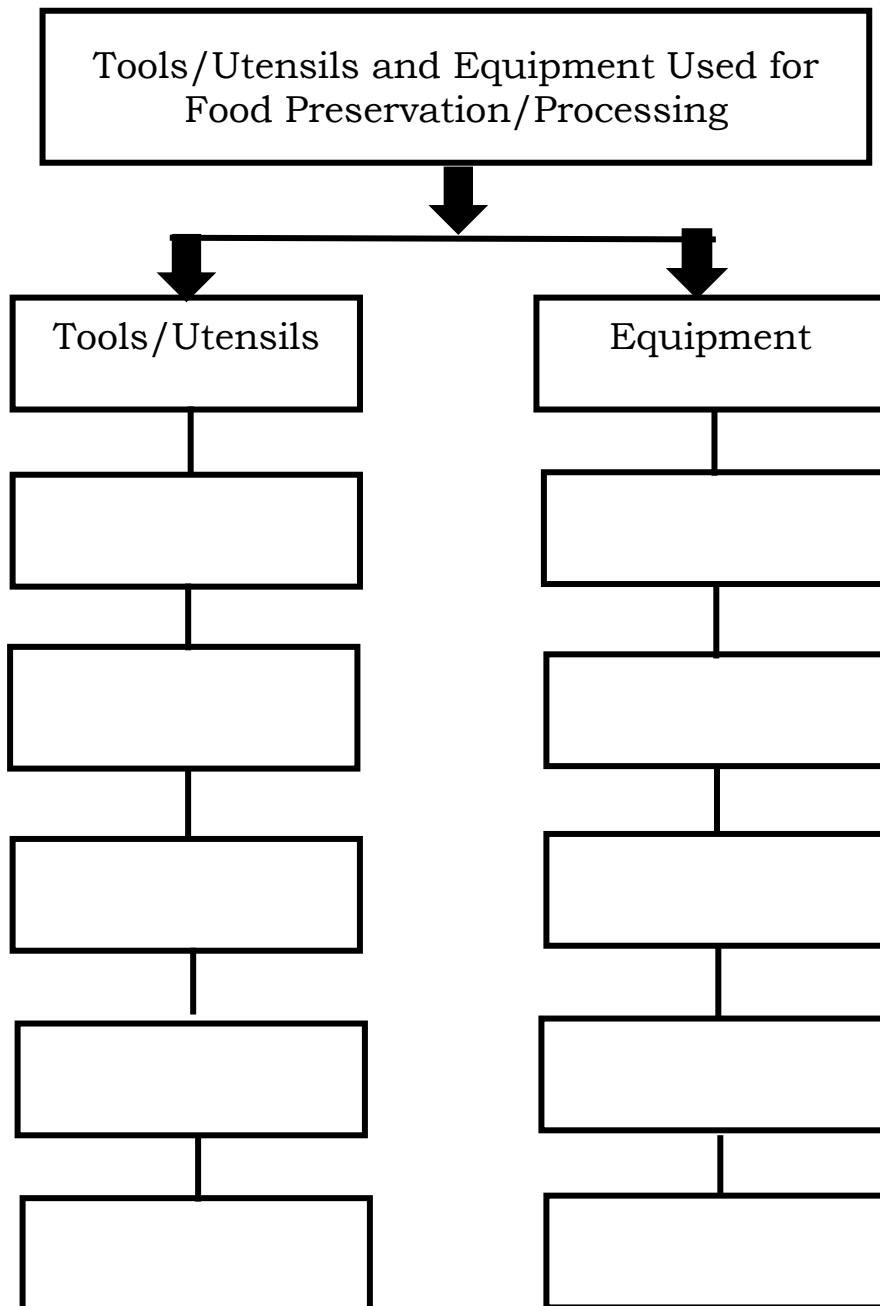
Activity 2

Read each sentence carefully. Write **TRUE** if the statement tells about the uses of the tools/utensils and equipment in food preservation and **FALSE** if **NOT**. Write your answer on a separate sheet of paper.

- _____ 1. Ana is making dough for her empanadas. She uses measuring cups to get the exact amount of flour.
- _____ 2. Andrew loves to eat cucumber. He uses scissors to peel the cucumber.
- _____ 3. The feeding teacher slices *ampalaya*, eggplant and squash. She uses chopping board and knife to do it easily.
- _____ 4. I love scrambled egg. I always use whisk in doing it.
- _____ 5. Carol's favorite food is fried chicken. She uses stockpot to fry it.
- _____ 6. Tony bought two kilos of beef. He decided to cook *bulalo* and uses pressure canner to make it soften faster.
- _____ 7. Immanuel is selling ripe mangoes. He uses weighing scale to get the exact weight of the mangoes.
- _____ 8. Papaya is good for pickling. It is best to put it in a jar to make it more pleasing.
- _____ 9. Grace is busy preparing a fruit salad she uses mixing bowl to mix the ingredients.
- _____ 10. Lito is slicing carrots as one of the ingredients in his pickled turnips. He uses bolo to slice it.

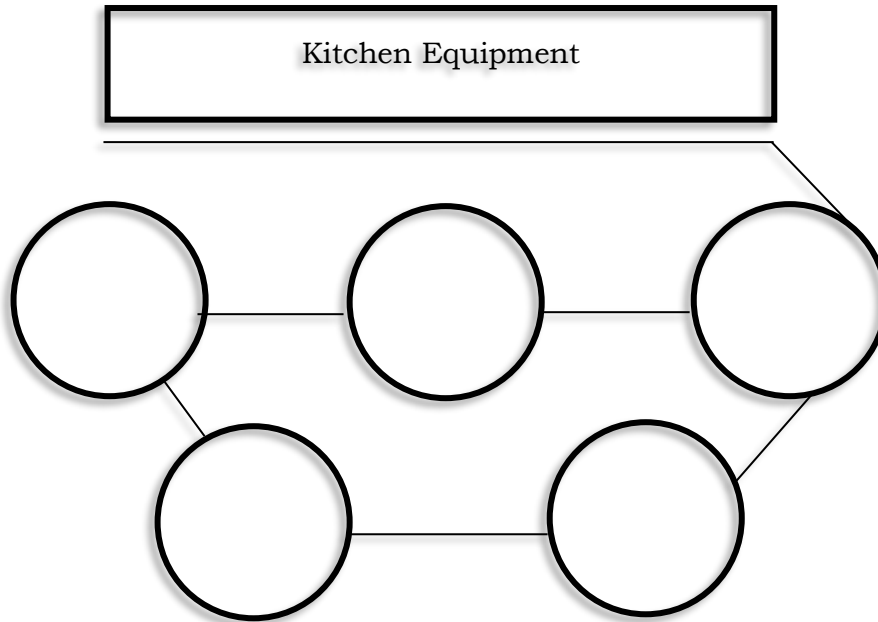
Activity 3

Complete the graphic organizer below. Use a separate sheet of paper to answer.

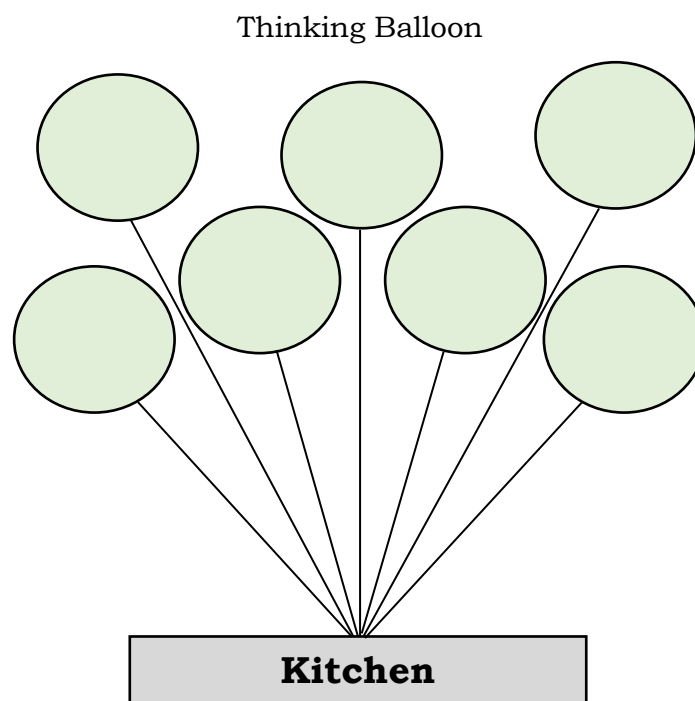


Activity 4

- A. Complete the Truck Map below by naming the different kitchen equipment you know. Use a separate sheet of paper to answer.



- B. Complete the Thinking Balloon with the different kitchen tools and utensils. Write your answer on a separate sheet of paper.





What I Have Learned

Complete the thought of the sentence.

1. Kitchen _____ is a small hand held tool used for food preparation such as measuring and cutting tools. This includes _____.
2. A large item in the kitchen that handles the bulk preparation and cooking processes is called _____. Examples are _____.



What I Can Do

Lists down at least five (5) tools/utensils and equipment found in your home and tell its uses.



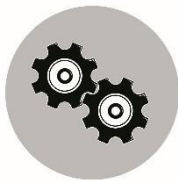
Assessment

Read each question carefully. Choose the letter of the correct answer. Write your answer on a separate sheet of paper.

1. Aling Nena loves to cook guava jelly. She sells it to the market for an extra income. Which of the following will she used as a container?
 - a. jar
 - b. plastic
 - c. cup
 - d. pan

2. You are planning to bake a cake. Which tool will you use to get the exact measurement of the ingredients?
 - a. ladle
 - b. measuring cup
 - c. pan
 - d. plate
3. Dimple bought five pieces of sweet mango. Which kitchen equipment will she use to determine the exact weight of the mangoes she bought?
 - a. ruler
 - b. cup
 - c. weighing scale
 - d. container
4. Ethan's favorite food is mashed potato. His mother prepares it every day and she used _____ to peel the potato easier.
 - a. knife
 - b. cutter
 - c. vegetable peeler
 - d. scissors
5. Mother has a left over rice last night. She decided to make fried rice for breakfast. She added some ingredients like carrots and cabbage. Which tool will she use to cut the vegetables?
 - a. Scissors
 - b. peeler
 - c. Knife
 - d. cutter
6. Lanie harvested lots of peanuts from her garden. She wants to make a peanut butter. Which tool will she use?
 - a. food processor
 - b. steamer
 - c. oven
 - d. stove
7. Your Home Economics teacher prepares food for the recipients of the School-Based Feeding Program. Her menu for the day is *ukoy makalhip* in which the main ingredient is squash. Which tool will she use to shred the squash?
 - a. strainer
 - b. grater
 - c. knife
 - d. steamer

8. You want to fry a fish. Which tool is appropriate for frying?
- a. frying pan
 - b. oven
 - c. pot
 - d. sauce pan
9. Which tool is used along with the knife in order to cut garlic and onions?
- a. pans
 - b. casserole
 - c. chopping board
 - d. knife
10. You like to eat fruit salad. You have apple, pineapple, grapes, papaya, creamer, condense milk, and cheese. Which tool is used to mix the ingredients properly and easily?
- A. mixing bowl
 - B. pots
 - C. plates
 - D. saucer



Additional Activities

Make a journal of the tools, utensils and equipment and their uses.



Answer Key

Assessment	What's More Activity 1.1 Knife- used for cutting food Colander- rinse vegetables and drain food Stockpot -used to make stock, soup, stew and boil pasta Stove- burns fuel or uses electricity to provide heat while cooking Spatula- used to lift, flip and spread food Activity 2.1 TRUE FALSE TRUE TRUE TRUE TRUE FALSE FALSE TRUE FALSE Tools/Utensils Knife, chopping board, scissors, mixing bowl, measuring cups and spoons, can opener, colander, vegetable peeler, spatula, tong, grater, funnel Equipment Weighing scale, pressure canner, food processor, stockpot, frying pan, refrigerator, oven, stove (accept other answers)	What I Know?
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