



## **Dry & Moist Heat Cooking Methods Buzz Relay**

*Directions:* Using the word bank in the box, figure out what words fit with each definition. Send one member of your team to the envelopes to randomly pick a word and glue it into the appropriate space on your page. You can only grab ONE WORD at a time and you must rotate runners for each word selection. Work together to figure out the answers!

Bake	Boil	Braise	Broil	Grill
Microwave	Roast	Saute'	Steam	Simmer

\_\_\_\_\_ Food cooked slowly and gently, just below the boiling point.

\_\_\_\_\_ Food that cooked by hot air, similar to baking, uncovered, usually in an oven.

\_\_\_\_\_ Food cooked quickly above a heat source in a skillet or on a metal grate.

\_\_\_\_\_ Using radiation and waves of energy that move water and fat molecules in order to cook foods.

\_\_\_\_\_ Foods cooked by vapors from boiling water.

\_\_\_\_\_ Food that is cooked slowly in a closed pot with a small amount of liquid.

\_\_\_\_\_ To cook food in a liquid that has reached its highest possible temperature of 212°F.

\_\_\_\_\_ Cooking food by hot air in an oven.

\_\_\_\_\_ To quickly cook food directly under a heat source.

\_\_\_\_\_ Cooking food quickly in a hot pan with little fat.

Make copies of terms for each team. Cut them apart and place in envelopes. Teams will send one member up at a time to randomly select a term from their team's envelope and take it back and glue into the correct definition. Then they will send the next member to get another slip. This continues until all the slips are used.

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**Key:**

1. Simmer
2. Roast
3. Grill
4. Microwave
5. Steam
6. Braise
7. Boil
8. Bake
9. Broil
10. Saute'