

Dry & Moist Heat Cooking Methods: Lesson & Lab

Intro Activity: Play the “Dry & Moist Heat Cooking Methods Buzz Relay” game in teams made up of 2-4 students depending on class size. Give one paper per group. Give each student a clean paper and have them correct their game board and fill in their own paper with the terms as we go over the correct answers.

Demonstrate where students can find and practice their vocabulary terms using the Quizlet website. Inform them that will be where they take their quiz as well; directly online. Link: <https://quizlet.com/87043383/dry-moist-heat-cooking-methods-flash-cards/>

Discuss/Notes/PPT: There are two types of cooking methods that can be used to prepare foods: Dry & Moist. Give students their notes graphic organizer to complete as this information is presented.

Dry Heat: No water is used to cook food because heat is applied directly to the food. This technique helps to retain nutrients, color, texture and taste.

Some examples include: Baking, Broiling, Grilling, Roasting, and Sautéing

Equipment: skillets, grills, ovens, ranges (stove tops)

Moist Heat: Liquid, such as water, is added to the food prior to heating. This technique is often used for less tender cuts of meat and usually the food is cooked for longer periods of time, at lower temperatures.

Some examples include: Simmering, Braising, Microwaving, Steaming and Boiling

Equipment: steamers, skillets, microwaves, ovens, crock-pots, ranges (stove tops)

Combination: This is where both dry and moist methods are combined in the preparation/cooking of the food.

Lab: Lemon Garlic Broccoli (Cut apart the recipes; one for each kitchen.)

Each kitchen will prepare similar versions of the recipe, but use a different cooking method to prepare. The whole class will sample the end products.



- Kitchen #1: Roasted Lemon Garlic Broccoli
- Kitchen #2: Steamed Lemon Garlic Broccoli
- Kitchen #3: Combination Lemon Garlic Broccoli with Microwaving & Sautéing

Students will complete the lab follow-up as they sample/taste test each version of the recipe.

Kitchen #1: Cooking Method: _____

Describe the taste, color & texture of the product.

Kitchen #2: Cooking Method: _____

Describe the taste, color & texture of the product.

Kitchen #3: Cooking Method: _____

Describe the taste, color & texture of the product.

Describe the similarities & differences between the three methods.

Which method did you like best and why?

Review Activity: Play one of the review games on the SMARTBOARD with the vocabulary terms on quizlet.

Assessment: First part of the quiz is the vocabulary terms, which students will take on quizlet. Teacher will determine the way the quiz should be set up (T/F, Multiple choice, Matching, etc.) and students can let quizlet correct their quiz and then show me the score earned. The second part of the quiz will be taken immediately after the quizlet vocab quiz.



Cooking Methods Quiz: Part II

1. Explain the method of dry heat cooking.
2. Explain the method of moist heat cooking.
3. List three types of dry heat cooking methods.
4. List three types of moist heat cooking methods.

Write a D on the line if the equipment is used for dry heat cooking, a M if the equipment is used for moist heat cooking or a B if it can be used for both.

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|----------------------------|--------------------|
| _____ 5. Skillet | _____ 6. Crock-pot |
| _____ 7. Oven | _____ 8. Microwave |
| _____ 9. Steamers | _____ 10. Grill |
| _____ 11. Range (cook top) | |

12. What are combination cooking methods and give an example of when you might use them?

