

Naming the Utensils

Learner Objectives:

The 4-H member will:

- Be able to distinguish between the different utensils that are used in the kitchen.
- Be able to identify what utensil is best used for certain foods.
- Know the importance of using specific utensils to successfully make their entrees.

Educational Lesson:

What is a kitchen utensil?

A utensil is a simple and useful device that is used for doing tasks in a person's home and especially in the kitchen.

Importance of specific kitchen utensils

Utensils are built to make your cooking experience as perfect and easy as possible. There are so many utensils that can be used in the kitchen and there is a reason behind that. One of the main reasons for this is the fact that each cooking utensil is fitted to a particular use and if you use the wrong utensil for a certain food, then it might not bring about the same result as the right one. Knowing the material the utensil is made of is also important, as well as the size in order for your food to come out as desired. Utensils can have an effect on one's health. Because some materials are harder to clean than others and can contain some germs on the surface, which can lead to illness. An example of this would be to avoid cross contamination by using separate cutting boards for raw meat and fresh produce. It is also said that once wooden boards develop hard-to-clean grooves they should be discarded because these grooves are great spots for bacteria to hide and later on contaminate your food. Teflon is a brand name for a nonstick coating on pots and pans and should only be used at low or medium heat because the fumes that are released when used in high temperatures can irritate humans and house hold pets. Another material to look out for is copper because unlined cookware can cause nausea, vomiting, and diarrhea. The norovirus is one of the leading causes of food poisoning and often results in symptoms that are similar to the "stomach flu". This virus can be avoided by washing vegetables and fruits before using utensils on them.

Different Types of Utensils

For the different types of utensils, refer to the following pages attached to this lesson plan.



Apple Corer — This tool has a circular cutting edge that is forced down into the apple, allowing the apple to remain whole so it can then be easily sliced into sections for eating it out of hand or baking it whole with the outer skin. A tool used to extract the core from the apple without cutting the apple into sections and then individually cutting



Apple Slicer — This professional-quality tool is pressed down over the apple to make eight uniform slices and remove the core.



BBQ Tongs — A utensil with long handles used to grip and turn food while cooking



BBQ Spatula — A utensil with long handle and flat bottom used to turn food while cooking.



Can Opener, Hand — A hand held device used for cutting cans open.



Butter Knife - A blunt knife used for cutting or spreading butter or other similar spreads.



Chef's Knife — A large knife with a wide blade, generally considered all-purpose knives that are used for cutting and dicing.



Chopper — A utensil used to cut food into smaller pieces.



Chopsticks — A pair of slender sticks made especially of wood or ivory, held between the thumb and fingers and used as an eating utensil in Asian countries and in restaurants serving Asian food.



Cookie Cutter — A shaped template with a sharp edge used to cut cookies or biscuits from rolled dough



Decorative Slicer, Ripple — A utensil used to cut food that leaves a rippled edge. food.



Decorative Slicer, Vee — A utensil used to cut food that leaves a vee shape



Egg Separator — A spoon shaped utensil, which has a hole in the bottom and is used to separate the white from the yolk of the egg.



Egg Slicer — A kitchen tool with a slatted , egg-shaped hollow on the bottom and a hinged top consisting of 10 fine steel wires. When the upper portion is brought down onto a hard-cooked egg sitting in the base, it cuts the egg into even slices



Egg Timer — A small hourglass or clockwork timing device used to time the boiling of an egg, usually capable of timing intervals of three to five minutes



Flour Sifter — A utensil used to incorporate air into flour and other dry ingredients.



Garlic Press — A press used for extracting juice from garlic



Grater — A device with sharp edged holes against which something is rubbed to reduce it to shreds. Used to grate such things as cheese.



Grill Brush — A Brush with a long handle on the end that is used to clean a grill



Gripper — Small rubbery circle used for opening jars.



Ice Cream Scoop — A utensil used to remove ice cream from a carton or other container while forming the ice cream into a ball or oval shape. Ice-cream scoops come in several styles and sizes. Scoops come in many sizes, from tiny to large (about 1 to almost 3 inches in diameter).



Kitchen Fork — A utensil used to lift or turn small food.



Liquid Measuring Cups — Cups that come in clear plastic or glass with a 1/4" headspace so liquid can be carried without spilling and a pouring spout.



Measuring Cups — Cups that are used to measure dry and solid ingredients. They usually come in a set of four nesting cups: 1/4 cup, 1/3 cup, 1/2 cup, and 1 cup



Measuring Spoons — Spoons that are used to measure small amounts of dry or liquid ingredients



Meat Tenderizer — Hammer or paddle type utensil that comes in metal or wood and in a plethora of sizes and shapes. They can be large or small, have horizontal or vertical handles and be round-, square-, or mallet-shaped. Some have smooth surfaces while others are ridged.



Melon Baller — A small bowl-shaped tool used to cut round- or oval-shaped pieces of melon. The best melon ballers are rigidly constructed with wood or metal handles and sharp-edged, stainless steel bowls, which come in several sizes, from about 1/4" to 1"



Mixing Bowl — A large bowl made of pottery, glass, metal, or plastic and are used to mix ingredients and come in a variety of sizes.



Nut Chopper — A device with blades that chops nuts into small pieces.



Paring Knife — A knife that is smaller and shorter with fairly narrow blades, generally used for delicate jobs.



Pasta Measurer — A utensil used to measure pasta



Pasta Server — A utensil used to serve pasta.



Pastry Blender — A mixing utensil used to cut flour and shortening when making pastry and biscuits



Pastry Brush — A small type brush used to spread butter or spices over food



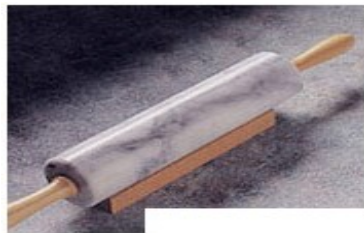
Pie/Cake Server — A utensil, which has a triangular, shaped bottom with handle and is used to serve cake or pie.



Pizza Cutter — A utensil consisting of a wheel with a sharpened blade used to cut pizza



Potato Masher — A tool used to crush food, usually after cooking it, so that it forms a soft mass



Rolling Pin — A cylinder that may or may not have small handles at either end used to roll dough for pie crusts, biscuits, or cookies. pizza



Rubber Spatula — A flexible utensil used to remove food from spoons, side of bowls, and pans



Scraper — A plastic utensil used to scrape food from bowls, etc.



Serving Fork — A large type fork used to serve food



Serving Spoon — A large type spoon used to serve food



Slicing Knife — A knife with long narrow flexible blades that may or may not be serrated



Soup Spoon — A spoon with a rounded bowl for eating soup



Strainer — A bowl type item with holes in it that is used to separate liquids from solid food.



Tart Press — Any type of press used to shape or mold pastry



Thermometer, Candy - A candy thermometer, also known as a sugar thermometer, is a thermometer used to measure the temperature and therefore the stage of a cooking sugar solution.



Meat Thermometer - A thermometer used to measure the internal temperature of meat, especially roasts and steaks, and other cooked foods. The degree of "doneness" of meat correlates closely with the internal temperature, so that a thermometer reading indicates when it is cooked as desired.



Tongs - An instrument with two movable arms that are joined at one end, used for picking up and holding things.



Turner — is a kitchen utensil with a long handle and a broad flat edge, used for lifting and turning fried foods, biscuits or cookies.



Utility Knife — A knife that has a long and narrow blade that is generally used for cutting



Vegetable Peeler — A utensil used to peel the skin from vegetables



Wire Whisk — A utensil used to beat and blend ingredients or food, especially egg white mixtures.

