**RECIPE:** Teri Chicken and Noodles

**Servings**: 2 people

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

15mL Sesame oil

100g Chicken breast, cubed

1 green onion, sliced

1 large carrot, sliced

1 mushrooms, sliced

1/6 Bell pepper, sliced

180mL broccoli, sliced

SAUCE INGREDIENTS

1 cloves garlic, minced

30mL brown sugar

30mL Soy Sauce

15mL Rice wine vinegar

1mL ground ginger

8mL Cornstarch

30mL cold water

100g Steam Fried noodles (¼ pkg)

**INSTRUCTIONS:**

1. Bring a large pot of water to a boil on the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**\*REMINDERS:**

1. In a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ whisk together all sauce ingredients. Set aside
2. Wash, peel and slice vegetables as demonstrated by teacher.
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ into two piles so that the **dense vegetables** that require \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ are not with the **less dense vegetables** that require \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
4. Dice chicken
5. Add sesame oil to wok over \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. When oil is warmed sauté chicken until \_\_\_\_\_\_\_\_\_\_\_\_\_of the pink has disappeared
6. Add sliced \_\_\_\_\_\_\_\_\_ and broccoli \_\_\_\_\_\_\_\_\_\_ to partially cooked chicken and continue to cook while tossing often for another 2-3 min.
7. Add sliced \_\_\_\_\_\_\_\_\_\_\_\_\_\_, broccoli florets, mushrooms and bell pepper to pan and cook for another \_\_\_\_\_\_\_\_\_ minutes
8. While vegetables are softening \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and cook for 1-2 min.
9. When vegetable appear \_\_\_\_\_\_\_\_\_\_\_, pour sauce into wok and stir until mixture has \_\_\_\_\_\_\_\_\_
10. Drain noodles and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Mix well until everything is coated with sauce.
11. Remove from heat and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

With raw meat, be careful to **avoid cross-contamination**.

* Cut vegetables \_\_\_\_\_\_\_\_\_\_\_\_ and transfer to a tray \_\_\_\_\_\_\_\_\_\_ cutting raw chicken.
* Wash your hands, cutting board and knife \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ handling raw chicken
* Place a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ under the flipper that touches raw chicken as it is cooked
* Cook until \_\_\_\_\_\_\_\_\_\_\_\_\_\_ are gone to ensure that all Salmonella bacteria are destroyed
* Add 30mL of vinegar to the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_when washing dishes
* Uneaten food should be refrigerated within 2 hours and eaten within \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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PERSON A: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

PERSON B: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**LAB DUTIES:**

Dishwasher: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Housekeeper: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Dish Dryer: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Special Duties: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Tray Equipment:

**QUESTIONS:** Reference: Folate & Vitamin A Handout

1. Cutting the dense vegetables on an angle increases the surface area so that they \_\_\_\_\_\_\_\_\_\_\_\_\_

2. Cornstarch is a thickener that provides a glossy appearance but no \_\_\_\_\_\_\_\_ to sauces. Cornstarch has a tendency to clump so it should to be dissolved in a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ but remember to stir it before adding it to the pan because it will \_\_\_\_\_\_\_\_\_\_\_\_\_ to the bottom of your container. Stir gently in the hot pan and in only one short minute you will see the liquids thicken.

3. Identify whether the statement better describes **Vitamin A** or **Folate**:

* 1. Found in brightly coloured yellow orange or red fruits and vegetables \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
  2. Fat soluble vitamin that should be eaten in small amount each day \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
  3. Broccoli and dark leafy green vegetables are a good source of this nutrient \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
  4. Essential in making sure a baby's brain, skull and spinal cord develop properly \_\_\_\_\_\_\_\_\_\_\_\_
  5. Supports the immune system by helping make white blood cells \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
  6. Health experts recommended that girls take a supplement for this vitamin \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
  7. Responsible for making healthy red blood cells and prevent anemia \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
  8. High doses can be toxic because they are stored in the liver \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. **Replace** these incorrect statements with ones that have the correct information.

a. Our body needs a supply of Vitamin A once a week.

b. Vitamin B9 helps prevent premature birth in babies

c. Eating too much beta carotene can make your skin yellow because it is stored in your hair

d. Without enough folate your muscles become weak.