**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 back burner.

**\*REMINDERS:**

-Cook noodles together in large pot then divide between 2 recipes.

-Carrots and broccoli stalk are peeled and sliced on a diagonal

-Bring white bowl to front to receive meat AFTER vegetables are cut up

1. In a small bowl whisk together all sauce ingredients. Set aside
2. Wash, peel and slice vegetables as demonstrated by teacher.
3. Separate vegetables into two piles so that the **dense vegetables** that require more time are not with the **less dense vegetables** that require less cooking time
4. Dice chicken
5. Add sesame oil to wok over medium high heat. When oil is warmed sauté chicken until most of the pink has disappeared.
6. Add sliced carrots and broccoli stalk to partially cooked chicken and continue to cook while tossing often for another 2-3 minutes
7. Add sliced green onion, broccoli florets, mushrooms and bell pepper to pan and cook for another 2-3 minutes
8. While vegetables are softening add noodles to boiling water and cook for 1-2 minutes.
9. When vegetable appear softened, pour sauce into wok and stir until mixture has thickened
10. Drain noodles and add to wok. Mix well until everything is coated with sauce.
11. Remove from heat and serve immediately.

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

* Cut vegetables first and transfer to a tray before cutting raw chicken.
* Wash your hands, cutting board and knife after handling raw chicken
* Place a paper towel under the flipper that touches raw chicken as it is cooked
* Cook until all pink juices are gone to ensure that all Salmonella bacteria are destroyed
* Add 30mL of vinegar to the hot soapy water when washing dishes
* Uneaten food should be refrigerated within 2 hours and eaten within 3-4 days



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

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

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

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

**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 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4. 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.