**Materials of kitchen utensils and equipment**

**commonly found in the kitchen**

Any cook should be familiar with the correct utensils, devices and equipment in the kitchen. It is important to consider several things and not only the price when buying them. The job of cooking requires specific tools, utensils, and equipment for proper and efficient preparation of food. Each piece has been designed to accomplish a specific job in the kitchen.

The tools, utensils and equipment are made of different materials, each having certain advantages and disadvantages. **The following lists are materials of kitchen utensils and equipment commonly found in the kitchen.**

**Aluminum** is the best for all-around use. It is the most popular, lightweight, attractive and **less expensive**. It requires care to keep it shiny and clean. Much more, it gives even heat distribution no matter what heat temperature you have. It is available in sheet or cast aluminum. **Since it is a soft metal, the lighter gauges will dent and scratch easily**, making the utensil unusable.

**Stainless Steel** is the most popular material used for tools and equipment, but is **more expensive.** It is easier to clean and shine and will not wear out as soon as aluminum. Choose those with copper, aluminum or laminated steel bottoms to spread heat and keep the pot from getting heat dark spots. Stainless steel utensils maybe bought in many gauges, from light to heavy.

**Glass** is good for baking but not practical on top or surface cooking. Great care is needed to make sure for long shelf life.

**Cast Iron** is sturdy but must be kept seasoned to avoid rust. Salad oil with no salt or shortening can be rub inside and out and dry. Wash with soap (not detergent) before using.

**Ceramic and heat-proof glass** is used especially for baking dishes, casseroles, and measuring cups. Glass and ceramic conduct the heat slowly and evenly. Many of these baking dishes are decorated and can go from stove or oven to the dining table.

**Teflon** is a special coating applied to the inside of some aluminum or steel pots and pans. It helps food from not sticking to the pan. It is easier to wash and clean, however, take care not to scratch the Teflon coating with sharp instrument such as knife or fork. Use wooden or plastic spatula to turn or mix food inside.

**Plastic and Hard Rubber** are used for cutting and chopping boards, table tops, bowls, trays, garbage pails and canisters. They are much less dulling to knives than metal and more sanitary than wood. Plastics are greatly durable and cheap but may not last long.

**Evaluation 1:**

1. Is used especially for baking dishes, casseroles, and measuring cups.
2. It is good for baking but not practical on top or surface cooking.
3. Is sturdy but must be kept seasoned to avoid rust
4. It is the most popular, lightweight, attractive and less expensive material.
5. These are greatly durable and cheap but may not last long.
6. It is a special coating applied to the inside of some aluminum or steel pot and pans.
7. It is the most popular material used for tools and equipment, but is more expensive.

**Evaluation 2:**

List down all the utensils and equipment you can find in your kitchen. Identify the materials of your kitchen tools and equipment. Follow the format below.

|  |  |
| --- | --- |
| KITCHEN UTENSILS | MATERIAL |
| 1. |  |
| 2. |  |
| 3. |  |
| 4. |  |
| 5. |  |