

Grade 5
Reading - Cooking Itinerary

“Fun in the Kitchen: Baking and Cooking Adventure!”

Welcome students, to a delightful journey through the world of cooking and baking! Today, we are going to embark on a culinary adventure that will not only tantalize your taste buds but also enhance your cooking skills. Forget about pasta; we have something even more exciting in store for you!

First up on our itinerary is a lesson in baking. Have you ever wondered how those delicious cookies and cakes are made? Well, today you’re in for a treat because we are going to bake some scrumptious chocolate chip cookies from scratch! We will start by preheating the oven to 350°F (175°C) and gathering all our ingredients: flour, baking soda, salt, butter, sugar, brown sugar, eggs, vanilla extract, and of course, chocolate chips.

As we mix the ingredients together, pay attention to the consistency of the dough. This is crucial in baking as it determines how your cookies will turn out. Soft and chewy or crispy and crunchy, it’s all in the mix! Once our dough is ready, we will scoop it onto baking sheets and pop them in the oven for about 10 minutes. The aroma of baking cookies will fill the air, making our kitchen feel warm and welcoming.

Next on our itinerary is a cooking lesson where we will prepare a healthy and colorful stir-fry. We will chop up a variety of vegetables such as bell peppers, carrots, broccoli, and snap peas. It’s important to cut the vegetables into uniform pieces to ensure even cooking. We will also prepare a simple yet flavorful sauce using soy sauce, garlic, ginger, and a splash of orange juice.

With our vegetables chopped and sauce ready, it’s time to heat up the wok! Stir-frying is a quick and healthy cooking method that retains the nutrients in vegetables, making it a great option for a nutritious meal. Watch closely as we stir and toss the vegetables in the wok, ensuring they are cooked to perfection.

By the end of our cooking and baking adventure, you will have learned valuable skills and recipes that you can recreate at home. Cooking is not just about following recipes; it's about understanding ingredients and techniques, and most importantly, having fun in the kitchen!

Multiple Choice Questions:

What is the first recipe we are going to prepare?

- A. Pasta
- B. Chocolate Chip Cookies
- C. Stir-Fry
- D. Cake

At what temperature should the oven be preheated for baking cookies?

- A. 350°F (175°C)
- B. 400°F (200°C)
- C. 300°F (150°C)
- D. 450°F (225°C)

Which ingredient is NOT mentioned in the chocolate chip cookie recipe?

- A. Flour
- B. Butter
- C. Pasta
- D. Eggs

What consistency should the cookie dough have?

- A. Runny
- B. Hard
- C. Consistent
- D. Lumpy

What cooking method are we using for the stir-fry?

- A. Boiling
- B. Grilling
- C. Stir-Frying
- D. Baking

Which of the following is NOT a vegetable mentioned for the stir-fry?

- A. Bell Peppers
- B. Carrots
- C. Potatoes
- D. Snap Peas

What ingredient adds a splash of citrus to the stir-fry sauce?

- A. Lemon Juice
- B. Orange Juice
- C. Vinegar
- D. Water

Why is stir-frying a great option for a nutritious meal?

- A. Because it takes a long time to cook
- B. Because it uses a lot of oil
- C. Because it retains the nutrients in vegetables
- D. Because it requires special equipment

What should you do to ensure even cooking of the vegetables in the stir-fry?

- A. Cut them into large pieces
- B. Cut them into uniform pieces
- C. Cook them for a long time
- D. Add extra oil

What is an important aspect of cooking, according to the passage?

- A. Following recipes strictly
- B. Using expensive ingredients
- C. Understanding ingredients and techniques
- D. Avoiding the use of vegetables

Answers:

1. B. Chocolate Chip Cookies. The passage mentions that the first item on the itinerary is baking chocolate chip cookies from scratch.
2. A. 350°F (175°C). The passage states that the oven should be preheated to 350°F (175°C) for baking cookies.
3. C. Pasta. Pasta is not mentioned in the chocolate chip cookie recipe; the passage specifically states that we are not using pasta.
4. C. Consistent. The passage emphasizes the importance of the consistency of the dough in determining how the cookies will turn out.
5. C. Stir-Frying. The passage mentions that we are preparing a stir-fry, which is a quick and healthy cooking method.
6. C. Potatoes. Bell peppers, carrots, and snap peas are mentioned as vegetables for the stir-fry, but potatoes are not mentioned.
7. B. Orange Juice. The passage mentions that a splash of orange juice is added to the stir-fry sauce for a citrus flavor.
8. C. Because it retains the nutrients in vegetables. The passage states that stir-frying is a quick and healthy cooking method that retains the nutrients in vegetables.
9. B. Cut them into uniform pieces. The passage advises cutting the vegetables into uniform pieces to ensure even cooking during the stir-fry.
10. C. Understanding ingredients and techniques. The passage emphasizes the importance of understanding ingredients and techniques in cooking, and encourages having fun in the kitchen.