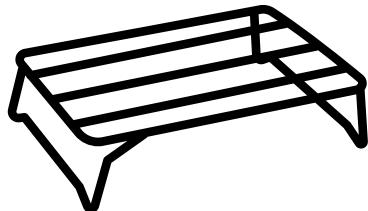


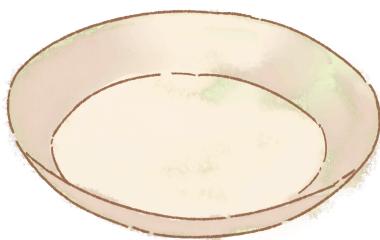
# FOODS & NUTRITION

## STIR UP SUCCESS WITH THE RIGHT COOKWARE STUDY GUIDE

### JUNIOR DIVISION



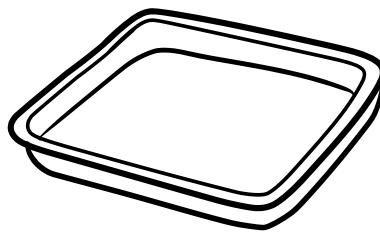
A **Wire Cooling Rack** is used to cool food after removing cakes, cookies, pies, etc. from an oven. Made of closely placed metal wires on short feet that allow air to circulate and cool food.



A **Pie Plate** is used to bake pies and quiches.



A **Bread or Loaf Pan** is used to bake quick breads like banana bread and pound cakes. Typically, a standard Loaf Pan measures 9 x 5 inches—a size otherwise referred to as a standard one-pound Loaf Pan. However, a Loaf Pan can come in many other sizes.



A **Casserole Dish** is used mainly for baking a combination of foods such as meats, vegetables, pasta, that are mixed together with some type of sauce.



A **Muffin Tin** is used mainly for baking a combination of foods such as meats, vegetables, pasta, that are mixed together with some type of sauce.



A **Slow Cooker** is an electrical cooker that maintains a relatively low temperature, used to cook foods over a long period of time such as roasts, soups, casseroles, etc.

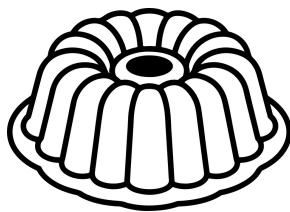
# FOODS & NUTRITION

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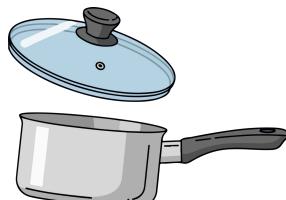
A **Cast Iron Skillet** is a durable and versatile piece of cookware made of iron and steel. Tolerates extreme heat, such as campfire, and can be used on stove top and in the oven.



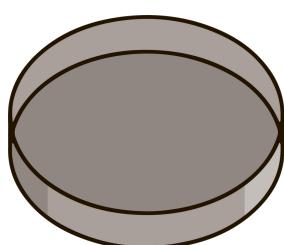
A **Bundt Cake** pan is a pan built for thick batters. Circular baking pan with distinctive fluted sides designed to ensure even baking by allowing heat to flow through the middle of the cake.



An **Electric Skillet** is a skillet or frying pan that instead of being placed on the stove is heated by plugging it into an electrical outlet.



A **Sauce Pan** is a deep round pan with a long handle. Used to cook vegetables, sauces and hard-boiled eggs.



A **Round Cake Pan** is a round pan used to make layer cakes and are generally found in 8 or 9-inch diameters and are 1 ½ inches in depth.



A **Baking/Cookie Sheet** is a flat, shiny metal tray used for cooking such things as biscuits and cookies.