

Cooking Class

People have said “If you can read you can cook”. Do you agree with this statement? Most chefs would not agree. Chefs would say it takes a lot more than just being able to read and follow a recipe. **“A chef is a professional cook and tradesperson who is proficient in all aspects of food preparation, often focusing on a particular cuisine.”** To be a great cook it takes practice, creativity and knowledge of food preparation. Today we will be trying some foods from different cultures. We hope you learn how to prepare them and enjoy these foods.

1. Do you like to cook (yes or no and why)? If you said yes, do you ever experiment with different recipes or your own ingredients?
2. Are you able to cook without using a recipe? What dishes or types of cuisine do you like to cook and/or eat?
3. Some people are unable to properly digest gluten or are lactose intolerant, so they need to follow special diets and avoid certain foods. Are there any foods you must avoid (because of allergies) or choose to avoid? Example: Do you eat meat, or are you vegan or vegetarian, do you follow a gluten-free diet, etc.?
4. Have you ever eaten *tzatziki* or *hummus*? Today we will be sampling those foods in the dishes we make. What are those foods? We'll discuss this.

Vocabulary - recipe, proficient, cuisine, ingredients, gluten, lactose intolerant, vegan, vegetarian, tzatziki, hummus