

Your Own Test Kitchen

Have you ever wondered how food companies create tasty, nutritious foods like Chicken Alfredo, Penne Shrimp and Broccoli, or Chicken and Vegetable Stir-Fry? With the help of professional chefs and dietitians, of course!

These professionals make sure that frozen and refrigerated foods use real ingredients, pass the taste test, and maintain quality and freshness, along with nutritional balance. They also ensure variety and creativity in food preparation. Check out a real test kitchen at Land O'Lakes (landolakes.com/TestKitchen/Behind_The_Scenes.aspx) to see how they meet consumers' needs for good taste, dietary information, and convenience.

Channeling Your Inner Chef

Now it's time to design your own meal — appetizer, entrée, and dessert — with real food from the dairy and frozen food aisles. Your teacher will tell you which part of the meal you're responsible for. Let's get started:

1. Review the frozen and refrigerated foods pictured below, keeping in mind the part of the meal for which you're responsible. Choose from these foods to develop a recipe idea for the dish you'll create for the meal.
2. Determine additional ingredients needed to create your dish and record them, along with the frozen or refrigerated food you will need, in the shopping list section.



Frozen Waffles



Frozen Turkey Sausage



Frozen Seasoned Veggies



Frozen Turkey Meatballs



Almond Milk



Frozen Mixed Berries



Yogurt



3. After buying the necessary ingredients at the grocery store, prepare your dish in the classroom (or at home) using your ingredients. Then, let the tasting begin! For taste-testing tips from the Mr. Food Test Kitchen, go to <http://youtu.be/Ng0T28cz5pY>.

Assigned Menu Item: appetizer entrée dessert

Recipe:
