



Name: \_\_\_\_\_

Hour: \_\_\_\_\_

## VIDEO WORKSHEET

# Review

Directions: After watching "Easy Stir-Fry" answer the following questions.

1. Why is stir-fry a popular meal?
2. What is a wok?
3. Why use a wok for stir-fry instead of a frying pan?
4. What kinds of oil work best for stir-fry?
5. Why did stir-fry originate in China?

6. What are some other uses you could use a wok for?

7. How do you prepare brown rice on the stove?

8. How should the vegetables and meat be cut?

9. Why should you put each ingredient in an individual bowl?

10. In what order do you assemble your stir fry?



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## TEACHER'S KEY

# Review

Directions: After watching "Easy Stir-Fry" answer the following questions.

1. Why is stir-fry a popular meal?

*Quick to prepare*

*Fresh*

*Affordable*

*Variety of food groups*

*Easy clean-up*

2. What is a wok?

*A deep Chinese cooking vessel with sloped sides used for stir-fry.*

3. Why use a wok for stir-fry instead of a frying pan?

*A wok has high, sloping sides that a frying pan does not have. The bottom has high heat and the sides are cooler.*

4. What kinds of oil work best for stir-fry?

*Oils that can handle the high heat without smoking work best for stir-fry. Use safflower, peanut, or olive oil.*

5. Why did stir-fry originate in China?

*In ancient times, a household only had one fire and limited wood for the fire. Chinese needed a cooking method that could handle high heat without burning the food.*

6. What are some other uses you could use a wok for?

*A deep fryer, soup pot, slow cooker, or skillet*

7. How do you prepare brown rice on the stove?

*Put 2 ½ cups of water in a saucepan and bring to a boil. Add one cup of brown rice, stir and cover. Turn the heat to low and cook for 35-40 minutes. Fluff with a fork.*

8. How should the vegetables and meat be cut?

*Vegetables and meat should be cut into bite-size uniform pieces.*

9. Why should you put each ingredient in an individual bowl?

*Putting each ingredient in a separate bowl allows you to add each ingredient to the wok according to cooking time.*

10. In what order do you assemble your stir fry?

- 1. Heat oil.*
- 2. Cook meat and remove or push to the side.*
- 3. Cook dense vegetables.*
- 4. Cook tender vegetables.*
- 5. Add the sauce.*
- 6. Mix in the cooked meat.*

# Recipes

## Chicken Stir Fry

- 2 T. vegetable oil
- 2 chicken breasts, halved, skinned, and cut into strips
- 1 carrot, peeled and sliced
- 1 cup broccoli florets
- 1 red pepper, chopped

### Sauce

- ¼ c. soy sauce
- 3 T. pineapple juice
- 1 ½ tsp. cornstarch

1. Pour oil into wok or skillet, coating bottom and sides. Heat on medium-high heat for 2 minutes.
2. Add chicken and stir fry for 2 minutes. Remove chicken from the pan.
3. Add carrots and cook for about 2 minutes. Add broccoli and cook for about 1 minute. Add red pepper and cook for about a minute.
4. Add sauce and cooked chicken to the vegetable mixture. Cook 2 minutes or until sauce is thickened. Serve over rice

## Rice

### Brown rice:

- 1 cup brown rice
- 2 ½ cups water

1. Bring water in a saucepan to a boil.
2. Add rice, stir, and cover.
3. Reduce heat to low and simmer for 35-40 minutes.
4. Fluff with fork.

### White rice:

- 1 cup rice
- 2 cups water
- 1 tsp. salt

1. Combine ingredients in 2 to 3-quart saucepan.
2. Heat to boiling, stir once or twice.
3. Reduce heat; cover and simmer 15 minutes. If rice is not quite tender or liquid is not absorbed, replace lid and cook 2 to 4 minutes longer.
4. Fluff with fork.