TLE COOKERY

Module 5: PREPARE CEREALS AND STARCH DISHES

Quarter 1: Week 5-6

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(SUPPORT MATERIAL FOR INDEPENDENT LEARNING ENGAGEMENT)

A Joint Project of

SCHOOLS DIVISION OF DIPOLLOG CITY

and the

DIPOLLOG CITY GOVERNMENT
The following are some reminders in using this module:

1. Use the module with care. Do not put unnecessary mark/s on any part of the module. Use a separate sheet of paper in answering the exercises.
2. Don’t forget to answer *What I Know* before moving on to the other activities included in the module.
3. Read the instruction carefully before doing each task.
4. Observe honesty and integrity in doing the tasks and checking your answers.
5. Finish the task at hand before proceeding to the next.
6. Return this module to your teacher/facilitator once you are through with it.

If you encounter any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator. Always bear in mind that you are not alone.

We hope that through this material, you will experience meaningful learning and gain deep understanding of the relevant competencies. You can do it.
What I Need to Know

This module was designed and written with you in mind. It is here to help you master the nature of Cookery. The scope of this module permits it to be used in many different learning situations. The language used recognizes the diverse vocabulary level of students. The lessons are arranged to follow the standard sequence of the course. But the order in which you read them can be changed to correspond with the textbook you are now using.

The module covers only one lesson:
- Lesson 1 – Prepare Cereals and Starch Dishes

After going through this module, you are expected to:
1. Discuss various types of starch and cereal dishes;
2. Prepare sauces and accompaniments of selected starch and cereal products; and
3. Follow safety and hygienic practices while working in the kitchen.

What I Know

Direction: Read each statement carefully write T if the statement is true and F if the statement is false. Write the correct answer on a separate sheet of paper.(2 pts.each)

1. One of the properties of starch is viscosity which is the resistance to flow of starch and modified starch paste.
2. Each type of starch has a specific endpoint temperature at which it will undergo optimum viscosity.
3. Incompletely gelatinized starch will attain optimum starch paste viscosity or gel strength.
4. If cooled too fast, the amylase will not have time to form the vital micelles necessary for the three dimensional structure.
5. Sugar will delay or inhibit gelatinization of starch.
Cereals are usually starchy pods or grains. Cereals grains are the most important group of crops in the world. In manufactured and processed foods, it plays an obvious role in achieving the desired viscosity in such products as sauces, gravies etc. Rice, wheat and corn are three most cultivated cereals in the world.

Starch is the most abundant organic substance on earth. Commonly found in all forms of leafy green plants, located in the roots, fruit and grains. Source of up to 80% calorie. Rice, corn, cassava, potato etc, are some source of starch.

**What’s In**

**Directions:** Answer the following questions below. Write your answers on your test notebook.

1. What are the methods of cooking starch and cereal dishes?

2. Why is Safety and hygienic practices in the kitchen important?

**What’s New**

Can You Guess the Missing Words?
Guess the word based on the given definition in each number. Write the missing letters of the word inside the letter blocks below the definition. Write your answers on a separate sheet of paper
1. A pale powder obtained from starch, used mainly as an adhesive.
   D__X__R__N
3. It is an Italian phrase that means —“to the tooth.”
   A__d__n__e
4. Results if there is too much liquid in relation to the starch
   W__ak  G__l

**What is It**

One of the properties of starch is viscosity which is the resistance to flow of starch and modified starch paste. In the preparation and cooking of starch and cereal dishes, factors affecting starch paste viscosity and starch gel strength should be considered.

![Image of pasta](image.png)

**Factors Affecting Starch Paste Viscosity and Starch Gel Strength**

- Stress or other factor. Stirring Amount and Type. This is a gelatinized cornstarch dispersion that is likely to break; the granules broke apart due to stirring.
- Kind and Amount of Starch. Certain type of starch will influence the characteristics of the starch paste viscosity and gel strength. Generally speaking, with “native starches” the greater the amount of amylopectin the more viscous the starch paste, whereas, the greater the amount of amylase, the firmer the gel is (greater the gel strength).
- Heating rate. The faster starch-water dispersion is heated; the thicker it will be at the identical endpoint temperature.
- Endpoint Temperature
Each type of starch has a specific endpoint temperature at which it will undergo optimum gelatinization.

Incompletely gelatinized starch will not attain optimum starch paste viscosity or gel strength.

Over gelatinization results in decreased starch paste viscosity and gel strength because the swollen granules fragmented with stirring and/or imploded due to the extensive loss of amylase from the granule.

**Cooling and storage conditions**

- If cooled too fast, the amylase will not have time to form the vital micelles necessary for the three dimensional structure.
- If cooled too slowly, the amylase fractions will have a chance to align too much and become too close together and the liquid portion will not be trapped in the micelles. In both instances there will be weeping and syneresis (the contraction of a gel accompanied by the separating out of liquid).

Ingredients added (acid, enzyme, sugar, fat and emulsifiers)

- Addition of acid or enzyme can also cause dextrinization (the process of forming dextrins).

Dextrin – a pale powder obtained from starch, used mainly as an adhesive.

In making kalamansi pudding or pie, if the juice is added early in the gelatinization process, dextrinization of the starch will occur resulting in decreased viscosity and gel strength.

A cake may collapse as the structural contribution of starch is delayed or inhibited.

Decreased starch paste viscosity and gel strength because the sugar added to water won’t be available for gelatinization. The kind of sugar used also affect viscosity. Fat and surfactants, will serve to —waterproof— the starch granules so that water will not penetrate as readily during the gelatinization process.

**Functions of Starch and Application in Filipino Dishes**

<table>
<thead>
<tr>
<th>Function of Starch</th>
<th>Types of Food Preparation</th>
<th>Recipes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thickening</td>
<td>Sauces, Gravies, Pie fillings and soups</td>
<td>Sauces: Sweet sour, lechon, lumpia, kare-kare, palabok Pie filling: mango, buko, apple, pineapple Soups: Arroz caldo, cream soups.</td>
</tr>
<tr>
<td>Gelling</td>
<td>Puddings, kakanin</td>
<td>Bread pudding, majaBlanca, sapin-sapin, kutchinta, cassava bibingka</td>
</tr>
<tr>
<td>Binding and filling</td>
<td>Meat loaves and meat emulsions</td>
<td>Luncheon meat, hot dogs, Vienna sausage, chicken nuggets, chicken balls, Ukoy, tempura</td>
</tr>
<tr>
<td>---------------------</td>
<td>--------------------------------</td>
<td>-------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Stabilizing</td>
<td>Beverage, syrup, salad dressing</td>
<td>Chocolate drinks, fruits drinks, yogurt drinks, cooked dressings</td>
</tr>
<tr>
<td>Moisture retaining</td>
<td>Cake fillings, candies</td>
<td>Cake rolls, cream fillings</td>
</tr>
<tr>
<td>Coating or ducting</td>
<td>Breads, confectionery, pastries</td>
<td>Pan de sal, Biscuits, candies, espasol</td>
</tr>
<tr>
<td>Diluent</td>
<td>Baking Powder</td>
<td>Cupcake</td>
</tr>
<tr>
<td>Coloring</td>
<td>Toasts, bread crumbs</td>
<td>Polvoron, Lechon sauce, Kare-kare sauce, b布鲁dings</td>
</tr>
</tbody>
</table>

**Common Problems in Starch Cookery**

1. **Thinning of Gel.** This problem is usually encountered when using acid or acid ingredients such as lemon or vinegar.
2. **Weak Gel.** Weak gel results if there is too much liquid in relation to the starch.
3. **Skin Formation.** Skin formation is due to loss of water from the starch and protein molecules near the surface of the mixture. To reduce this problem, cover container of the starch gel with a waterproof cover.
4. **Scorching.** This can be avoided by temperature control and constant stirring so the starch granules do not settle at the bottom of the cooking pan.
5. **Raw Starch Flavor.** This is due to ungelatinized starch.

**Principles in Cooking Cereals**

In cooking all cereal products, the following points should be observed:
1. Use a double boiler.
2. Observe carefully the correct proportions of cereal, water and salt.
3. Cook at boiling temperature (212° F.).
4. Watch the time by the clock, and always cook the full time prescribed, preferably longer.
5. Serve attractively.
6. Improper cooking and poor serving are largely responsible for unpopularity of cereal foods.

**Cooking Pasta**

Pasta should be cooked al dente, or —to the tooth. This means the cooking should be stopped when the pasta still feels firm to the bite, not soft and mushy. The pleasure of cooking pasta is its texture, and this is lost if it is overcooked. To test for doneness, break pasta into small pieces and taste it. As soon as pasta is al dente, cooking must be stopped at once. Half a minute extra is enough to overcook it.

Cooking times differ for every shape and size of pasta. Timing also depends on the kind of flour used, and the moisture content. Fresh egg pasta, if it has not been allowed to dry, takes only 1 to 1 ½ minutes to cook after the water has returned to a boil.
Italian practice is to toss the pasta with the sauce the minute it is drained, the sauce immediately coats all surfaces of the pasta, and the cheese, melts in the heat of the boiling hot noodles.

**Basic Principles in Preparing Pasta**

**Pasta Shapes**

There are hundreds of shapes and sizes of pasta with each shape used for different preparations based on how the sauce will cling, the texture desired, or how the product will be used. For example:

* Pasta shapes with holes or ridges, such as wagon wheels or rotini, are perfect for chunkier sauces.

* Thin, delicate pastas, such as angel hair or vermicelli, are better served with light, thin sauces.

* Thicker pasta shapes, such as fettuccine, work well with heavier sauces.

* Very small pasta shapes, like alphabet shapes and acini di pepe, are good for soups.

Flavored pasta is available in a variety of shapes in both the dried and fresh forms. Vegetable ingredients are added to pasta to provide both color and flavor. An example of flavored pasta is spinach noodles that are green. Follow the package directions for cooking flavored pastas.
Cooking Time Depends on the Shape

It is important to be familiar with different shapes of pasta so cooking times can be adjusted. The larger and fuller the pasta shape, the longer the cooking time. Most pasta recipes specify cooking times for pasta cooked al dente, tender but firm. Al dente is an Italian phrase that means ―to the tooth.‖ Some of the pasta shapes and cooking times are shown in the ―Cooking Chart for Various Pasta Shapes.‖ Just seeing this chart helps to emphasize how important it is to follow the recipe and cook pasta the right way.

Pasta Gets Bigger and Heavier when Cooked

Generally, pasta doubles or triples in weight when it is cooked. Likewise, the volume increases 2 to 2 ½ times during cooking.

Follow the Recipe

The general rule for cooking pasta in boiling water is for 1 pound of pasta, use 1 gallon of water, 1 teaspoon of salt, and 1 teaspoon of oil. For 100 servings of spaghetti, 6 gallons of water, 2 tablespoons of salt, and 2 tablespoons of oil are needed to cook 6 pounds of dried spaghetti.

When pasta is to be used as an ingredient in a recipe that will be cooked more, like macaroni and cheese, it should be slightly undercooked. This means reducing the cooking time by about 2 minutes. Pasta that is not cooked enough is tough and chewy. Pasta that is overcooked is soft and pasty. When overcooked pasta is combined with a sauce, it often breaks apart. Handle pasta the right way after it is cooked. Like most foods, pasta is best when it is cooked and served right away. However, it is sometimes necessary to cook it ahead and hold it until time for service.

Suggestions for Holding Pasta

<table>
<thead>
<tr>
<th>To serve immediately</th>
<th>Drain, add sauce, and serve.</th>
</tr>
</thead>
<tbody>
<tr>
<td>To hold for a short time for service later</td>
<td>Drain, toss with a small amount of oil to prevent sticking, cover, and hold in warmer.</td>
</tr>
<tr>
<td>To serve as part of a salad</td>
<td>Cook pasta a day ahead so it will be chilled when combined with the other salad ingredients. Do not combine hot pasta with cold ingredients. Drain and cover with cold water just long enough to cool. The pasta does not need refrigeration for a short time, it is cooled in the water. When pasta is cool, drain and toss lightly with oil to prevent sticking or drying out. Cover and refrigerate.</td>
</tr>
<tr>
<td>To cook a day ahead for service in a heated dish</td>
<td>Drain and cover with cold water just long enough to cool. When pasta is cool, drain and toss lightly with oil to prevent sticking or drying out. Cover and refrigerate. When it is time to use the pasta, immerse it in boiling water until just heated through. Drain immediately and use according to the recipe. The pasta should not be cooked more, just</td>
</tr>
</tbody>
</table>
heated to serving temperature.

To use in a cooked dish
Slightly undercook the pasta

### Cooking Chart for Various Pasta Shapes

<table>
<thead>
<tr>
<th>Pasta Name</th>
<th>Cooking Time for al dente</th>
<th>Pasta Name</th>
<th>Cooking Time for al dente</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lasagna</td>
<td>15 minutes</td>
<td>Ziti</td>
<td>10 minutes</td>
</tr>
<tr>
<td>Bow Ties</td>
<td>11 minutes</td>
<td>Fettuccine</td>
<td>8 minutes</td>
</tr>
<tr>
<td>Dragon Wheels</td>
<td>11 minutes</td>
<td>Rotini</td>
<td>8 minutes</td>
</tr>
<tr>
<td>Linguine</td>
<td>10 minutes</td>
<td>Elbow Macaroni</td>
<td>6 minutes</td>
</tr>
<tr>
<td>Rigatoni</td>
<td>10 minutes</td>
<td>Noodles</td>
<td>6 minutes</td>
</tr>
</tbody>
</table>

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**What’s More**

**Directions:** Given the different recipes, perform the suggested activity below. Your product and performance will be evaluated using the given rubric.

Let any member of the family to guide and check your performance. You may also take photo/video if gadget is available to prove that you have performed the task. The said family member must check/monitor your performance and accomplish the Scoring Rubrics/Checklist provided below after the activity.

**How to Cook Pasta?**

**Materials needed:**
- 500g pasta
- Salt
- Water

**Tools/equipment needed:**
- Burner
- Kettle
- Ladle
- Colander

**Procedure for Cooking Pasta**

1. Put 4 quarter water per 500 g of pasta in a kettle. Add 1 ½ teaspoon salt.
2. Boil the water rapidly and drop in the pasta. As it softens, stir gently to keep it from sticking together and to the bottom. Continue to boil, stirring a few times.
3. Drain immediately in a colander as soon as it is al dente, and rinse with cold running water until the pasta is completely cooled. If serve immediately, just drain well from hot water.
Your performance will be rated using the scoring rubric below:

<p>| | | | |</p>
<table>
<thead>
<tr>
<th></th>
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</thead>
<tbody>
<tr>
<td>4</td>
<td>Follows correctly the procedures in preparing and cooking pasta and performs the skill without supervision.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>Follows correctly the procedures in preparing and cooking pasta and performs the skill with some assistance or supervision.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Follows correctly the procedures in preparing and cooking pasta with minor errors and performs the skill with some assistance and/or supervision.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>Was not able to follow the procedures in preparing and cooking pasta and was not able to perform the skill.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**PERFORMANCE CHECKLIST**

<table>
<thead>
<tr>
<th></th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
</tr>
</thead>
<tbody>
<tr>
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<td></td>
<td></td>
<td></td>
<td></td>
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<td></td>
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<td>3. Drain immediately in a colander as soon as it is al dente, and rinse with cold running water until the pasta is completely cooled. If serve immediately, just drain well from hot water.</td>
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</tr>
</tbody>
</table>

**Risk in the preparation and cooking of starch and cereal dishes and other food**

Food handlers;

Kitchen facilities;

Food selection and preparation; and

Safe temperatures

**Guidelines on proper and safe handling of food**

1. **Food handlers**
   * Undergo training on food safety and obtain medical certificates from the local/provincial/city/municipal health office.
   * Observe proper hand washing technique
   * Wear complete cooking outfit and use disposable gloves for direct food contact.
   * Observe personal hygiene at all times.
   * Avoid handling food if you are sick.

2. **Kitchen facilities**
   * Use separate equipment and utensils for handling raw foods
   * Sanitize all surfaces and equipment used for food preparation
   * Clean thoroughly the cutting-boards and work areas after each use
   * Protect the kitchen areas and food from insects, pests and other animals
* Maintain the highest standards of sanitation in the kitchen at all times
* Repair immediately broken but still serviceable kitchen tools, utensils and equipment to be ready for next use
* Sanitize completely all kitchen utensils especially cups, saucers, flatware after each use
* Provide for adequate space, proper ventilation and window screens in the area
* Provide garbage receptacle for proper waste disposal

3. **Food Preparation and Cooking**
   * Check expiry dates of food commodities bought and those in stock
   * Use iodized salt as a must in salt-seasoned preparations
   * Cover the food properly.
   * Practice segregation of materials
   * Store food properly

4. **Safe temperature**
   * Do not leave cooked food at room temperature for more than two hours
   * Refrigerate promptly all cooked and perishable food preferably below 5°C within four hours
   * Do not store food too long even in the refrigerator.
   * Thaw food inside the refrigerator, not at room temperature.
   * Check internal temperature during cooking to assure proper end-point time and temperature has been met to at least 70°C/1650°F
   * Reheat cooked food thoroughly to 70°C/1650°F within two hours

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**What I Have Learned**

One of the properties of starch is viscosity which is the resistance to flow of starch and modified starch paste. In the preparation and cooking of starch and cereal dishes, factors affecting starch paste viscosity and starch gel strength should be considered.

**Factors Affecting Starch Paste Viscosity and Starch Gel Strength**

- Stress or other factor
- Kind and Amount of Starch
- Heating rate.
- Endpoint Temperature
- Cooling and storage conditions
- Ingredients added (acid, enzyme, sugar, fat and emulsifiers)

There are hundreds of shapes and sizes of pasta with each shape used for different preparations based on how the sauce will cling, the texture desired, or how the product will be used. It is important to be familiar with different shapes of pasta so cooking times can be adjusted. The larger and fuller the pasta shape, the longer the cooking time.

The general rule for cooking pasta in boiling water is for 1 pound of pasta, use 1 gallon of water, 1 teaspoon of salt, and 1 teaspoon of oil. For 100 servings of
spaghetti, 6 gallons of water, 2 tablespoons of salt, and 2 tablespoons of oil are needed to cook 6 pounds of dried spaghetti.

What I Can Do

Directions: Collect at least 5 different recipes of starch and cereal dishes and compile it using any kind of paper, any decorating materials, glue, and coloring materials.

Your output will be rated using the scoring rubric below:

<table>
<thead>
<tr>
<th>SCORE</th>
<th>CRITERIA</th>
</tr>
</thead>
<tbody>
<tr>
<td>50</td>
<td>Compiled properly (5) recipes of starch and cereal dishes in a very attractive manner</td>
</tr>
<tr>
<td>40</td>
<td>Compiled properly (4) recipes of starch and cereal dishes in an attractive manner</td>
</tr>
<tr>
<td>30</td>
<td>Compiled properly (3) recipes of starch and cereal dishes in simple manner</td>
</tr>
<tr>
<td>20</td>
<td>Compiled properly (2) recipes of starch and cereal dishes in simple manner</td>
</tr>
<tr>
<td>10</td>
<td>Compiled less than 1 recipes of starch and cereal dishes in disorganized manner</td>
</tr>
</tbody>
</table>

Assessment

Direction: Read each statement carefully write T if the statement is true and F if the statement is false. Write the correct answer on a separate sheet of paper.

1. One of the properties of starch is viscosity which is the resistance to flow of starch and modified starch paste.
2. Each type of starch has a specific endpoint temperature at which it will undergo optimum viscosity.
3. Incompletely gelatinized starch will attain optimum starch paste viscosity or gel strength.
4. If cooled too fast, the amylase will not have time to form the vital micelles necessary for the three dimensional structure.
5. Sugar will delay or inhibit gelatinization of starch.
6. Thinning of gel problem is usually encountered when using acid or acid ingredients such as lemon or vinegar.
7. The pasta cooking should be stopped when the pasta still feels firm to the bite, not soft and mushy.
8. Italian practice is to toss the pasta with the sauce the minute it is drained, the sauce immediately coats all surfaces of the pasta, and the cheese, melts in the heat of the boiling hot noodles.
9. Food handlers must wear complete cooking outfit and use disposable gloves for direct food contact.
10. Use the same equipment and utensils for handling raw foods

**Additional Activities**

**Directions:** Given the recipe, prepare and present Fettuccine Alfredo following the procedures. Your product and performance will be evaluated using the given rubric.

Let any member of the family to guide and check your performance. You may also take photo/video if gadget is available to prove that you have performed the task. The said family member must check/monitor your performance and accomplish the Scoring Rubrics/Checklist provided below after the activity.

**Ingredients:**
- cup heavy cream
- 2 tbsp butter
- 1 ½ lb. fresh fettuccine
- 1 cup heavy cream
- 6 tbsp. freshly grated parmesan cheese
- salt to taste
- pepper to taste

**Procedure:**
1. Combine the cream and butter in a sauté pan. Bring to simmer, reduce by ¼ and remove from heat.
2. Drop the noodles into boiling salted water, return to a full boil and drain. Undercook slightly the noodles because they will cook further in the cream.
3. Put the noodles in the pan with hot cream and butter. Toss the noodles with two forks until they are well coated with the cream, over low heat.
4. Add the remainder of the cream and cheese and toss to mix well.
5. Add salt and pepper to taste.
6. Plate and serve immediately.
Your performance will be rated using the scoring rubric below:

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
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</thead>
<tbody>
<tr>
<td>4</td>
<td>Follows correctly the procedures in preparing and cooking starch dish and performs the skill without supervision and with initiative and adaptability to problem situations.</td>
</tr>
<tr>
<td>3</td>
<td>Follows correctly the procedures in preparing and cooking starch dish and performs the skill satisfactorily without assistance or supervision.</td>
</tr>
<tr>
<td>2</td>
<td>Follows correctly the procedures in preparing and cooking starch dish with minor errors and performs the skill satisfactorily with some assistance and/or supervision.</td>
</tr>
<tr>
<td>1</td>
<td>Was not able to follow the procedures in preparing and cooking starch dish and performs the skill unsatisfactorily.</td>
</tr>
</tbody>
</table>

**PERFORMANCE CHECKLIST**

<table>
<thead>
<tr>
<th></th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
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<tbody>
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<td></td>
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</tbody>
</table>

**SCORE**

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**Answer Keys**

**Pretest (What I Know?)**

TRUE OR FALSE

1. T
2. F
3. F
4. T
5. T
(What's New?)
Guess the missing Letters
1. DEXTRIN
2. Al Dente
3. WEAK GEL

Post Test(ASSESSMENT)
TRUE OR FALSE
1. T  6. T
2. F  7. T
3. F  8. T
4. T  9. T
5. T  10. F

References

https://en.wikipedia.org/wiki/Temperature
https://g.co/kgs/LTq5Nm
https://en.wikipedia.org/wiki/Recipe
https://g.co/kgs/voYb9H
https://g.co/kgs/udReTp
https://www.collinsdictionary.com/dictionary/english/starchy