LESSON 9: TAKEOUT

TODAY WE LEARNED | COOKING BASICS

- Human beings cook food for three reasons: digestibility, taste and texture, safety and preservation.
- Cooking food at home is usually the healthiest, because we can control the types and amounts of ingredients that we use as well as the portion sizes that we serve ourselves.
- The way that we prepare our food can affect how healthy the food is. Cooking techniques, like frying, that use a lot of butter or oils are less healthy than others that use less fats.
- Selecting the right ingredients can make a difference in how healthy our food is. There are many creative and healthful ways to reduce sugars, salts, and fats and still eat very flavorful food.
- Eating healthy on a tight budget is possible with a little time, effort, and knowledge.

BREAKFAST IDEA | LEFTOVERS AND EGGS

Not sure what to do with last night's leftovers? Eat them for breakfast! Heat up the leftovers and add a cooked egg on top. In a hurry? Top your leftovers with a cracked egg, and heat in the microwave until the egg white is cooked through (30-45 seconds). Be creative! Try with roasted veggies, any sort of potatoes or meat. Reheated beans and rice, stirred together and topped with an egg is not an unusual breakfast in some parts of the world!

TIPS AND TRICKS

1. ***How fresh are my eggs?*** To test eggs for freshness, place whole eggs in a bowl of water. Fresher eggs will hover close to the bottom of the bowl. Older eggs will rise. Discard any eggs that float to the top of the bowl. Generally, speaking, raw eggs should be discarded after three to five weeks.
2. ***Rule of Thumb:*** Leftovers can be kept for three or four days in the refrigerator. After that, the risk of food poisoning increases. If you won't be able to eat leftovers within that time frame, freeze them immediately. Discard rice leftovers after only two days.
3. ***Get what you paid for!*** Before choosing a carton of eggs, be sure to open the top and check for any cracked eggs. You are paying for a dozen eggs, so make sure that you get home with twelve edible ones!