

# HOT AND COLD COOKING

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# COLD COOKING

**F**ood is made up of matter. Matter is anything that takes up space. There are three types, or states, of matter—solid, liquid, and gas. All states of matter have a size and a shape.

# COOKING CHANGES MATTER

Matter can change. The three basic ways matter can change are through size, shape, and state. When people cook, they change matter in all three ways.

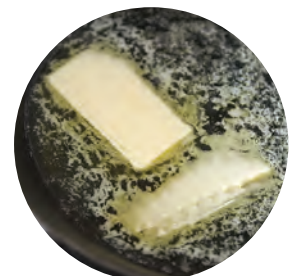
To change the size of a carrot, a cook can cut it into pieces. Each new piece is smaller than the whole piece of food. To change the shape of water, someone can pour it from a glass into a bowl. This causes the water to change from a glass shape to a bowl shape. To change the state of butter, a chef can melt it. The butter changes from a solid into a liquid.



changing the shape

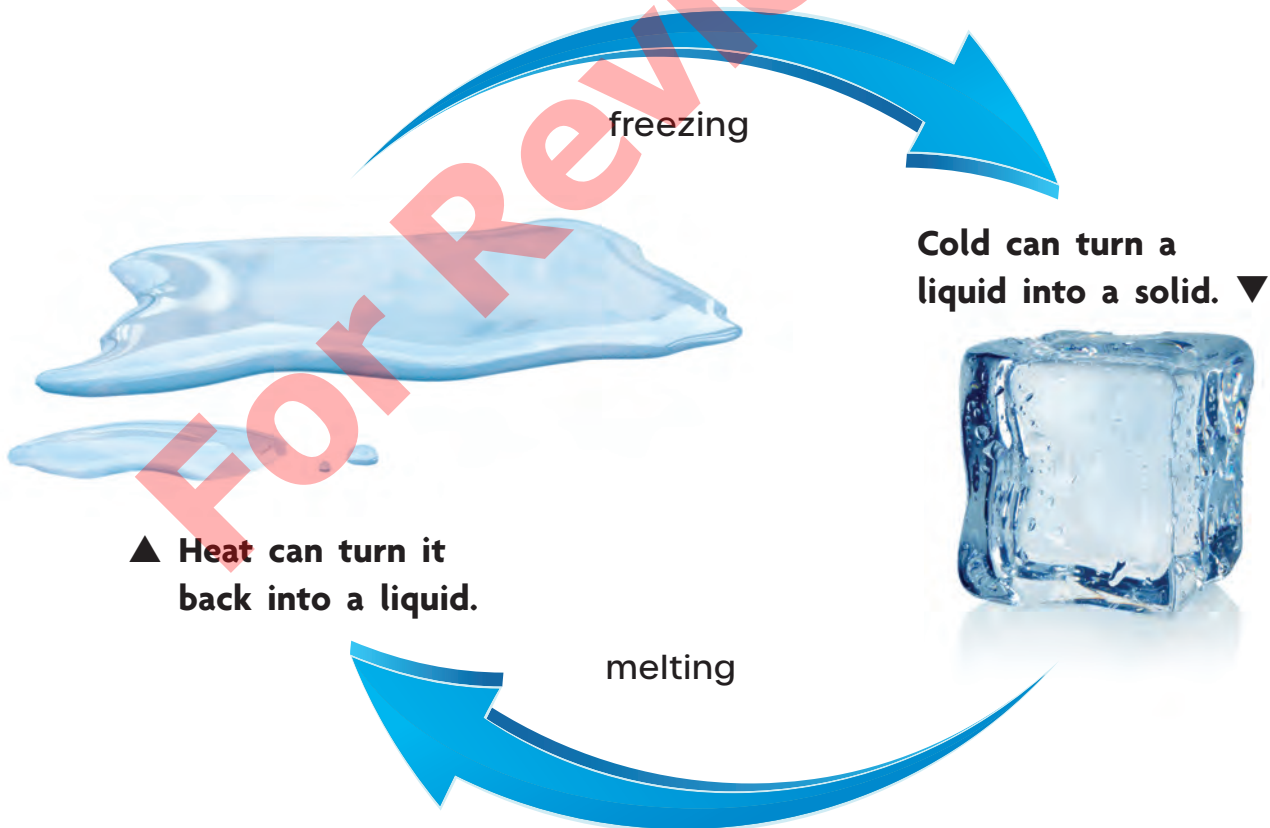


changing the state



# RECIPES

A cook knows how to change matter by following a recipe. A recipe is a set of directions that explain how to cook ingredients. Some recipes ask for a cold temperature. This is one way to change the state of matter. Cold temperatures can cause liquids to turn into solids. This process is known as freezing. The matter stays the same. It's just the state that changes. Heat can change the state of matter, too. Heat can make solids turn into liquids. This process is called melting.





# ICE POPS

Ice pops are yummy, cold treats for hot days. Ice pops start off as liquids. The cold freezer changes their state. It turns them into solids. However, they won't stay that way if they are not kept cold. If ice pops stay out of the freezer too long, they will melt and turn back into liquids.

## THE FIRST ICE POP

Frank Epperson invented ice pops over a hundred years ago. He left a cup filled with homemade soda and a wooden stick outside at night. When he came out the next morning, they were frozen together! He knew his frozen mix would make a great treat. It used to be called an Epsicle.

This ice pop was left out in the sun. Heat from the sun melted the ice pop into a puddle of liquid. ►

# A RECIPE FOR ICE POPS



Mini ice pops are easy to make at home. Here is a recipe for them. Make sure to have the ingredients and materials ready before starting.

## WHAT YOU'LL NEED

2 cups of orange juice



1 ice cube tray



plastic wrap



craft sticks



1 First, pour the orange juice into the ice cube tray. Fill each ice cube space almost to the top.



2 Then, cover the tray with plastic wrap.



3 Next, push a craft stick through the plastic wrap into each ice cube space.







▲ In Mexico, ice pops are called paletas.

4

Put the ice cube tray into the freezer for about 3 hours, or until the mini pops become solids. Sometimes it might take longer than 3 hours.



5

Take the mini ice pops out of the freezer. Peel off the plastic wrap. Bend the tray to release the pops. Enjoy!

