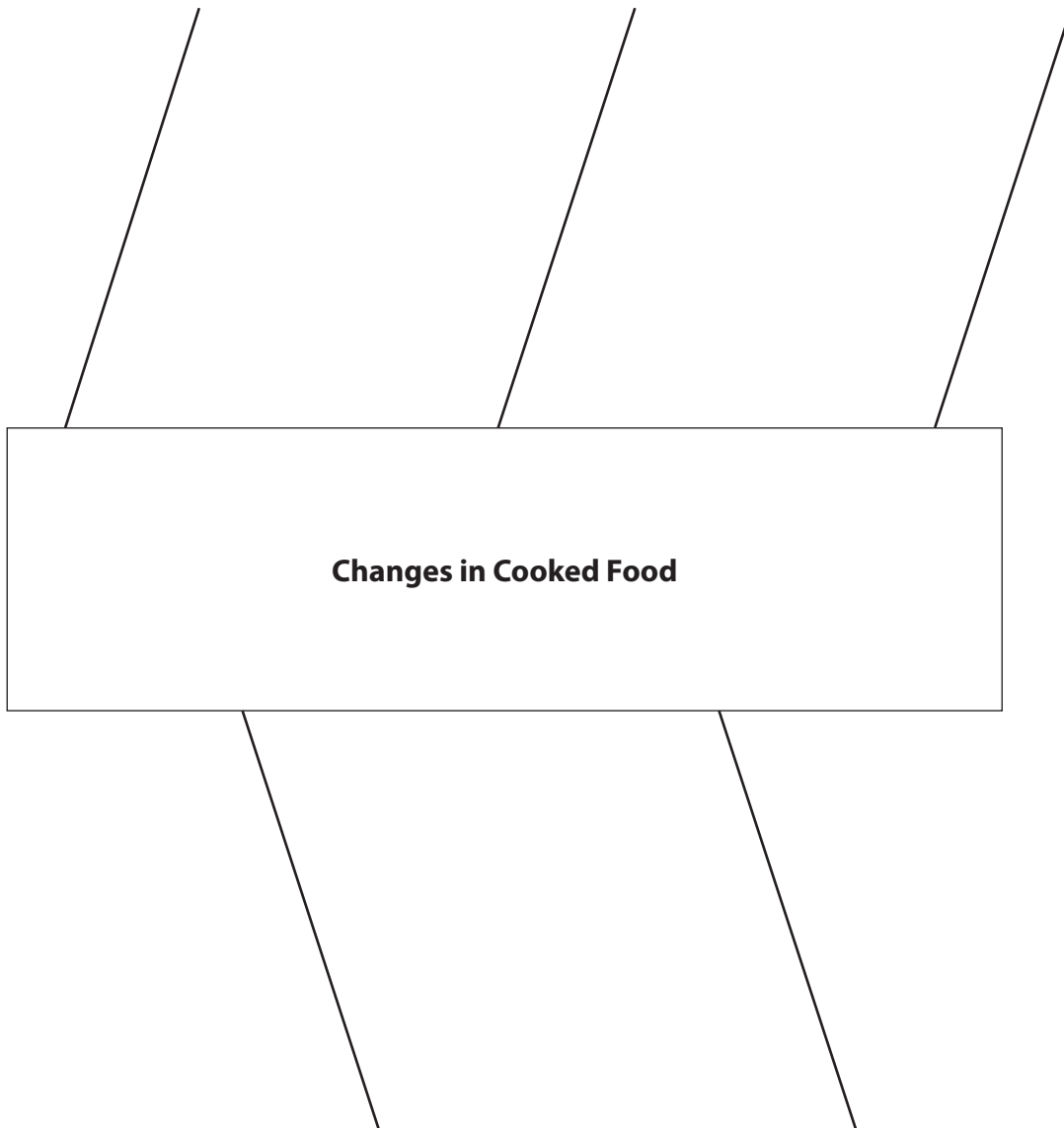


# Section 15.1 - How Cooking Alters Food

As you read, you will discover five changes in food made by cooking. Use a herringbone diagram like this one to list the changes.



# Section 15.2 - Dry Cooking Techniques

Use a matrix like the one below to list the different dry cooking techniques, with a short description of each.

**Dry Cooking Techniques**

Technique	Description

# Section 15.3 - Moist Cooking Techniques

There are four steps in stewing foods. Use a sequence chart like this one as you read to list these steps.

**Steps in Stewing Foods**

