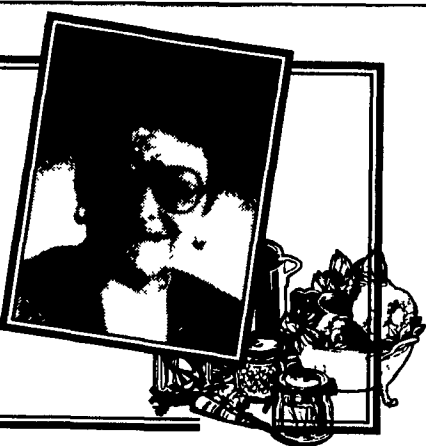


Consuming Thoughts

by
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how you use the oven will make a difference in your planning. Centers save effort and time because you have organized the supplies and equipment where you first use them and you have provided appropriate storage and work space. Centers reduce the distance you walk since you make many trips between the appliances, counter, and storage space. If these are within reach of one another, you can work more continuously with fewer changes of location and less searching.

Once the function or purpose of a workplace is decided, you can then determine the supplies, utensils, and small tools you need for preparing foods, for serving them, and for cleaning up. These decisions are an important part of planning a center.

The amount of storage and ways to make everything easy to see, reach, grasp, and replace will be determined by the items needed for the special type of work to be done.

The amount of work surface at each center will be related primarily to the work to be carried on since some tasks require more space than others. The quantity and kind of food prepared and the number of persons served are a consideration for some centers.

The height of the work surface and some appliances will be related to the elbow height of the main user and the type of work done. The work level should always be lower than the worker's elbow height.

The design of the appliance also affects one's ease of work. This is especially true of the sink and range because they are used most often. Remember too, that a functional kitchen should be designed for the individual who uses it most, and should be adapted for handicapped persons with special needs.

Planning kitchens for workers as well as the work done there are functional and create an atmosphere for easy preparation, cooking, and serving of meals. A well-planned kitchen can help eliminate the frustration of finding and getting supplies and utensils by locating them in logical places. Work can be accomplished in comfortable positions because of the height of the work surfaces, the sink, range, and oven have been adjusted to your body requirements.

The first step in designing a functional kitchen is to develop a personalized work center and then arrange it in an effective layout. A center is a place where you can do a particular type of work: Everything you need for the task is together (equipment, supplies, and utensils), storage space is provided for these things, and there is work space.

A center provides a way to organize. The key is to plan for function so you can perform particular tasks. For example, you will need a place for wet work—a sink center, which includes a source of water, a place for drainage, a work basin, and a storage area. Storage space is needed for storing dishwashing supplies and equipment and for non-refrigerated foods such as potatoes and onions, initially prepared at the sink. In addition,

the knives, peeler, and cutting board used to prepare the food at the sink and the pans in which they are cooked should be kept in that area. The counter to the right and left of the sink should provide space for preparing food and for holding dirty dishes and clean, rinsed dishes.

Generally kitchens have at least five centers for the different types of work for meal preparation and cleanup:

1. A sink center—to provide water and drainage for food preparation and cleanup.

2. A range center—to provide heat for cooking. If you have a two-piece range, you will need an oven center and a surface-cooking center.

3. A mix center—to provide facilities for assembling and mixing food.

4. A refrigerator center—to provide refrigeration of perishable supplies.

5. A china center—to provide equipment for serving and eating food.

Although the place or places where you eat are not centers, you should consider them as you plan your kitchen. The dining area may be in the kitchen or another room, or in more than one room.

If you have a microwave oven, it may be placed in a separate center or combined with another center. Your menus and



Selected to represent Berks County dairy promotion are Berks County Dairy Princess Alicia Gross, right, Alternate Erica Shollenberger, and Li'l Miss Brittany Haag.

Berks County Selects New Royalty

LEESPORT (Berks Co.) — Former Berks County Dairy Princess Erica Davis crowned Alicia Gross to take over county promotional duties at the county pageant on May 9.

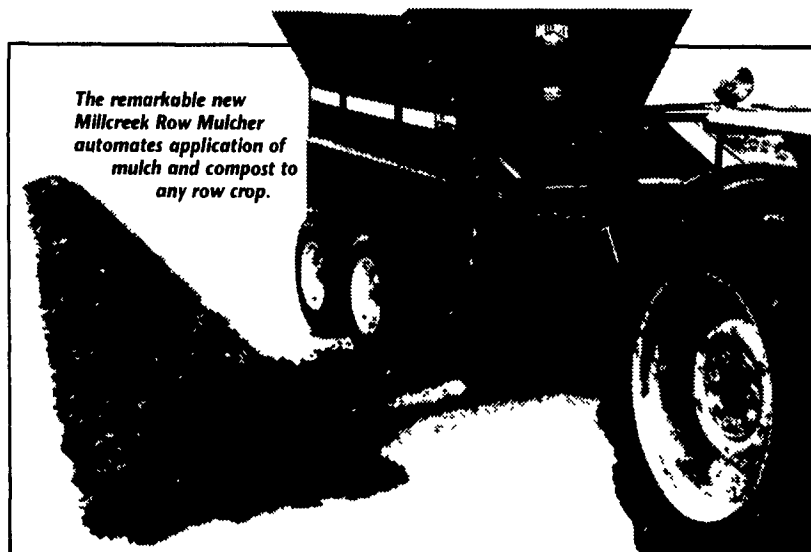
Assisting Alicia, daughter of David and Marilyn Gross of Hamburg, is Alternate Erica Shollenberger. She is the 16-year-old daughter of Arlan and C.J. Shollenberger, Wolmelsdorf. Li'l Miss Dairy Princess Brittany Haag was also crowned to help in promotion. She is the daughter of David and Mary Haag of Centerport.

Seventeen-year-old Alicia is a member of the Tulpehocken High School FFA chapter, a member of the Northern Berks 4-H Dairy

Club, and has been a dairy ambassador for the past four years. Alicia plans to attend Reading Area Community College to prepare for elementary education.

Each contestant prepared a skit to entice the audience to use more dairy products. Ashley Stoltzfus, former Li'l Miss dairy princess, sang a farewell song. Erica Davis shared experiences of her year serving as the county dairy princess and said, "Dreams and dedication are a powerful combination."

Former Berks County and Pennsylvania State Dairy Princess Jennifer Grimes served as master of ceremonies for the pageant held at the Berks County Agriculture Center.



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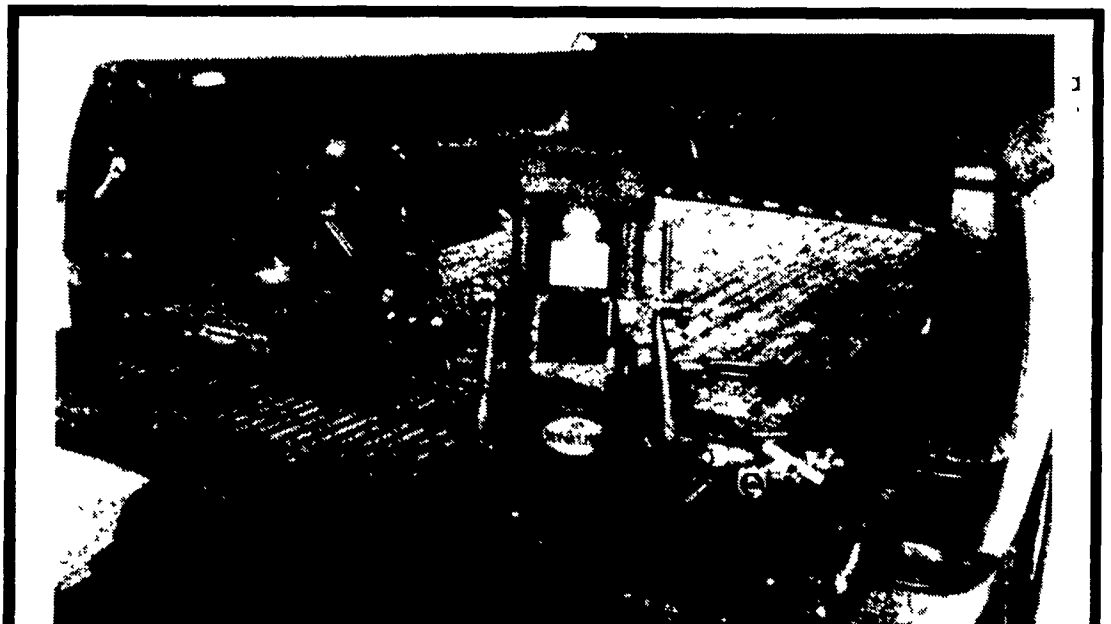
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