Foods for Life final review

-Don’t have information in your folder? Find it online or in a cookbook!

-Review you measurement and abbreviation handouts carefully!

Review the following for your final!

-Review Basic Safety & Sanitation Week 1!

-Review Kitchen Math & Measuring Week 19!

--terms on bell word sheets - other words: damp, moderation, and impulse

1. What do the following cooking term mean (Chp 13 )

 Grate Simmer Knead Grate

 Boil Sauté Shred Season vs Marinate

 Fold-in Whip Mince

2. If the recipe calls to be cut in ½ or doubled or tripled for example: 2 teaspoons of vanilla and you are tripling (3 times) the recipe, how much vanilla will you measure? How would you measure it?

3. When you are measuring liquids in a liquid measuring cup what are the minute steps you take that make all the difference? The shoulds and should nots.

4. How do you measure brown sugar?

5. One stick of butter or margarine is equal to…What are the various breakdowns? Read a stick of butter.

6. The Dietary Guideline for Americans (The Food Guide Pyramid now choosemyplate.gov ) recommends moderate in the use of \_\_\_\_\_\_\_\_

7. What are the main nutrients?

8. What is the definition of Cooking?

9. Each ingredient in a recipe has a function. Knowing these functions is important

Flour

Fats and Oils

Liquids

Leavening agents

Sugar

Salt

Eggs

Yeast

How does it grow?

How does it die?

 Gas released?

10. Most work in your folder will be a useful when it comes to studying.

11. Think about the basics when doing a lab. From preparation of MPS, copying the recipe to the clean up the lab.

12. During the last weeks of cooking we encountered the following ethnic backgrounds of cooking. What are the staple ingredients (most commonly cooked with) of each:

French Mexican Italian

Japanese Mediterranean BBQ

13. What is a mise en place?

14. What is the most commonly sold egg?

15. What is an equivalent? (Google “gallon man” ) break it all down

 How many t in one T? \_\_\_\_\_\_\_\_\_\_\_\_

 How many t in one C? \_\_\_\_\_\_\_\_\_\_\_\_\_\_

 How many T in one C? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. quarts = \_\_\_\_\_\_\_\_ 4 cups = \_\_\_\_\_\_\_ 2cups = \_\_\_\_\_\_\_\_\_

 16 tablespoons = \_\_\_\_\_\_\_\_ 4tablespoons = \_\_\_\_\_\_\_\_\_

1 gallon = \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_

16. List the abbreviations for the following:

 Cup \_\_\_ pint \_\_\_\_\_\_\_ quart \_\_\_\_\_\_\_

 Tablespoon \_\_\_\_\_\_ pound \_\_\_\_\_\_ gallon \_\_\_\_\_\_

 Teaspoon \_\_\_\_\_\_\_ ounce \_\_\_\_\_\_\_ pint \_\_\_\_\_\_\_\_

1. List measuring spoon sizes from largest to smallest.

\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. List dry measuring cups sizes from largest to smallest.

\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_

1. What is the proper way to set a table? Draw picture.
2. What is a leavening agent?