

Name _____
Test # 1
Corrected by _____

Unit # _____ Period _____
Score _____
220 points possible

I. Matching: Place the letter for the sentence or phrase that best fits with the word. (8)

- | | |
|-------------------------|---|
| <u> D </u> 1. Beat | A. Mix two or more ingredients together. |
| <u> C </u> 2. Stir | B. To heat oven to correct temperature before baking. |
| <u> F </u> 3. Pack | C. To mix ingredients in a circular motion. |
| <u> E </u> 4. Cut in | D. To stir with a quick repetitive over-and-under motion, or stir very rapidly. |
| <u> B </u> 5. Preheat | E. Shortening blended into the flour until it resembles crumbs. |
| <u> A </u> 6. Combine | F. To push ingredients firmly into measuring cup. |
| <u> H </u> 7. Knead | G. To separate into fine particles with sifter. |
| <u> G </u> 8. Sift | H. To work dough with hands. |

II. The following are abbreviations used in recipes. Spell out the word it stands for. (12)

- | | |
|-----------------------------------|-----------------------------------|
| 9. c. = <u> cup </u> | 15. pt. = <u> pint </u> |
| 10. t. = <u> teaspoon </u> | 16. min. = <u> minute </u> |
| 11. f. g. = <u> few grains </u> | 17. lb. = <u> pound </u> |
| 12. qt. = <u> quart </u> | 18. tbs. = <u> tablespoon </u> |
| 13. oz. = <u> ounce </u> | 19. tsp. = <u> teaspoon </u> |
| 14. T. = <u> tablespoon </u> | 20. deg. = <u> degree </u> |

III. Fill in the blanks with the correct equivalent. (11)

21. 1 tablespoon = 3 teaspoons
22. 4 tablespoons = 1/4 cup
23. 1 cup = 16 tablespoons
24. 1/3 cup = 5 1/3 tablespoons
25. stick margarine = 1/2 cup
26. 8 tablespoons = 1/2 cup
27. 1/8 cup = 2 tablespoons
28. 1/2 cup = 8 tablespoons
29. hour = 60 minutes
30. 7/8 cup = 3/4 cup and 2 tablespoons (or 1/2 cup and 6 tbs.)

IV. Double the following ingredients. (4)

31. 3/4 cup sugar = 1 1/2 cup _____

32. 2 tablespoons butter = _____ **1/4 c., 4 tbs.** _____
 33. 1 1/2 teaspoon salt = _____ **3 tsp., 1 tbs.** _____
 34. 1/4 cup milk = _____ **1/2 c., 8 tbs.** _____

V. Fourth the following ingredients. (4)

35. 1 cup flour = _____ **1/4 c., 4 tbs.** _____
 36. 1 1/4 cup sugar = _____ **5 tbs., 1/4 c., + 1 tbs.** _____
 37. 1/2 tsp. vanilla = _____ **1/8 tsp.** _____
 38. 1 sq. butter = _____ **2 tbs., 1/8 c.** _____

VI. Divide the following in half (4)

39. 1 1/3 cup flour = _____ **1/2 c. + 2 tbs. + 2 tsp. or 2/3 c.** _____
 40. 3/4 cup peanut butter = _____ **3/8 c., 1/4 c. + 2 tbs., 6 tbs.** _____
 41. 1 tablespoon salt = _____ **1/2 tbs., 1 tsp. + 1/2 tsp.** _____
 42. 1/3 cup sugar = _____ **2 tbs. + 2 tsp.** _____

VII. Short answer (44)

43. List the 6 subdivisions found on a liquid one cup measuring cup.(6)
 a. **1 c.** b. **3/4 c.** c. **1/2 c.** d. **1/4 c.** e. **1/3 c.** f. **2/3 c.**
44. List the four sizes of standard nest cups. (4)
 a. **1/4 c.** b. **1/3 c.** c. **1/2 c.** d. **1 cup**
45. List the two ways to measure ingredients for a recipe. (2)
 a. **weighing - pounds** b. **measuring cups and spoons**
46. Name the two ways to measure shortening. (4)
 a. **water displacement** b. **packing into dry measuring cup**
47. What kind of cup is used to measure dry items? (1)
dry measuring cup, nest cup
48. Why is this kind of cup used for dry items? (1)
it can be leveled off
49. What kind of cup is used to measure liquids, why is this kind of cup used? (4)
liquid measuring cup, see-through has a lip
50. What is the item called that is used to level off measurements? (2)
metal spatula or straight-edge knife
51. Which dry measuring cups would you use to measure 3/4 cup sugar? (1)
3/4 c., 1/2 c. + 1/4 cup, 1/4 c. – 3 times
52. What liquid measuring cup would you use to measure 2/3 cup oil? (1)
1 cup liquid measuring cup
53. To prevent burns, what should you use when handling hot pans and dishes? (2)
Hot pads
54. How should you place handles of pans when they are on the stove? Why? (4)
Toward back or side, so they won't be knocked off.
55. To prevent burns when things are put into the oven or removed, what should you do? (2)
Use hot pads, pull out racks.
56. How should you remove pan lids? Why? (4)
Away from you; so the steam won't burn you.
57. What are the three types of cleaning ovens available on the market? (3)
 a. **self-clean** b. **manual clean** c. **continuous clean**

58. What added ingredient is added to sifted flour? (2)
air

VIII. 59. True or False (10)

- T or F a. Dishes holding food stay cool in a microwave oven.
- T or F b. Metal containers should not be used in a microwave oven.
- T or F c. Food in a microwave should be turned and stirred to be sure it cooks evenly.
- T or F d. Microwaves go into food about 3/4 to 1 1/2 inches.
- T or F e. Cover dishes tightly with plastic wrap to keep the steam in.
- T or F f. Food should be eaten immediately when it comes out of the microwave oven so it will still be warm.
- T or F g. Cooking larger amounts of food takes longer than cooking smaller amounts of food.
- T or F h. Pierce potatoes with a fork before cooking in a microwave.
- T or F i. Defrost foods at a low power level.
- T or F j. All foods can be cooked successfully in a microwave oven.

IX. 60. Identification: Name the following pieces of equipment as they are shown in class by the teacher. (15) (Answers will vary depending on what is shown)

- | | | |
|----|----|----|
| a. | f. | k. |
| b. | g. | l. |
| c. | h. | m. |
| d. | i. | n. |
| e. | j. | o. |

X. 61. Location: Explain where you might find the following pieces of equipment in your unit. Your unit number is ____ (10)

ex. - glasses - right upper cupboard above the sink

(Answers will vary depending on individual units)

- | | |
|-----------------------------|--------------------------------|
| a. silverware _____ | f. bread basket _____ |
| b. rolling pin _____ | g. dish drainer _____ |
| c. dry measuring cups _____ | h. plates _____ |
| d. cake pans _____ | i. salt & pepper shakers _____ |
| e. hot pads _____ | j. cutting knives _____ |

XI. Substitutions:

If you don't have the following ingredients on hand, be specific with an ingredient and proper amounts for each ingredient listed. (25)

62. 1 cup cake flour -
7/8 c. flour or 7/8 c. flour + 2 tbs. cornstarch

63. 1 cup sugar -
1 c. brown sugar, 2 c. powdered sugar

64. 1 sq. unsweetened chocolate -
3 tbs. cocoa + 1 tbs. fat

65. 1 cup buttermilk -
1 c. milk + 1 tbs. vinegar or lemon juice

A. 1 cup milk -
1/2 c. evaporated milk + 1/2 c. water, 1/3 c. pd. milk, fill the water to 1 cup

XII. 67. True or False (29)

T or F a. Poor lighting causes many accidents.

- T or F b. It is safe to stand on a wet floor when using electric appliances.
- T or F c. Loose pot handles are satisfactory for general home use.
- T or F d. Do not reach over empty lighted burners.
- T or F e. Connect the current of electric appliances with wet hands.
- T or F f. Wipe off spilled water and grease immediately.
- T or F g. Wash and wipe sharp knives and peelers with the silverware.
- T or F h. Keep cupboard doors and drawers closed.
- T or F i. If you must climb, use a chair.
- T or F j. Highly polished floors are ideal for the kitchen.
- T or F k. Use a dish towel when removing pans from the oven.
- T or F l. When you burn yourself, put butter on it.
- T or F m. Use only tested recipes for good results.
- T or F n. Measure wet ingredients first.
- T or F o. Wear long sleeves on cooking days.
- T or F p. Wash your hands before starting to cook.
- T or F q. Place your rolling pin in the hot soapy water.
- T or F r. Two people should go to the supply table from each unit.
- T or F s. Wash your sifter after each use.
- T or F t. Use tablespoons for stirring on the stove.
- T or F u. Positive attitude helps you to eat the food prepared.
- T or F v. Wash preparation dishes with the eating dishes.
- T or F w. Botulism is the most deadly form of food poisoning.
- T or F x. Severe headache, fever, and stomach upset are symptoms of salmonella poisoning.
- T or F y. Spoilage must be practiced in the kitchen to prevent food-borne illnesses.
- T or F z. The cook's personal hygiene, or individual cleanliness, contributes to the safety of food preparation.
- T or F aa. Sanitation is a change in food caused by enzymes or by microorganisms.
- T or F bb. Microorganisms are tiny living things that may be poisonous or that may cause changes in food.
- T or F cc. To help prevent rapid bacterial growth, do not leave perishable food out longer than two hours at room temperature.

XIII. Multiple Choice. Circle the correct letter for each answer. (24)

- 68. First aid for a minor/first degree burn is to:
 - A. Place the burned area under cold, running water.**
 - B. Apply butter or oil to the burn.
 - C. Break any blisters that form.
 - D. Wrap the burned area tightly with sterile gauze.
- 69. When tasting foods that are cooking:
 - A. Always use a clean spoon rather than the one you have used for stirring.**
 - B. Use the one used for stirring since the heat will destroy all bacteria.
 - C. Use the one used for stirring as long as you do not have a cold, sore throat, etc.
 - D. Food should never be tasted during cooking.
- 70. A chlorine bleach can be:
 - A. Combined with other cleaning agents to boost its cleaning and disinfectant power.
 - B. Used as a dilute solution occasionally to disinfect and clean work surfaces in the kitchen.**
 - C. Used to prevent food-borne illness in raw foods.
 - D. Stored in a cupboard with foods as long as it is in an airtight, non-breakable container.
- 71. Scrub your hands for a minimum of _____ seconds with soap and warm water before handling food.
 - A. 5
 - B. 10

- C. 15
D. 20
72. Food that has an off-odor should be:
A. Tasted before being thrown out, just to be sure it is really spoiled.
B. Heated thoroughly and then tasted before being thrown out.
C. Frozen for one week before tasting to insure that it is safe to eat.
D. Thrown out without tasting, freezing, or heating it.
73. What conditions are necessary for the growth of bacteria?
A. Coolness, dryness, and food
B. Coolness, moisture, and food.
C. Warmth, moisture, and food.
D. Warmth, dryness, and food.
74. The food MOST likely to be contaminated with salmonella bacteria is:
A. Cooked spaghetti.
B. Fresh poultry.
C. Bread.
D. Salad dressing.
75. Meat contaminated with E. coli bacteria will:
A. Have an off-odor.
B. Not be a bright red color.
C. Have the distinct flavor of spoiled meat.
D. Look and smell normal.
76. Freezer temperatures should be checked periodically to be sure they are at _____ degrees Fahrenheit or lower.
A. 40.
B. 32.
C. 24.
D. 0.
77. The danger zone for food-borne bacteria and germs is between:
A. 0 and 165 degrees Fahrenheit.
B. 40 and 140 degrees Fahrenheit.
C. 60 and 120 degrees Fahrenheit.
D. 32 and 212 degrees Fahrenheit.
78. The safest way to thaw frozen poultry and meats is by placing them:
A. In the refrigerator for 1 to 3 days.
B. Sitting in a sink.
C. In a sink of hot water.
D. On a counter overnight, but no longer.
79. To prevent cross-contamination, remember to:
A. Store foods wherever they fit.
B. Clean and sanitize tools during preparation and when switching from one task to another.
C. Use sanitizing solutions to clean working areas.
D. Cut raw foods first, before going on to cut cooked ones.

XIV. Preparation (20)

80. Yes or No I was present the day of the test. (10 if yes, 0 is no)
81. Yes or No I was on time and not tardy the day of the test. (10 if yes, 0 is no)