**LEVEL 1**

**Label each kitchen tool**

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| 1. Colander
 | B. Metal/straight edge spatula | C. Whisk | D. Peeler |
| E. Pastry blender  | F. Rubber scraper  | G. Chef knife  | H. Turner |
| 1. Slotted spoon
 | K. Tongs | L. Saucepan  | http://t3.gstatic.com/images?q=tbn:ANd9GcST93JlbAqRe8JvJ0bbbVToDCqRfX_zNjga98runt8kLyFU4jG70Q:www.ikea.com/us/en/images/products/skanka-frying-pan__0084582_PE211394_S4.JPGM. Liquid measuring cup  |
| N. Wood spoon  | O. Rolling pin | P. Graterhttp://o.quizlet.com/4TB2SPULwz8eRs9gsDifoQ_m.jpg | Q. Frying pan (skillet) |

**LEVEL 2**

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|  **Q:  What is the TERM:  To work sugar and fat together until the mixture is soft and fluffy.****A:  Cream** | **Q:  What is the TERM:  To *LIGHTLY* sprinkle or coat with a powdered substance, often with crumbs or seasoning.****A:  Flour** | **Q:  What is the TERM:  To coat food *HEAVILY* with flour, breadcrumbs or cornmeal.****A: Dredge** | **Q:  What is the TERM:  To cut into very small *CUBES.*****A: Dice** | **Q:  What is the TERM:  To cut or chop food as finely as possible.****A:  Mince** |
| **Q:  What is the TERM:  To mix ingredients by gently turning one part over another.** **A: Fold in** | **Q:  What is  the TERM:  To cut into small pieces.****A:   Chop** | **Q:  What is the TERM:   To finely divide food in various sizes by rubbing it on surface with sharp projections.****A:   Grate** | **Q:  What is the TERM:  To work dough to further mix the ingredients and develop the gluten.****A: Knead** | **Q:  What is the TERM:  To cut fat into flour with a pastry blender or two knives.****A:  Cut in** |
| **Q:  What is the TERM:  To remove or strip off the skin or rind of some fruits and vegetables.****A: Peel** | **Q:  What is the TERM:  To cook by the vapor produced when water is heated to the boiling point.** **A: Steam** | **Q:  What is the TERM:  To beat rapidly to introduce air bubbles into food.****A:  Whip** | **Q:  What is the TERM:  To brown or cook foods with a small amount of fat using low to medium heat.****A:  Saute** | **Q:  What is the TERM:  To cook just below the boiling point.** **A:  Simmer** |
| **Q:  What tool do we use for milk, oil and water?****A:  Liquid measuring cup** | **Q:  What is the tool we use for soups, sauces and pasta?****A: Saucepan** | **Q: What color cutting board do we use for raw meats?****A:  Red** | **Q:  What is the tool we use to remove the water from the pasta?****A:  Colander** | **Q:  What is the tool we use to cut fat into flour?****A:  Pastry blender** |

LEVEL 3

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|  **Q:  *T. / Tbsp*. is the abbreviation for:****A:  Tablespoon** | **Q:  *t. / tsp.* is the abbreviation for:****A:   Teaspoon** | **Q:  *gal.* is the abbreviation for:****A:  gallon** | **Q:  *qt.* is the abbreviation for:****A:   quart** | **Q:  *pt.* is the abbreviation for:****A:  pint** |
| **Q:  *C.* is the abbreviation for:****A:  cup** | **Q:  *lb. / #* is the abbreviation for:****A: pound** | **Q:  *oz.* is the abbreviation for:****A:  ounce** | **Q:  *pkg.* is the abbreviation for:****A:  package** | **Q:  *min.* is the abbreviation for:****A:  minute** |
| **Q:  1 Tbsp. = \_\_\_\_\_\_ tsp.****A:  3** | **Q:  1 c. = \_\_\_\_\_\_\_ Tbsp.****A:  16** | **Q:  1 gal. = \_\_\_\_\_\_ qt.****A:  4** | **Q:  1 stick of butter = \_\_\_\_\_\_\_\_ c.****A:  ½** | **Q:  1/8 c. = \_\_\_\_\_\_ Tbsp.****A:   2** |
| **Q:  1 c. = \_\_\_\_\_\_ fl. oz.****A:  8** | **Q:  3/4 c. = \_\_\_\_\_\_ Tbsp.****A:  12** | **Q:   5 1/3 Tbsp. = \_\_\_\_\_\_ c.****A:  1/3** | **Q:  1 qt. = \_\_\_\_\_\_\_\_ c.****A:  4** | **Q:  1/3 c. = \_\_\_\_\_\_\_Tbsp.****A:  5 1/3 T.** |

LEVEL 4

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|  **Q:  What substance should you NEVER pour on a grease fire?****A:  Water** | **Q:  What is the first treatment for a bleeding cut?****A:  (wash) pressure** | **Q:  What should you use when trying to reach items on a high shelf?****A:  step stool** | **Q:  What should you do FIRST if someone is being shocked by an electrical appliance?****A:  unplug/disconnect** | **Q:  What direction should all pan handles be facing on the stovetop?****A:  inward** |
| **Q:  What would a mixture of chlorine bleach and ammonia create?****A:  deadly, poisonous gas** | **Q:  What temperature should ground beef be cooked to?****A:  155** | **Q:  What is the Temperature Danger Zone?****A:  41-135** | **Q:  Finish the phrase:  When in doubt, \_\_\_\_\_   \_\_\_    \_\_\_\_\_\_!****A:  throw it out** | **Q:  What three things do bacteria need to grow?****A:  1. moisture****2.  heat (warmth)****3.  food source** |
| **Q:  The most common food source for E. coli is:****A:  undercooked ground beef** | **Q:  The most common food source for salmonella is:****A:  raw eggs/poultry** | **Q:  The most common food source for staph is:****A: food contaminated with human mucous** | **Q:  The most common food source for botulism is:****A:  improperly canned food** | **Q:  The most common food source for hepatitis A is:****A:  infected food with fecal matter** |
| **Q: What is the most common cause of *norovirus?******A: infected handlers*** | **Q: What is the most likely cause of *Clostridium perfringens?******A: time/temperature abused foods*** | **Q: What is the most common food source of *campylobacter?*****A: raw milk products** | **Q: What temperature should all poultry and leftovers be cooked to?****A:165** | **Q: What temperature should all solid cuts of meat and seafood be cooked to?****A: 145** |

**LEVEL 5:**

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|  **Q:  What are the two safest ways to thaw frozen foods?****A:  1.  Fridge****2.  Microwave** | **Q:  List 3 microwave safe materials.****A:  1.  Paper****2.  Plastic** **3.  Glass** | **Q:  What material repels microwaves and should NEVER be placed in the microwave?****A:  Metal** | **Q:  What THREE things are microwaves attracted to?****A:  1.  Water****2.  Fat****3.  Sugar** | **Q:  Which type of container will cook more evenly:  round or square?****A:  Round** |
| **Q:  Foods will not brown in the microwave because there is no \_\_\_\_\_\_\_\_\_.****A:  direct heat source** | **Q:  Keep hot foods \_\_\_\_ and cold foods\_\_\_\_\_.****A:  Hot, cold** | **Q:  Why is Standing Time important?****A: Food continues cooking** | **Q:  Which would cook faster:  a whole potato or thin potato slices?****A:  Thin** | **Q:  Why are dull knives dangerous?****A:  require more pressure** |
| **Q:  Who are the YOPI’s? (most vulnerable to food borne illness)** **A:  Young, Old, Pregnant, immune compromised** | **Q:  What is the FIRST thing you should wash when washing dishes?****A:  Glasses or silverware** | **Q:  9 tsp. = \_\_\_\_\_\_\_ Tbsp.****A:  3** | **Q:  1/2 c. = \_\_\_\_\_\_ Tbsp.****A:   8** | **Q:  One half of 2/3 c. = \_\_\_\_\_\_ c.****A:  1/3** |
| **Q:  One half of 1/2 c. = \_\_\_\_\_\_\_ c.****A: ¼ c.** | **Q:  1 qt. = \_\_\_\_\_\_ pt.****A:  2** | **Q:   1/2 Tbsp. = \_\_\_\_\_ tsp.****A:  1 ½**  | **Q:  2 c. = \_\_\_\_\_\_ Tbsp.****A: 32** | **Q:  What two cups do you use to measure 3/4 c.?****A:   ½ c. + ¼ c.** |
| **Q: Give an example of cross contamination:****A: passing bacteria from one surface to another** | **Q: Why are we finding salmonella and E. coli on fruits and vegetables?****A: cross contamination in farm-to-table process** | **Q: What first aid should you apply to a 1st degree burn?****A: cool running water** | **Q: What are some of the common symptoms of food-borne illness?****A: Nausea, diarrhea, vomiting, fever, etc…** | **Q: Food should not be in the danger zone for more than \_\_\_\_\_\_\_ hours:****A: 2** |

**LEVEL 6**

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|  **Q:  Fats that are LIQUID at room temperature are called:****A:  oils** | **Q:  All fats and oils are grouped into the category called: \_\_\_\_\_\_\_\_\_\_\_\_\_****A:  lipids** | **Q:  How many calories per gram do lipids provide?****A:  9** | **Q:  What are the FOUR Fat-Soluble Vitamins?****A:  1.  A****2.  D****3.  E****4.  K** | **Q:  Which type of cholesterol is the GOOD lipoprotein:  LDL or HDL?****A: HDL** |
| **Q:  What are the THREE types of fatty acids?****A:  1. Monounsaturated****2. Polyunsaturated****3. Saturated** | **Q:  Saturated fats are \_\_\_\_\_\_ in texture at room temperature.****A:  solid** | **Q:  Unsaturated fats are (usually)  \_\_\_\_\_\_\_\_ in texture at room temperature.****A:liquid** | **Q:  List one food high in cholesterol:****A: Any product from animals** | **Q:  What is the best type of fat for you?****A:  Monounsaturated** |
| **Q:  What effect does *Saturated* fat have on HDL and LDL Levels?****A:  RAISE HDL levels****RAISE LDL Levels** | **Q:  What effect does *Polyunsaturated* fat have on HDL and LDL Levels?****A:  LOWER HDL Levels****LOWER LDL Levels** | **Q:  What effect does *Monounsaturated* fat have on HDL and LDL Levels?****A:  RAISE HDL Levels****LOWER LDL Levels** | **Q:  The chemical process that turns a liquid fat into a solid fat by adding extra hydrogen atoms is called:****A:  hydrogenation** | **Q:  What is the risk of high levels of LDL cholesterol in your bloodstream?****A:  heart disease** |
| **Q:  True or False: Fats do not add flavor to food.** **A: False** | **Q:  True or False:  Fat acts like a “cushion” to protect vital organs from shock.****A:  True** | **Q:   True or False:  Exercise is an excellent way to lower fat and cholesterol in the body.****A:  True** | **Q:  True or False:  Fat will help your body build strong bones.****A: False** | **Q:  True or False:  One function of fat is to act as a reserve or emergency store of energy.****A:  True** |

**LEVEL 7**

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|  **Q:  How many calories per gram do Carbohydrates provide?****A:  4** | **Q:  What FOOD GROUP do we get most of our carbohydrates from?****A:  Grains** | **Q:  What is the main function of carbohydrates?****A:  Provide energy** | **Q:  What are the three types of Carbohydrates?****A:  1. Simple (sugars)****2. Complex (starches)****3.Fiber** | **Q:  What is a better energy choice:  simple sugars or complex starches?****A:  Complex** |
| **Q:  Another name for Glucose is:****A: Blood sugar** | **Q:  Another name for Sucrose is:****A:  Sugar (table sugar)** | **Q:  How many grams of fiber should we get every day?****A:  20-35** | **Q:  If a product claims that it is “Whole Wheat” that means it must use \_\_\_\_\_\_\_ parts of the wheat kernel.****A: all (3)** | **Q:  What type of rice has the MOST fiber in it?****A:  Brown rice** |
| **Q:  The ratio for cooking rice is:****\_\_\_\_\_ c. uncooked rice = \_\_\_\_\_ c. cooked rice.****A: 1:2** | **Q:   The ratio for cooking pasta is:****\_\_\_\_\_ c. uncooked pasta = \_\_\_\_\_ c. cooked pasta.** **A:  1:3** | **Q:  Rice should be cooked with the lid \_\_\_\_\_\_\_.****A:  On** | **Q:  Pasta should be cooked with the lid \_\_\_\_\_\_\_.****A:  Off** | **Q:  Fiber is located in what part of the grain kernel?****A: Bran** |
| **Q:  If a bread product is refined, what part of the kernel is left?****A:  Endosperm** | **Q: What parts of the fruits and vegetables contain insoluble fiber?****A:  Peel** | **Q:   What part of the body does soluble fiber clean out?****A:  Bloodstream** | **Q:  What type of carbs give you quick energy?****A: simple** | **Q:  In quick breads, what is an example of a leavening agent?****A:  Baking soda or baking powder (eggs and air)** |

**LEVEL 8**

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|  **Q:  How many calories per gram do proteins provide?****A:** 4 | **Q:  What is the main function of proteins?****A:  Build and repair body tissues** | **Q:  What food group do we get most of our protein from?****A:  Protein** | **Q:  What are the “building blocks” of protein?****A:  Amino Acids** | **Q:  How many essential amino acids are there?****A:  9** |
| **Q:  What is the danger of consuming raw milk/dairy products?****A:  Food borne illness (like campylobacter or E. Coli)** | **Q:  What are two plant foods that are complete proteins?****A:  1. Tofu (soy)****2. Quinoa** | **Q:  Can you combine incomplete proteins to create a complete protein?****A:  Yes** | **Q:  Where should you store your eggs?****A: Refrigerator in the original carton** | **Q:  What are the five functions of eggs?****A:  Binder, emulsifier, leavening agent, coating, thickener** |
| **Q:  What mineral is naturally found in milk for strong, healthy bones?****A:  Calcium** | **Q:  Milk is fortified with what TWO vitamins?****A:  1.  Vitamin A****2.  Vitamin D** | **Q:  What is the process in which milk is heat treated to kill harmful bacteria?****A:  Pasteurization** | **Q:  What is the process in which fat particles have been broken down and distributed evenly in milk?****A:  Homogenization** | **Q:  Which has the most amount of fat:  skim milk or whole milk?****A:  Whole milk** |
| **Q:  You should cook milk products at a low heat to prevent them from \_\_\_\_\_\_\_\_\_\_\_\_.****A: Scorching** | **Q:  How much seafood should you eat each week?****A:  8 oz.**  | **Q:  True of False:** **Skim milk and whole milk have the same amount of calcium.** **A:  True** | **Q:  Give an example of a complementary protein:****A:  Rice and beans (or variable)** | **Q:  True or False:****Substitute yogurt for mayonnaise to reduce the amount of fat eaten.****A: True** |

**LEVEL 9**

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|  **Q:  How many calories per gram do Vitamins/ Minerals provide?****A: 0** | **Q:  True or False: Sports drinks can replace electrolyte loss during high intensity workouts:****A:  True** | **Q:  What TWO Food Groups do we get most of our Vitamins and Minerals from?****A:  1.  Fruits****2.  Vegetables** | **Q:  What three colors of fruits and vegetables are most nutrient dense?****A:  1. Red****2. Orange****3. Dark green** | **Q:  How much water should we drink every day?****A:  64 ounces (8 cups)** |
| **Q:  What is the main function of an electrolyte?****A: Regulate fluid balance in cells** | **Q:  What is the term used to describe getting “too much” of something?****A:  Toxic** | **Q:  What is the term used to describe “not getting enough” of something?****A:   Deficiency** | **Q:  This is also called the “Sunshine” Vitamin:****A:  Vitamin D** | **Q:  Getting enough of this vitamin will help prevent Scurvy:****A: Vitamin C** |
| **Q:  This vitamin will help prevent night blindness and poor eyesight:****A: Vitamin A** | **Q:  This mineral helps to prevent osteoporosis:****A:  Calcium** | **Q:  This vitamin can help prevent neural tube defects like spina bifida:****A: Folate (a B vitamin)** | **Q:  This vitamin helps our blood clot normally:** **A: Vitamin K** | **Q:  Another name for ascorbic acid is:****A:  Vitamin C** |
| **Q:  Anemia may be prevented by getting enough of this mineral:****A: Iron** | **Q:  What THREE things destroy nutrients in fruits and vegetables?****A:  1. Heat****2.  Air****3.  Water** | **Q:  Oxidation occurs when cut fruit is exposed to:****A: Air**  | **Q: What is one major advantage of buying fruits in season?****A:  Cheaper, local, less preservatives, fresher** | **Q:  What are the two ways to preserve nutrients in fruits and vegetables during cooking?****A:  1.  Steam, microwave, bake****2.  Simmer, saute, stir fry** |
| **Q: What foods contain the most salt/sodium?****A:Processed foods, bread products** | **Q: What kinds of vitamins need to be replaced daily? (fat or water soluble)****A: Water soluble** | **Q: What do vitamins ADEK need to dissolve in the body?****A: Fat** | **Q: What types of vitamins does water carry in the body?****A: B and C vitamins** | **Q: TRUE OR FALSE: A function of water is to regulate body temperature:****A: True** |

LEVEL 10

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|  **Q:  Why should you choose whole fruit instead of fruit juice?****A:  no added sugar, you also get the fiber** | **Q:  Fruits and vegetables should be \_\_\_\_\_ of your plate:****A:  1/2** | **Q:  Choose \_\_\_\_\_\_\_\_ protein (low in fat):****A: lean** | **Q:  Try to replace \_\_\_\_ oz. of your protein with seafood each week:****A:  8** | **Q:  DAIRY: Switch to \_\_\_\_\_\_% milk (lowfat) or fat free:****A:  1%** |
| **Q:   How often are the Dietary Guidelines updated?****A:  5 years** | **Q:  What is the term for foods that contain high amounts of vitamins, minerals and other nutrients, but few calories?****A:  Nutrient dense** | **Q:  Foods that have a lot of calories, solid fats and sugars, but few nutrients are called:****A:  Empty calories** | **Q:  How many minutes of physical exercise should teens and adults get every day?****A: 60 minutes** | **Q:  Finish the phrase:****Eat \_\_\_\_\_ dense foods.** **A:  nutrient** |
| **Q: Finish the phrase:** **Balance \_\_\_\_\_\_ to manage weight.****A: calories** | **Q:  What health problem is associated with high levels of sodium consumption?****A:  high blood pressure** | **Q:  Finish the phrase:****Enjoy your food, but eat \_\_\_\_\_\_\_.****A: less** | **Q:  Individual calorie needs are determined by what THREE things?****A:   1.  Gender****2.  Age****3.  Activity level** | **Q:  What is a milk alternative for someone who cannot consume lactose?****A:  Soy milk, almond milk, etc…** |
| **Q: True or False: Not one single food or food group can provide all the nutrients you need:****A: True** | **Q: List 3 methods of cooking that do not add extra fat:****A: 1) grilling**  **2) broiling** **3) roasting** | **Q: Make at least \_\_\_\_\_\_ your grains whole grains:****A: half** | **Q: What mineral is rich in dairy products (for healthy bones):****A: calcium** | **Q: Why are oils not included as a food group on MyPlate?****A: you already cook with them or are naturally part of foods** |