**Names\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Period\_\_\_\_\_\_\_\_\_\_\_\_**

Muddy Buddies:

½ C chocolate chips

½ C peanut butter

4 ½ C chex cereal

¾ C powdered sugar

In a microwave safe bowl, melt chocolate chips for 30 seconds at a time until mostly melted.

Add in peanut butter and microwave for 15 more seconds. Mix until smooth.

Pour cereal into a large bowl.

Pour chocolate peanut butter mixture over cereal and stir until well coated.

Pour chocolate covered cereal into a large Ziploc bag. Pour powdered sugar into bag. TIGHTLY close the bag and toss until cereal is well coated. Enjoy!

**Write the abbreviation for each word.**

**TABLESPOON \_\_\_\_\_\_\_\_\_ PACKAGE \_\_\_\_\_\_\_\_\_**

**OUNCE \_\_\_\_\_\_\_\_\_ TEASPOON \_\_\_\_\_\_\_\_\_**

**CUP \_\_\_\_\_\_\_\_\_ QUART \_\_\_\_\_\_\_\_\_**

**POUND \_\_\_\_\_\_\_\_\_ HOUR \_\_\_\_\_\_\_\_\_**

**GALLON \_\_\_\_\_\_\_\_\_ MINUTE \_\_\_\_\_\_\_\_\_**

**PINT \_\_\_\_\_\_\_\_\_**

**Name the following cooking tools:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

**Identify the following vocabulary words.**

**CUTTING:**

**\_\_\_\_\_\_\_\_\_\_\_\_ :** to cut food into small pieces

**\_\_\_\_\_\_\_\_\_\_\_\_ :** to cut food into very small cubes

**\_\_\_\_\_\_\_\_\_\_\_\_ :** the tear food into small thin strips using your hands or a grater

**\_\_\_\_\_\_\_\_\_\_\_\_ :** to cut food into the smallest irregular shaped pieces possible

**MIXING:**

**\_\_\_\_\_\_\_\_\_\_\_\_ :** to beat together a fat and a sugar until soft, creamy and smooth

**\_\_\_\_\_\_\_\_\_\_\_\_ :** to mix a fat and flour together using a cross cutting motion

**\_\_\_\_\_\_\_\_\_\_\_\_ :** to gently mix ingredients by folding one part over another

**\_\_\_\_\_\_\_\_\_\_\_\_ :** to work dough by pressing and folding until dough becomes smooth and elastic- develops gluten

**\_\_\_\_\_\_\_\_\_\_\_\_ :** to beat rapidly to incorporate air and increase volume

**COOKING:**

**\_\_\_\_\_\_\_\_\_\_\_\_ :** to cook or brown food in a small amount of fat until golden brown and tender

**\_\_\_\_\_\_\_\_\_\_\_\_ :** cooking food in a water or liquid, just below the boiling point

**\_\_\_\_\_\_\_\_\_\_\_\_ :** to cook by the vapor produced when water is heated to the boiling point

**OTHER TASKS:**

**\_\_\_\_\_\_\_\_\_\_\_\_ :** to coat food heavily with flour, breadcrumbs or cornmeal

**\_\_\_\_\_\_\_\_\_\_\_\_ :** to roll in or lightly sprinkle food with a dry ingredient

**\_\_\_\_\_\_\_\_\_\_\_\_ :** to remove a thin layer of peel from a fruit or vegetable

What 3 types of food are microwaves attracted to?

**\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_**

Define “Standing Time”

Which cooking container is best when microwaving? Circle the correct answer.

What should you do if a person is suffering from:

Severely Bleeding Cut-

First Degree Burn-

Electrical Shock

Ammonia + Bleach = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Food that may cause a food-borne illnesses often looks and smells normal. What food-borne illness is associated with:

Undercooked ground beef or fecal matter-

Fresh poultry and raw eggs-

Improperly canned foods-

Improper hand washing-

Human mucas-

How do you put out a grease fire?

What is the danger zone?

What is the minimum amount of time you should wash your hands?

Give the equivalents below:

\_\_\_\_\_\_ t = 1 T.

\_\_\_\_\_ fl oz = 1 c

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

\_\_\_\_\_ T = 1 c

\_\_\_\_\_ T = ¼ c

\_\_\_\_\_ c = 1 stick butter

\_\_\_\_\_ c = 1 pt

\_\_\_\_\_ pt = 1 qt

\_\_\_\_\_ qt = 1 gal.

Circle which one of the following changes when you are doubling or halving a recipe:

Cooking temperature Size of pan Length of cooking time-

Adjust this recipe:

|  |  |  |
| --- | --- | --- |
| Original | Double | Half |
| 2/3 C |  |  |
| ¾ C |  |  |
| 1 T |  |  |
| 1 pt |  |  |

What are the functions of the 6 nutrients:

|  |  |  |
| --- | --- | --- |
| Nutrient | Calories per gram | Function |
| Carbohydrates |  |  |
| Water |  |  |
| Protein |  |  |
| Vitamins |  |  |
| Minerals |  |  |
| Fat |  |  |

What are the two kinds of carbohydrates?

\_\_\_\_\_\_\_\_\_\_ sugars and \_\_\_\_\_\_\_\_\_\_\_\_ starches

Label the parts of the Wheat kernel:



Draw the perfect muffin:

Draw the perfect biscuit:

Match the sugar with its other name.

Sucrose \_\_\_\_\_ A. blood sugar

Fructose \_\_\_\_\_ B. Milk sugar

Glucose \_\_\_\_\_ C. Table sugar

Maltose \_\_\_\_\_ D. Malt sugar

Lactose \_\_\_\_\_ E. fruit sugar

What are the two types of fiber? Which kind helps with digestion (because it doesn’t dissolve)?

Explain the purpose of each ingredient in a quickbread recipe:

|  |  |
| --- | --- |
| Ingredient | Purpose |
| Flour |  |
| Eggs |  |
| Salt |  |
| Sugar |  |
| Liquid |  |
| Fat |  |
| Leavening |  |

|  |  |  |
| --- | --- | --- |
| Saturated | Polyunsaturated | Monounsaturated |
| Appear to:  \_\_\_\_\_ HDL  \_\_\_\_\_ LDL | Appear to:  \_\_\_\_\_ HDL  \_\_\_\_\_ LDL | Appear to:  \_\_\_\_\_ HDL  \_\_\_\_\_ LDL |

How many amino acids are considered essential? \_\_\_\_\_

What does it mean when a protein is considered complete?

What does it mean when a protein is considered incomplete?

Which of the following are complete proteins? Which are incomplete?

Milk

Nuts

Beans

Tofu

Fish

Eggs

Meat

Rice

Cereal

Cheese

What is homogenization?

What is pasteurization?

What are the five functions of eggs? Where are they used?

1.

2.

3.

4.

5.

Define the following:

Deficiency:

Toxicity:

Water soluble:

Fat soluble:

Macro:

Micro or trace:

Electrolyte:

Oxidation:

What three things destroy nutrients in fruits and vegetables?

How do you prevent oxidation?

Dietary Guidelines: Fill in the blanks

1. Eat \_\_\_\_\_\_\_\_\_\_\_\_ foods.

2. Balance\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to manage weight.

3. \_\_\_\_\_\_\_\_\_\_\_\_\_sodium, fats and added sugars, refined grains and alcohol.

4. \_\_\_\_\_\_\_\_\_\_\_\_\_vegetables, fruits, whole grains, milk seafood and use oils in place of solid fats.

5. Build healthy \_\_\_\_\_\_\_\_\_\_\_\_\_\_that meet nutritional needs over time at an appropriate calorie level.

6. Include \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ as part of healthy eating patterns.

Healthy Eating Patterns:

1. Balance calories:

-Enjoy your food, but eat \_\_\_\_\_\_\_\_\_.

-Avoid \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ portions.

2. Foods to increase:

-Make half your plate \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

-Switch to fat-free or low-fat \_\_\_\_\_\_\_\_\_.

-Make at least half your grains

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

3. Foods to reduce:

-Compare \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in foods and choose foods with the \_\_\_\_\_\_\_\_\_\_ numbers.

-Drink \_\_\_\_\_\_\_\_\_\_\_ instead of sugary drinks.

Myplate uses three things to determine caloric needs. They are \_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_, and \_\_\_\_\_\_\_\_\_\_.

Label each part of MyPlate, and identify the color and key consumer message for each food group.

