Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period:\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Foods 2 Final Review

**Unit 1: Safety and Sanitation**

1. How can you prevent food borne illnesses?

2. Name the 4 conditions for bacteria growth.

a. b.

c. d.

3. When in doubt \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4. Describe how you can contract each of the food borne illnesses:

a. Salmonella: d. Hepatitis A:

b. E.coli: e. Campylobacter:

c. Botulism: f. Staphylococcus:

5. What is cross contamination?

6. How can you prevent cross contamination?

7. What are the three ways to safely thaw food?

a. c.

b.

8. What temperature should food be stored at in the refrigerator?

9. What temperature should food be stored at in the freezer?

10. What order should meat be stored in the fridge?

11. What is the temperature danger zone?

12. What temperature should you reheat food to?

13. How soon should you put food in the fridge after purchasing it?

14. Define FIFO.

15. How long should you wash your hand for?

16. Long hair should be tied \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

17. What is the difference between clean and sanitize?

18. How do you treat the following?

a. Cuts: c. Burns

b. Slips/falls/strains:

19. To prevent kitchen fires:

a. Use a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

b. Never leave food \_\_\_\_\_\_\_\_\_\_\_\_\_\_ while cooking

c. Keep \_\_\_\_\_\_\_\_\_\_\_\_\_\_ materials away from the stove top.

d. Do not use \_\_\_\_\_\_\_\_\_\_\_\_\_ on a grease fire.

20. Define mise en place.

21. Equivalents

1 cup = \_\_\_\_\_ oz ¾ cup = \_\_\_\_\_ oz 1/8 cup = \_\_\_\_\_ Tbsp

1 pint = \_\_\_\_\_ cup 1 quart = \_\_\_\_\_ cup 1 cup = \_\_\_\_\_ Tbsp

1 gallon = \_\_\_\_\_ cup 1 Tbsp = \_\_\_\_\_ tsp ½ cup = \_\_\_\_\_ Tbsp

22. Describe what a food processor does.

23. Describe what an immersion blender does.

24. Why is a scale more accurate than any other measuring tool in the kitchen?

25. How do you calibrate a thermometer?

26. When cutting always use a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

27. To avoid cross contamination use a \_\_\_\_\_\_\_\_\_\_\_\_\_\_ cutting board for meat and fruits and vegetables.

28. How should knives be stored?

29. To avoid cuts, store knives \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ from other utensils.

30. Describe each of the following knives and their use.

a. Paring knife: c. Serrated knife:

b. Chef’s knife:

31. Describe each of the knife cuts.

a. Julienne: d. Medium Dice:

b. Brunoise: e. Chiffonade:

c. Small Dice: f. Diagonal:

**Unit 2: Pies, Yeast Breads and Salads**

1. Name 2 examples of a fruit pie.

a. b.

It is a single crust or a double crust?

2. Name 2 examples of a cream pie.

a. b.

It is a single crust or a double crust?

3. Name 2 examples of a custard pie.

a. b.

It is a single crust or a double crust?

4. Name 2 examples of a savory pie.

a. b.

It is a single crust or a double crust?

5. A bottom crust baked before filling is called what?

6. What is the function of each in a pastry?

a. Flour: c. Water:

b. Fat: d. Salt:

7. Why does pastry become tough?

8. How do you store a fruit pie?

9. How do you store a cream, custard or savory pie?

10. Pies and tart crusts are high in what nutrient?

11. Define each type of dough and give an example of each.

a. Lean dough:

examples:

b. Rich dough:

examples:

12. What is the function of each in yeast dough?

a. Flour: d. Salt:

b. Fat: e. Sugar:

c. Liquid: f. Eggs:

13. What kills yeast?

14. Define each mixing method.

a. Straight mixing method:

b. Modified straight method:

c. Sponge mixing method:

15. Define each of the following terms.

a. Fermentation: c. Proofing:

b. Kneading: d. Oven spring:

16. What are the two major nutrients in grains and yeast breads?

a. b.

17. Name 2 examples of mayonnaise dressing.

a. b.

18. Name 2 examples of vinaigrette dressing.

a. b.

19. What is the ratio of oil to vinegar for a vinaigrette dressing? \_\_\_\_\_\_\_\_ to \_\_\_\_\_\_\_\_\_\_

20. How do you ensure the freshness in a salad?

21. What is color and texture important in a salad?

22. Name 4 ways to serve a salad.

a. c.

b. d.

23. Name the 5 categories of salads.

a. d.

b. e.

c.

24. Name the 4 types of salad.

a. d.

B. c.

24. Name the nutrient in each ingredient in a salad.

|  |  |
| --- | --- |
| Pasta and potatoes |  |
| Dressing |  |
| Meat, cheese and egg |  |
| Fruits and vegetables |  |

**Unit 3: MyPlate, Sports Nutrition , Lifespan and Nutritionally Related Diseases**

1. What should an athlete’s diet breakdown look like?

a. Carbohydrates: c. Fat:

b. Protein:

2. What should an athlete eat 2-4 hours before an activity?

3. What is an athlete’s primary energy source?

4. What effect does carbohydrates have on a workout?

5. What fuels working muscles?

6. How soon should an athlete refuel?

7. Name the 4 reasons we should drink water.

a. c.

b. d.

8. How much should you drink during a workout/event?

9. How much should you replenish after a workout/event?

10. What color should your urine be?   
11. What happens if you drink too much?

12. Fill in the three dietary guidelines.

a. Make half you plate \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

b. 3 tips to healthy eating. 1.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 3. \_\_\_\_\_\_\_\_\_\_\_\_\_

c. Be active in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ own \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

13. How much fiber should we consume to be healthy?

14. What are nutrient dense foods?

15. How much should young children eat?

16. How often should young children eat?

17. When do you add new foods to a young child’s diet?

18. Sugary drinks or water for young children?

19. Teenagers need to increase which two nutrients? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_

20. Name the 3 types of foods teenagers should avoid.

a. c.

b.

21. Name the 3 things adults should do to stay healthy.

a. c.

b.

22. What 3 nutrients do the elderly need to increase? \_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_

23. How much water should the elderly need every day?

a. Why?

24. What is anemia?

a. Symptoms? b. Treatment/Prevention?

25. What is obesity?

a. Symptoms? b. Treatment/Prevention?

26. What is type 1 diabetes?

a. Symptoms? b. Treatment/Prevention?

27. What is type 2 diabetes?

a. Symptoms? b. Treatment/Prevention?

28. What is colon cancer?

a. Symptoms? b. Treatment/Prevention?

29. What is heart disease?

a. Symptoms? b. Treatment/Prevention?

30. What is osteoporosis?

a. Symptoms? b. Treatment/Prevention?

**Unit 4: Meat, Cooking Methods, Soups and Sauces**

1. Why do you use a thermometer when cooking?

2. What is the best way to take the temperature of meat?

3. Give the cooking temperatures.

a. Whole meats: c. Poultry:   
 b. Ground meats:

4. Why is ground meat cooked to a high temperature?

5. Describe each type of meat.

a. Pork: e. Poultry:

b. Lamb: f. Finfish:

c. Beef: g. Shellfish:

d. Veal:

6. What two word on a package indicated pork is lean? \_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_

7. Describe the difference of each.

a. White meat: b. Dark meat:

8. What is marbling?

9. Describe each cooking method.

a. Braise: e. Roast:

b. Broil: f. Sauté:

c. Grill: g. Slow Cooking:

d. Stew:

9. Which of the cooking methods are dry cooking methods? (put a star next to them)

10. Which of the cooking methods are moist cooking methods? (circle them)

11. Which type of cut would you use dry heat cooking method on?

12. Which type of cut would you use moist heat cooking method on?

13. Name the 5 MyPlate tips for meat.

a. d.

b. e.

c.

14. Name the 5 mother sauces and how they are made.

a. d.

b. e.

c.

15. What is a roux?

16. What is a mirepoix?

17. What are the 4 steps to making a stock?

a. c.

b. d.

18. What are the two ways to cool a stock? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

19. Name the nutrient in each ingredient in a salad.

|  |  |
| --- | --- |
| Pasta and potatoes |  |
| Meat, cheese and milk |  |
| Vegetables |  |

**Unit 5: Consumerism, Budgeting, Food Labels, Meal Planning and Meal Management**

1. What is the purpose of a budget?

2. Name the 4 shopping strategies.

a. c.

b. d.

5. Describe each shopping strategy.

a. Loss leader: d. Impulse buys:

b. Coupons: e. Layout:

c. Rebates: f. Shelf Placement:

6. What is comparison shopping?

7. What is unit pricing?

a. What does the equation look like? \_\_\_\_\_\_\_\_\_\_\_/ \_\_\_\_\_\_\_\_\_\_\_\_\_\_ = \_\_\_\_\_\_\_\_\_\_\_\_\_

8. What is the difference between each?

a. Store brands: b. National brands:

9. Describe each about convenience foods:

a. Benefits: b. Drawbacks:

10. Name the 4 parts of a nutrition fact label.

a. c.

b. d.

11. How are ingredients listed on a label?

12. Define each of these food label terms.

a. Low in: e. Natural:

b. Reduced, less: f. High source of:

c. Good source of: g. Juice:

d. Organic:

13. Name the 6 elements of an aesthetically pleasing meal.

a. d.

b. e.   
 c. f.

14. Name the 4 suggestions for plating.

a. c.

b. d.

15. Name the 3 factors that influence budget.

a. c.

b.

16. Name the 6 steps in helping organizing your meal planning.

a. d.

b. e.

c. f.

17. What is the proper amount to tip a waiter? \_\_\_\_\_\_\_\_\_\_%

18. Where does your napkin go?

a. Beginning of meal: c. End of meal:

b. Leaving table:

19. How does your flatware sit?

a. American resting:

b. Continental resting:

c. Finish position:

20. What is proper cell phone etiquette?

21. Describe proper etiquette for each of the following:

a. Table manners: d. Flatware use:

b. Chewing: e. Cutting food:

c. Buttering roll: f. Elbows: