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

Breakfast Foods

Draw the 3 grades of eggs:

|  |  |  |
| --- | --- | --- |
| AA | A | B |
|  |  |  |

Label the eggs with the correct size and weight of 1 dozen. Circle the one used in most recipes unless otherwise stated.

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

Purchase Form

|  |  |
| --- | --- |
| Form | Use |
|  |  |
|  |  |
|  |  |

What does the color of the egg shell indicate?

Cooking Eggs – Describe each

|  |  |
| --- | --- |
| Sunny-Side Up |  |
| Basted |  |
| Over Easy |  |
| Over Medium |  |
| Over Hard |  |
| Scrambled |  |
| French Omelet |  |
| Frittata |  |
| Poached |  |
| Soft Boiled  |  |
| Hard Boiled  |  |
| Shirred |  |
| Quiche |  |

Breakfast Meats – define each

|  |  |
| --- | --- |
| Bacon |  |
| Ham |  |
| Sausage |  |
| Canadian Bacon |  |
| Other Meats |  |

Best cooking method for meat: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Milk Terms:

|  |  |
| --- | --- |
| Pasteurization |  |
| Homogenization |  |

Fat Content in Milk & Cream

|  |  |  |  |
| --- | --- | --- | --- |
| Type | % of Fat | Type | % of Fat |
| Whole Milk |  | Light Cream |  |
| Low Fat Milk |  | Whipping Cream |  |
| Skim Milk |  | Heavy Cream |  |
| Half and Half |  |  |  |

What is cultured dairy? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Examples:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Butter

|  |  |
| --- | --- |
| Composition |  |
| Sweet |  |
| Salted |  |
| European |  |
| Whipped |  |
| Clarified |  |

Examples of Cheese Types

|  |  |
| --- | --- |
| Fresh/Unripened |  |
| Soft |  |
| Semi Soft |  |
| Firm |  |
| Blue Veined |  |
| Hard |  |
| Processed |  |

Breakfast Breads – examples of each

|  |  |
| --- | --- |
| Ready Made |  |
| Made to Order |  |

Hot Cereals – made onsite in large batches

|  |  |
| --- | --- |
| Granular |  |
| Whole, cracked or flaked |  |