**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** |