

Foods 2 – State Review

1. List the main source for each food borne illness:

Botulism	
E-coli	
Hepatitis	
Salmonella	
Staphylococci	

2. Define cross-contamination and explain how it happens.

3. When thawing meat in the refrigerator where should it be placed?

4. Temperature Danger Zone: _____ to _____ degrees. (**Remember it was changed!**)

5. Match the correct internal temperatures to the meat:

- | | |
|--|----------------|
| a. Ground meat _____ | a. 165 degrees |
| b. Seafood, pork, beef, veal, lamb _____ | b. 155 degrees |
| c. All poultry _____ | c. 165 degrees |
| d. Reheating temperature _____ | d. 145 degrees |

6. Describe how to test an internal temperature of meat?

7. How do you calibrate a thermometer?

8. FIFO: _____

9. Describe and explain the importance of each of the following regarding personal hygiene:

- a. Hand washing
- b. Hair covered or tied back
- c. Uniform (apron, jacket)
- d. Wearing gloves

10. Explain the difference between CLEANING and SANITIZING:

11. Draw a chef's knife

12. Describe how to hold a chef's knife and how to hold your food item:

13. What is the difference between a chef's knife and a santoku knife?

14. What is a paring knife used for?

15. What technique can be used to prevent the cutting board from moving?

16. Match the following pictures to the correct name and measurement:



A.

B.

c.

d.

e.

f.

g.

Medium Dice _____

Julienne _____

Chiffonade _____

Diagonal _____

Small Dice _____

Brunoises _____

Mince _____

1. Chop as finely as possible

17. Abbreviations

lb. =	oz. =	c. =	F =
Tbsp or T. =	doz. =	gal. =	pt. =
qt. =	tsp. or t.=	Pkg. =	min. =

18. Equivalents

1 cup =	Tbsp(s)	8 Tbsp =	cup(s)	¼ cup =	Tbsp(s)	1/8 cup =	Tbsp(s)
1 Tbsp =	tsp(s)	1 gal =	cup(s)	1 qt =	cup(s)	2 cups =	pint(s)
½ pint =	cup(s)	1/3 cup =	Tbsp(s)	½ Tbsp =	tsp(s)	1cup =	oz(s)
1 cube butter =	cup(s)	5 gal =	qt(s)	72=	dozen	1 lb =	oz(s)

19. How do you measure the following ingredients and what equipment is needed?

a. Flour

- b. Sifted flour
- c. Sugar
- d. Brown sugar
- e. Shortening (2 different methods)
- f. Oil, milk, water

20. What two measuring cups do you use to measure $\frac{3}{4}$ c? _____

21. 4 types of salads are:

- A. _____ - Starters to stimulate the appetite
- B. _____ - Served with main course
- C. _____ - Must be substantial and satisfying
- D. _____ - May be a sweetened, molded or frozen salad made of fruit gelatin or fruit mixture.

22. List what type of salad the following can be:

- a. Pasta:
- b. Gelatin:
- c. Protein:
- d. Vegetable:
- e. Fruit:

23. Nutrients in salads:

- _____ – pasta, potatoes
- _____ - dressings
- _____ – meats, cheese, eggs
- _____ – fruits and vegetables (fiber)

_____ – Fruits and vegetables (fiber)

24. Choose _____ and good quality produce.
25. Salads should look _____, but not labored over.
26. Handle _____ as little as possible.
27. Ingredients should be _____.
28. Combine crisp with soft ingredients for contrast in _____.
29. Mayonnaise Based: Base of dressing is _____ and _____
_____. Thick consistency.
30. Vinaigrette Based: Mixture of _____, vinegar, and _____.

Formula for Vinaigrette: _____ oils to _____ vinegar ratio.

31. What are the 2 basic types of soup?
32. What is the formula for soup? _____ + _____ = Soup
33. Stock Soups:

a. Take worthy food scraps such as animal _____ with some _____ attached.

b. Mirepoix:

1. _____ onion
2. _____ carrot
3. _____ celery

34. Always place a soup _____ under your soup _____.
35. In using a soup spoon, _____ the spoon _____ from you. Take the soup silently with the lips from the _____ of the spoon not the tip.
36. Do not leave the spoon in the _____ dish. When not using, place on the _____.

37. CREAM SOUP

- a. _____ Soup
- b. Created by using a _____ sauce with is one of the 5 mother sauces.
- c. Usually has the liquid _____ in it.

38. Bechamel sauce is often referred to as a _____ sauce.

39. Complete the chart about the MOTHER SAUCES:

Sauce	Liquid	Thickener	Color
Bechamel			
Espagnole			
Tomato			
Hollandaise			
Veloute			

- Making a Bechamel sauce:
 - The key to making a béchamel sauce is to start with a _____.
 - Thickening _____
 - _____ and _____
 - Create a roux first and then add the _____
- Steps to Making a Bechamel
 - Equal amounts of _____ and _____
 - The fat might be :
 - Melt the fat over medium heat
 - Stir in an equal amount of _____
 - A _____ will form
 - Gradually stir in the _____ that you want to thicken
 - Stirring constantly on medium heat until smooth and thick.

40. Why should you always use a shallow container to cool soup?

41. What is a casserole?

42. List 5 advantages of casseroles:

a.

b.

c.

d.

e.

43. Give examples for each nutrients in casseroles

- a. Protein:
- b. Carbohydrates:
- c. Fat:
- d. Vitamins:
- e. Minerals:

44. Fill in the blanks regarding the PARTS OF A CASSEROLE

PARTS OF A CASSEROLE	FOOD IN THE CASSEROLES
	Meat, fish, eggs, dried beans
Extender	
	Milk, broth, eggs, <i>béchamel</i> or tomato sauce
Toppings	

45. Stages of the family life cycle:

- a. Married couples _____ children
- b. _____ families (oldest child, birth to 30 months)
- c. Families with _____ children (oldest child, 2.5 to 6 years)
- d. Families with _____ (oldest child, 6 to 12 years)
- e. Families with _____ (oldest child, 13 to 20 years)
- f. Families as _____ centers (first child gone to last child's leaving home)
- g. Families in their _____ years (empty nest to retirement)
- h. _____ families

46. Age ranges through life cycle:

- a. Children _____ months to _____ yrs.
- b. _____ 12 to 21 years.
- c. Adult _____ to _____ years.
- d. _____ 60+years

47. Children under the age of 2 should drink _____ milk.

48. Generally, offer children _____ of a variety of food per year of age.

49. Children need a _____ of nutrient-dense foods in small amounts, _____.

50. Expose children to _____ one at a time, not all at _____.

51. The eating habits and attitudes of children usually do not change in _____.
52. Adolescents need to monitor their intake of _____ and carbonated drinks.
53. Teen should be getting _____ minutes of exercise a day, on most if not all days of the week.
54. Avoiding high sugar and high fat _____ is important
55. Muscles are built by _____ and NOT by extra protein.
56. _____ is essential! This nutrient should be replaced quickly after participating in athletic activities.
_____ of water for every pound lost is recommended.
57. There are _____ calories in 1 lb of fat.
58. When is exercise important?
59. As you age your _____ A _____ slows down.
60. Food intake needs to be _____ D _____ for adults.
61. For adults sedentary _____ T _____ creates greater exercise needs.
62. _____ dense foods are important for older adults.
63. Taste _____ and smells are less sensitive for aging adults.
64. Food _____ programs are available to help feed the elderly.
65. Match the follow health concerns to the

A: Anemia	B: Osteoporosis	C: Colon Cancer	D: Obesity
E: Heart Diseases	F: Diabetes	G: High Cholesterol	

 - a. _____ Bones become porous and fragile due to the lack of calcium.
 - b. _____ High fiber diets can help with this illness (drink a lot of water along with the fiber).
 - c. _____ Severe depletion of iron stores resulting in low blood hemoglobin.
 - d. _____ Decrease consumption of foods high in saturated fats and sodium can help with this illness.
 - e. _____ A diet high in saturated fat raises LDL levels more than anything else in your diet which can lead to heart diseases
 - f. _____ the imbalance between calorie intake and consumption vary by individual. Your age, sex, and genes, psychological makeup, and environmental factors all may contribute.
 - g. _____ Affects the body's production and use of insulin (hormone produced in the body).
66. List the 5 different aesthetic guidelines for meal planning:

a.	b.	c.	d.	e.
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67. Draw a special settings cover

68. What is considered the flatware?
69. Does the salad/ bread plate go above the forks or the knife/spoon?
70. What is the rule when placing your napkin?
71. How do you place your silverware when you are finished? Does the silverware ever go back on the tablecloth?
72. What is gratuity? What is the percentage range for gratuity?
73. What should be done with your cell phone while you are on a date?
74. How should you eat your roll and your meat?
75. Define the follow:
 - a. Loss Leader:
 - b. Coupons:
 - c. Impulse buying:
 - d. Unit Pricing:
 - e. Sell Date:
76. List 4 strategies that should be used when going grocery shopping:
 - a.
 - b.
 - c.
 - d.
 - e.
77. Describe the layout of the grocery store:
78. What is the difference between national brands and store brands?
79. Emily is going to buy some applesauce from the store. She has 3 options. Which applesauce should she buy and why?
 - a. 8oz for \$1.59
 - b. 16oz for \$2.19
 - c. 18oz for \$2.44
80. Describe the comparison and contrasts of convenience and homemade foods in relation to nutrition, use of time and money:

81. According to the nutrition label, what
- 82.
- 83.
- 84.
- 85.
- 86.

Nutrition Facts			
Serving Size		5 Crackers (16g)	
Servings Per Container		About 28	
Amount Per Serving			
Calories 80		Calories from Fat 40	
% Daily Value*			
Total Fat 4.5g		7%	
Saturated Fat 1g		5%	
Trans Fat 0g			
Polyunsaturated Fat 1.5g			
Monounsaturated Fat 2g			
Cholesterol 0mg		0%	
Sodium 140mg		6%	
Total Carbohydrate 9g		3%	
Dietary Fiber less than 1g		1%	
Sugars 1g			
Protein 1g			
Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g