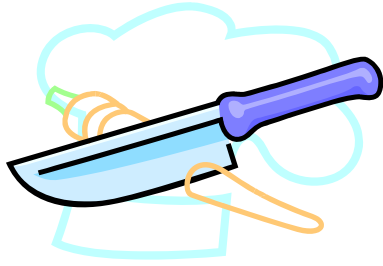




# What Worked in the New Foods II Curriculum.....

Presented by: Laycee Johnson

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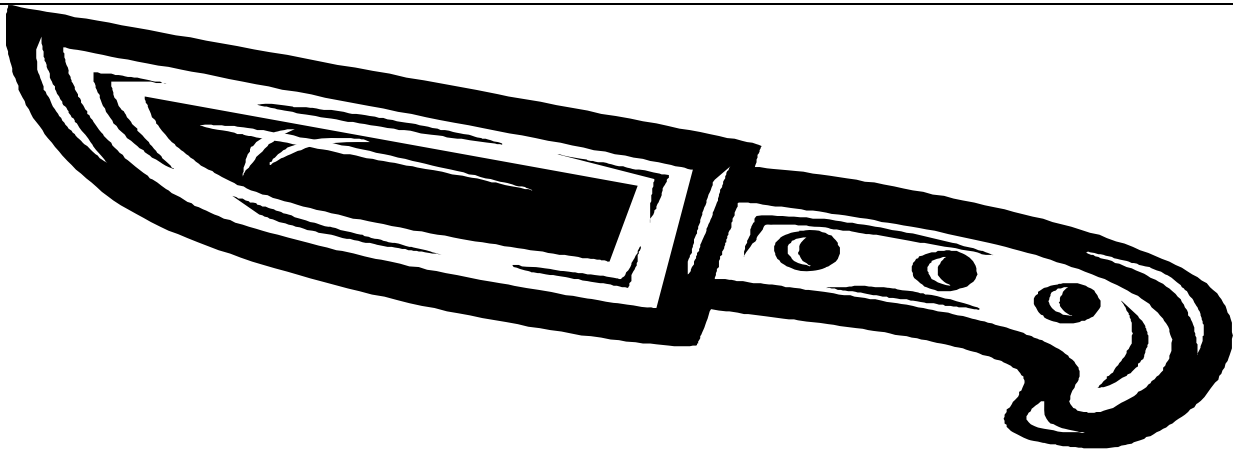


## Standard 1

Objective 3: Select appropriate equipment to use for specific product preparation and culinary application.

### Parts of a Chef Knife:

Tip	Tang	Heel	Spine
Blade	Rivets		



### 2 Cutting Board Rules

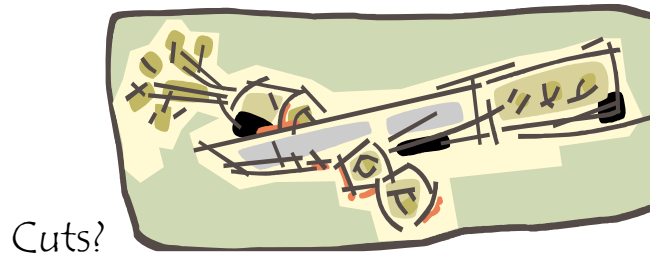
1. STABLIZATION
2. DESIGNATION

## 10 Safety Rules with knives

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

NAME:

How Big or Small are the Different



JULIENNE

- On orange paper draw a  $1 \times 2 \frac{1}{2}$  inch square
- Then make  $\frac{1}{8}$  inch marks across the square and then draw in the lines
- Cut each  $\frac{1}{8}$  inch line
- Use 4 to represent the Julienne cut and glue below:

Example of a Julienne Cuts

BRUNOISE:

- Using the 4 remaining julienne line place strips on top of each other and cut  $\frac{1}{8}$  cubes to represent the Brunoise cut.
- Glue at least 10 examples of the Brunoise below

Example of a Brunoise Cuts

## SMALL DICE

- On green paper draw a  $1 \times 2 \frac{1}{2}$  inch square
- Then make  $\frac{1}{4}$  inch marks across the square and then draw in the lines
- Cut each  $\frac{1}{4}$  inch line
- Place the strips on top of each other and cut  $\frac{1}{4}$  cubes to represent the small dice cut
- Glue at least 10 examples of small dices below:

Example of a Small Dice Cuts

## MEDIUM DICE

- On green paper draw a  $2 \times 2 \frac{1}{2}$  inch square
- Then make  $\frac{1}{2}$  inch marks across the square and then draw in the lines
- Cut each  $\frac{1}{2}$  inch line
- Place the strips on top of each other and cut  $\frac{1}{2}$  cubes to represent the medium dice cut
- Glue at least 10 examples of medium dices below:

Example of a Medium Dice Cuts

Julienne <http://www.youtube.com/watch?v=3YU1IBLypo0>

Diagonal:

Small Dice: <http://www.youtube.com/watch?v=KdMYRyK5J3E&feature=channel>

Medium Dice: <http://www.youtube.com/watch?v=hG63etiJ0dQ&feature=channel>

Chiffonade: <http://www.youtube.com/watch?v=yJEFgf7iw&feature=channel>

Brunoise <http://www.youtube.com/watch?v=jK95ERYfjCA&feature=fvw>

Here are the youtube videos that I found for the different cuts. I couldn't find one for the diagonal cut. I hope this helps!

Lisa Williams

How to cut an onion and garlic youtube

ONION

[www.youtube.com/watch?v=aDjNl5gs4nM&feature=related&safety\\_mode=true&persist\\_safety\\_mode=1](http://www.youtube.com/watch?v=aDjNl5gs4nM&feature=related&safety_mode=true&persist_safety_mode=1)

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|

GARLIC

[www.youtube.com/watch?v=6t1Ay42JJYY&feature=channel&safety\\_mode=true&persist\\_safety\\_mode=1](http://www.youtube.com/watch?v=6t1Ay42JJYY&feature=channel&safety_mode=true&persist_safety_mode=1)

- Show quoted text -

Name:

Using a Chef's Knife, cutting board, potato, and 3 spinach leaves complete the following cuts.

4 Julienne	2 Medium Dice	10 Brunoise
10 Small Dice	3 spinach leaves Chiffonade	3 Diagonal Cuts

### GRADING SHEET

Cutting board Stabilized	10 pts _____	Diagonal	10 pts _____
Julienne	10 pts _____	1/4 inch	5 pts
• 1/8 inch 5 pts		Uniformed	5 pts
• Uniformed 5 pts			
Brunoise	10 pts _____	Chiffonade	10 pts
• 1/8 inch 5 pts			
• Uniformed 5 pts			
Small Dice	10 pts _____	TOTAL	70 pts
• 1/4 inch 5 pts		_____	
• Uniformed 5 pts			
Medium Dice	10 pts _____		
• 1/2 inch 5 pts			

- Uniformed 5 pts



Asian Lettuce Wraps

2 cups water  
 1 cup water  
 1 1/2 tsp vegetable oil  
 1 chicken breast **MEDIUM DICE**  
 1 clove of garlic **BRUNIOSE/MINCED**  
 1 green onion **DIAGONAL**  
 1 Carrot **JULIENNED**  
 3 Cabbage leaves **CHIFFONADE**  
 12T hoisin sauce  
 2 T soy sauce  
 1 tsp sesame oil  
 1/4 tsp chile paste  
 5 lettuce leaves

1. In a sauce pan bring water to boil . Add rice, cover and reduce heat to low. Simmer for 20 minutes
2. Heat vegetable oil in skillet over medium high heat. Cook the chicken and garlic for 5 minutes or until lightly brown. Add the carrot and stir for 3 minutes. Add cabbage, green onion, hoisin, and soy sauce; stirring frequently until heated through. Remove from heat and stir in the sesame oil and chili paste.
3. To serve: spoon a small amount of rice into each lettuce leaf, top with chicken mixture, drizzle additional soy sauce if desired. Wrap the lettuce to enclose the filling.





## STANDARD 4 –CASSEROLES

Create a 3-Fold Brochure

RUBRIC

Front Page	Explain what a casserole is and list all the parts of a casserole Include a picture	10 point
Second Page	Explain in detail the purpose of the following parts and give 3 examples of each. <ul style="list-style-type: none"> <li>• Main Ingredient</li> <li>• Vegetable</li> </ul>	10 points
Third Page	Explain in detail the purpose of the following parts and give 3 examples of each.	10 points

	<ul style="list-style-type: none"> <li>• Starch</li> <li>• Binders</li> </ul>	
Fourth Page	<p>Explain in detail the purpose of the following parts and give 3 examples of each.</p> <ul style="list-style-type: none"> <li>• Seasoning</li> <li>• Topping</li> </ul>	10 points
Fifth Page	List 3 advantages and 3 disadvantages of a casserole	10 points
Sixth Page	<p>Create your own casserole. Include the following:</p> <ul style="list-style-type: none"> <li>• Name of the recipe</li> <li>• List of ingredients with equivalents</li> <li>• Directions</li> </ul>	10 points

Create your Own Casserole  
Kitchen Number: \_\_\_\_\_

Protein	
Carbohydrates	
Vegetable	
Binder	
Topping	

Directions for Cooking

\*\*I have each group present their casseroles and then we vote on two casseroles to make

Name:

## Soups, Salads, and Casserole

### Wrap-up

Look at 7 casserole recipes and identify the 5 ingredients for the 5 components that make-up a casserole

CASSEROLE #1\_\_\_\_\_

Components	Ingredient
Main Ingredient	
Vegetable	
Starch	
Binder	
Topping/Seasoning	

CASSEROLE #2\_\_\_\_\_

Components	Ingredient
Main Ingredient	
Vegetable	
Starch	
Binder	
Topping/Seasoning	

CASSEROLE #3\_\_\_\_\_

Components	Ingredient
Main Ingredient	
Vegetable	
Starch	
Binder	
Topping/Seasoning	

CASSEROLE #4\_\_\_\_\_

Components	Ingredient
Main Ingredient	
Vegetable	
Starch	
Binder	
Topping/Seasoning	

CASSEROLE #5\_\_\_\_\_

Components	Ingredient
Main Ingredient	
Vegetable	
Starch	
Binder	
Topping/Seasoning	

CASSEROLE #6 \_\_\_\_\_

Components	Ingredient
Main Ingredient	
Vegetable	
Starch	
Binder	
Topping/Seasoning	

CASSEROLE #7 \_\_\_\_\_

Components	Ingredient
Main Ingredient	
Vegetable	
Starch	
Binder	
Topping/Seasoning	

Find 3 examples of an appetizer soup, broth soup, cream soup, and main dish

Appetizer Soup	Broth Soup	Cream Soup	Main Dish

Find 3 examples of appetizer salad, main dish salad, side dish or accompaniment salad, and desserts salad.

Appetizer Salad	Main Dish Salad	Side Salad	Dessert Salad

If the salad is a vinaigrette or mayonnaise base indicate by placing a "V" or a "M".



# STANDARD 5=OBJECTIVE 2

Classify common food and nutrition health concerns

Name:

You have Just Been Diagnosed with??

Type II Diabetes, Obesity, Anorexia, Colon Cancer, Heart Disease, High Blood Pressure, Osteoporosis, Type I Diabetes, Anemia, and Bulimia

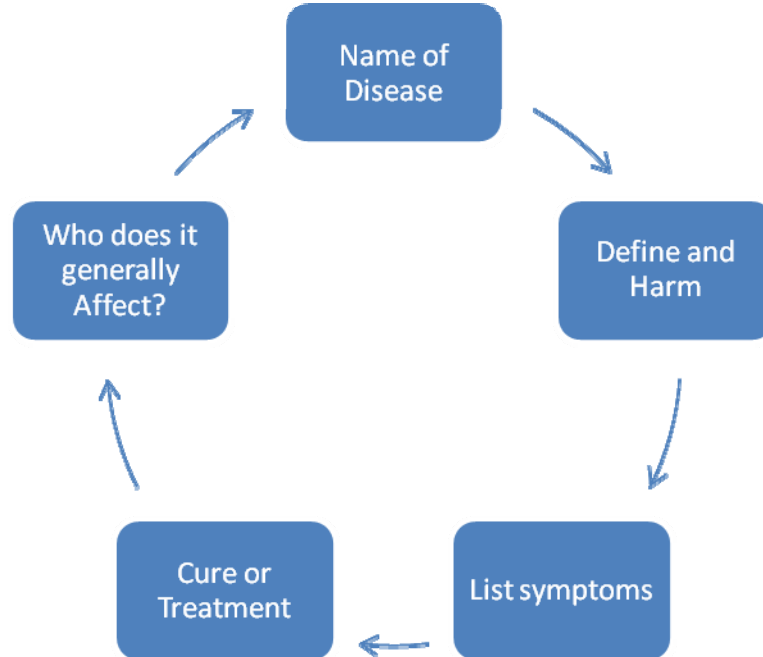
You will be assigned a health issue to research. You will work in a group of two and research the health issues and create a poster. The following information must be included on the poster and follow the template exactly!! Note: the poster and markers will be provided.

The following information must be included on the poster:

1. Description of the health problem that makes sense to you and your classmates. Explain if the disease harms an internal organs.
  
2. Who does it generally affect? (children, men, women, etc.)

3. Symptoms or side of effect of the disease
4. Explain a cure or treatment to the disease (insulin, diet, exercise, medication, therapy, or medical procedure)
5. Foods the person should avoid or increase in their diet.

Below is the template to following:



Where do You Find Reliable Information?

INTERNET



You will NOT be allowed to use GOOGLE or Other SEARCH ENGINES



So Now WHAT?

Log on to [www.uen.org](http://www.uen.org)

- Choose Pioneer Library at the left hand side of the page.
- Select General Reference Collection



- Under the General Reference Collection Choose:  
SIRS Discoverer

And select Health and Human Body and then type in the disease in the search heading. Choose TWO articles to read and explore to find the information needed to complete the template.

- Go back to the General Reference Collection and choose eMedia
- In the emedia search box type in your disease and view a video clip on your disease. Make sure the video is no longer than 10 minutes. Make sure you use something from the video for you poster.

With the information that you have compiled create your poster. Your poster will then be hung up in class for all students to participate in our disease fair.

NAME:

## Health Issues Related to Diet

### Anemia:

Definition-

Symptoms-

Prevention-

Who does it generally affect:

### Type I Diabetes:

Definition-

Symptoms-

Prevention-

Who does it generally affect:

### Type II Diabetes:

Definition-

Symptoms-

Prevention-

Who does it generally affect:

## Obesity:

Definition-

Symptoms-

Prevention-

Who does it generally affect:

## Anorexia

Definition-

Symptoms-

Prevention-

Who does it generally affect:

## Bulimia:

Definition-

Symptoms-

Prevention\_

Who does it generally affect:

## Colon Cancer:

Definition-

Symptoms-

Prevention-

Who does it generally affect:

## Heart Disease:

Definition-

Symptoms-

Prevention-

Who does it generally affect:

## High Blood Pressure:

Definition-

Symptoms-

Prevention-

Who does it generally affect:

## Osteoporosis:

Definition-

Symptoms-

Prevention-

Who does it generally affect:

After looking at all the diseases which disease could be preventable and which ones are not.

Preventable	Not Preventable

Rate the diseases from 1 to 10. One being the worst

10.

9.

8.

7.

6.

5.

4.

3.

2.

1.



## Dietary Health Concerns Unit Review

- a. Anemia
- b. Colon & Rectal Cancer
- c. Diabetes
- d. Obesity
- e. Heart Disease
- f. Osteoporosis

1. \_\_\_\_\_ Bones become porous and fragile due to the lack of calcium.
2. \_\_\_\_\_ Atherosclerosis is the most common form.
3. \_\_\_\_\_ Adequate milk intake for adults, adolescence and children.
4. \_\_\_\_\_ Sodium causes the blood volume to expand and puts pressure on arteries.
5. \_\_\_\_\_ 20% above normal weight range for a person's gender, height and frame.
6. \_\_\_\_\_ Hyperglycemia – blood glucose levels are too high.
7. \_\_\_\_\_ High fiber diets can help with this illness.

8. \_\_\_\_\_ Severe depletion of iron store resulting in low blood hemoglobin.
9. \_\_\_\_\_ One of the top causes of cancer deaths in the U.S.
10. \_\_\_\_\_ Type II prevention= exercise and lose weight
11. \_\_\_\_\_ Fortified cereals have iron added which helps this deficiency disease.
12. \_\_\_\_\_ Energy balance is: Calories in vs. calories out.
13. \_\_\_\_\_ Causes damage to the kidneys, eyes, and other body parts.
14. \_\_\_\_\_ Eating plenty of high fiber fruit, whole grains and vegetables may help with this problem.
15. \_\_\_\_\_ Decrease consumptions of foods high in saturated fats and sodium can help with this illness.
16. \_\_\_\_\_ Plaque causes hardening of the arteries.
17. \_\_\_\_\_ Best way to lose weight and keep it off is to exercise more and eat 3 meals a day.
18. \_\_\_\_\_ Menstruating females are at higher risk.
19. \_\_\_\_\_ Diets should consist of 20-35 grams of fiber each day.
20. \_\_\_\_\_ Associated with the following health concerns: Strokes, adult-onset diabetes, heart disease.
21. \_\_\_\_\_ Inactivity or under activity is probably the most important single contributor to this problem in the U.S.
22. \_\_\_\_\_ Type I treatment: watch carbohydrates and insulin
23. \_\_\_\_\_ Factors increasing the risk: Genetics, age, high-fat diet, lack of exercise, stress, smoking, tobacco, obesity and alcohol consumption.
24. \_\_\_\_\_ Bone density is developed during the first 25 years of life.
25. \_\_\_\_\_ Affects the body's production and use of insulin.
26. \_\_\_\_\_ Red meat is an excellent source of iron.
27. \_\_\_\_\_ Fiber inhibits the development of rectal polyps.
28. \_\_\_\_\_ Types I = mostly children and teens
29. \_\_\_\_\_ Exercise helps increase bone density.
30. \_\_\_\_\_ Symptoms: Weak, tired, pale skin, decreased appetite
31. \_\_\_\_\_ Symptoms: excessive urination and thirst, weight loss, cravings for food, especially sweets, blurred vision, slow healing of cuts, weakness and bruises.
32. \_\_\_\_\_ Maximum weight loss per week should be about 1-2 lbs. In order to insure long term weight loss.
33. \_\_\_\_\_ Risk Factors: advanced age, low- calcium diet, female gender, thinness, smoking, lack of exercise.



Labs

## Awesome Heart-Healthy Oatmeal Cookies

- $\frac{3}{4}$  cup mashed white beans
- 3 tablespoons canola oil
- $\frac{3}{4}$  cup brown sugar
- $\frac{1}{2}$  cup granulated sugar
- $\frac{1}{4}$  cup egg substitute or 1 egg
- 1 teaspoon vanilla
- 3 cups oats
- 1 cup whole wheat flour
- 1 teaspoon salt
- $\frac{1}{2}$  teaspoon soda

### Directions:

Preheat oven to 350 degrees. Beat mashed white beans, oil, brown sugar, granulated sugar, egg substitute or egg, and vanilla until smooth and creamy. Combine remaining dry ingredients in a separate bowl and mix together. Add to bean and sugar mixture; mix well. Drop onto greased cookie sheets and bake for 8-10 minutes. Cool on cookie sheet for 5 minutes then transfer to wire rack and cool completely.

Yield: about 36 cookies



## Chewy Oatmeal Cookies

- 1 cup butter; softened
- 1 cup packed brown sugar
- ½ cup sugar
- 2 eggs
- 1 teaspoon vanilla extract
- 1 ½ cups all-purpose flour
- 2 teaspoons ground cinnamon
- 1 teaspoon baking soda
- ¼ teaspoon salt
- 3 cups old-fashioned oats

### Directions:

1. In a large mixing bowl, cream butter and sugars. Beat in eggs and vanilla.
2. Combine the flour, cinnamon, baking soda and salt; gradually add to creamed mixture and mix well. Stir in oats. Drop by rounded tablespoonfuls 2 in. apart onto ungreased baking sheets.
3. Bake at 350 degrees for 10-12 minutes or until golden brown. Let stand for 1 minute before removing to wire racks to cool.

Yield: 4 dozen

## Evaluation

1. Which recipe would be good for someone with heart disease?

Awesome Heart-Healthy Oatmeal Cookies or Chewy Oatmeal

List the ingredients that make the cookies healthy and list the ingredients that make the opposite cookies unhealthy.

Healthy

- 1.
- 2.
- 3.
- 4.
- 5.

Unhealthy

- 2.

2. How many ingredients in these recipes would be harmful for a person with diabetes. (list them)

1.

3.

2.

4.

3. What ingredient(s) contains fiber in the healthy oatmeal cookies

1.

2.

4. What could you put with these cookies to help prevent osteoporosis?

5. What ingredient did the beans replace in the healthy cookie recipe?



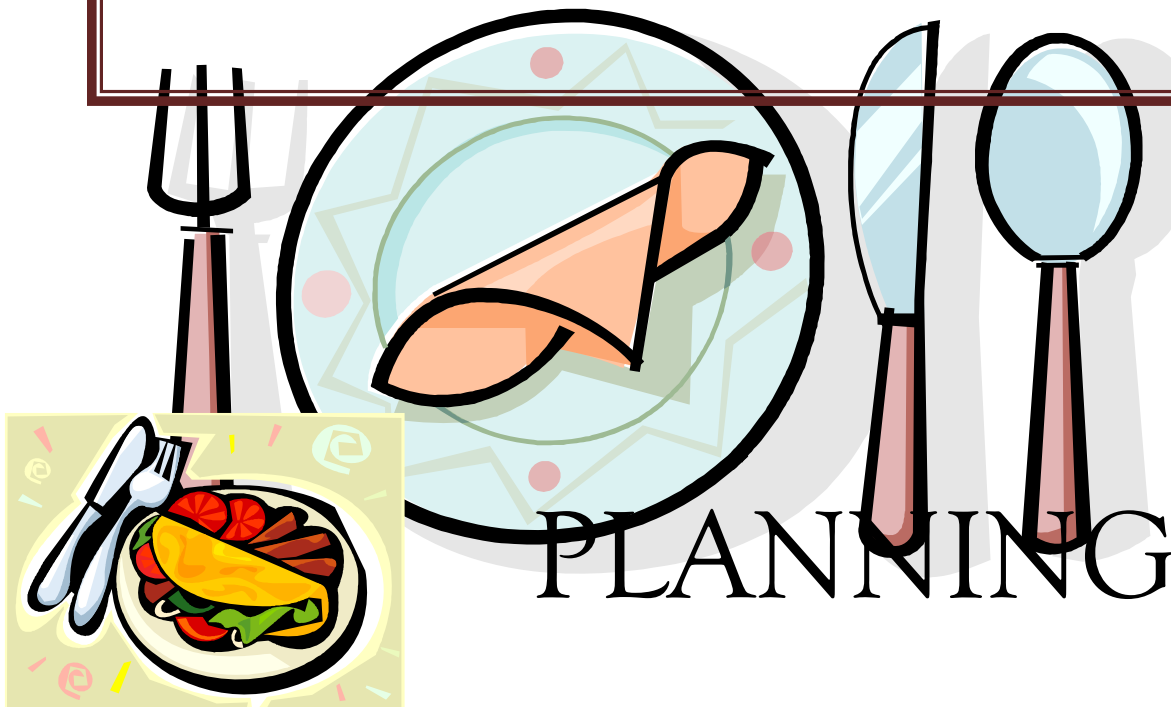
## STANDARD 6

### OBJECTIVES:

- 1=Identify quality meal planning
- 3=Incorporate aesthetic guidelines
- 5 =Create a work plan
- 8 =Identify and demonstrate practice table setting techniques
- 9 =Identify how table setting influences the appearance of the food, set the tone/feeling of the meal, and makes people feel important
- 10 =Identify and demonstrate correct etiquette while dining.

Presentation is  
Everything in  
Planning, Preparing, and Serving  
Food!

Mrs. Johnson



# 5 Things to Consider When Planning a Meal

## 5 Aesthetic of Meal Planning

1.  Characteristics   Example	2.  Characteristics   Example
3.  Characteristics   Example	4.  Characteristics   Example
5.  Characteristics	Example



# PREPARING



## 7 Tips That Will Make Your Preparing EASY!!

1.
2.
3.
4.
5.
6.
7.

Name:

Assume you are going to make a lasagna dinner. Write a very specific shopping list on the form provided. Include: name of food, the form, and the exact amount. Before writing the shopping list look in the pantry and fridge to see what things you do not need to purchase.

Your menu: Lasagna

Italian Cheese Bread

Crunchy Salad

Monster Cookies

1 clove garlic

1 medium onion

1 lb. lean ground beef

1 tsp. salt

$\frac{1}{4}$  tsp. pepper

1 Tbs. dried oregano

2 28 oz cans whole plum tomatoes

2 Tbs. tomato paste

1 lb. ricotta cheese

1 lb. mozzarella cheese

1 egg

$\frac{1}{4}$  cup fresh parsley

1 lb. dried lasagna noodles

$\frac{1}{2}$  cup parmesan cheese

Bake for 45 min. and sit for 15 min before serving.

## Shopping List

Meats, Poultry, Fish	Frozen Foods	Milk, Cheese, Eggs
Fresh Produce		
Canned and Packaged Food		



Now that you have your shopping list make a work plan for your meal using the form below. Dinner needs to be served at 6:30 p.m. Also, include the time to set the table.

[illegible]



# SERVING

Do You Know Your....

Linens	Dinnerware	Flatware	Glassware

Salad Plate, Cover, Charger, Stemware, Tumbler, Fork,  
Table Runner, Water Glass, Spoon, Napkin, Dinner Plate,  
Knife, Cup and Saucer, Placemats, Bread and Butter Plate,  
Service Plate, Soup Spoon, Salad, Fork

Draw and label a cover using everything in the table  
above

## TABLE SETTING AND ETIQUETTE

Read the following section and then answer the questions.

You should set a table for convenience as well as beauty. However, there is no “right” way to set a table. The occasion, the style of service, the size of the table, and the menu help determine how you will set the table.

When setting the table, it is helpful to think in terms of individual covers. A cover is the amount of space needed by each person. The cover contains the linen, dinnerware, flatware and beverage ware needed by one person. Each cover should be at least 24 inches wide. Each guest should know which items are his or hers.

Begin setting the table with the table linens. A tablecloth should extend evenly on each side of the table. You may lay place mats flush with the edge of the table or 1-11/2 “ from the table edge.

You can fold napkins in several ways. Traditionally, the rectangle has been the preferred shape. Place the napkin to the left of the forks or on the service plate. The napkin is place so that you may remove it without disturbing any of the flatware.

The pieces of dinnerware placed on the table depend on the menu and style of service. Place the dinner plate or service plate in the center of each cover, 1” from the edge of the table. (A service plate is larger than a dinner plate. In formal service, a waiter places the pieces of dinnerware containing courses preceding the main course on the service plate. The waiter removes the service plate just before placing the dinner plate for the main course.) Handle dinnerware without touching the eating surfaces.

Place flatware on the table with the forks on the left and the knives and spoons on the right. The bottom of each piece should be in line with the bottom of the dinner plate. Be sure to turn all knife blades toward the plate. Place forks and spoons with tines and bowls turned upward.

Place flatware in the order in which it will be used. Salad forks are not necessary if you are serving the salad with the main course. You can place dessert spoons and/or forks above the dinner plate.

The placement of beverage ware revolves around the water glass. Place the water glass just above the tip of the knife. Place other glasses below and to the right of the water glass. Place the cup and saucer to the right of the knife and spoon.

Diners will need additional pieces of dinnerware at more formal meals. Place the salad plate to the left of the dinner plate above the napkin. Place the bread and butter plate just above the salad plate, between the salad plate and the dinner plate.

(Most information from Guide to Good Food by Velda Largen and Deborah Bence)

1. What four things help you determine how to set the table?
2. What is a cover and how big is it?



# ETIQUETTE

Imagine you're in a really nice restaurant with another couple and  
your DREAM date

WHAT DO YOU DO?????

You need to sneeze during the meal?	You're eating fish and find a bone in your mouth?	You don't know when to begin eating?
The piece of meat you're served is larger than you can eat?	You need the salt and pepper that is across the table from you?	You drop your napkin on the floor while eating?
The food you are served is too hot to eat?	You accidentally knocked over a glass of water onto the lap of the person sitting next to you?	You are asked a question just as you put a bit of food in your mouth?

You're served an unfamiliar food that you don't know how to eat properly?	Your napkin keeps sliding off your lap?	You need to leave to use the restroom, but you aren't done eating?
There are three forks and two spoons at your place?	You have a long coughing spell while eating?	You're done eating?

Lab



For the fettuccini alfredo and Italian bread you must set the table and include the following:

1. Cover (remember 1 1/2 inch from the table)
2. Table cloth
3. Salad Plate
2. Dinner plate
4. Cloth Napkin Folded
5. Water Glass
6. Appropriate Flatware

## Fettuccini Alfredo

- 1/4 cup butter
- 2 T flour
- 3/4 cup heavy cream
- 1/2 cup milk
- 3/4 -1 cup shredded parmesan cheese or Romano cheese
- 1/4 tsp salt
- 2 T parsley

### PASTA

Use your large pot. Fill the pot with water, about 3/4 full. Add salt to the water, place pan on high heat and bring to a boil. When water is boiling, slowly add pasta and cook until it reaches the al-dente stage (soft, but not soggy). Drain water and set aside until ready to be served.

### ALFREDO SAUCE

In large saucepan, melt the butter over medium heat. Do not let the butter burn. Add flour to make a roux. Mix with a wire whisk until a paste forms. Allow flour paste to cook for about 30 seconds.

Add cream and milk whisk until smooth. Bring the mixture to a slow boil. Whisk and heat through until the sauce thickens. Once the sauce is thickened, remove from heat. Immediately add the cheese and whisk until the cheese is melted and sauce is smooth.

## Salad

4 Spears of Romaine Lettuce

4 Cherry Tomatoes

10 olives sliced

¼ cup of prepared Ranch Dressing

Plate each salad on a salad plate

## Italian Cheese Bread

### Dough Ingredients

- 2 ½ cup flour
  - 1 tsp. salt
  - 1 tsp. sugar
  - 1 T yeast
  - 1 cup warm water
  - 1 T vegetable oil
- 

### Topping Ingredients

- ¼ cup Italian salad dressing
- ¼ tsp. salt
- ¼ tsp garlic powder
- ½ tsp. Italian seasoning
- 1 T grated parmesan cheese
- 1 slice mozzarella cheese

Preheat oven to 450 °. To mix bread: in a small mixing bowl, combine flour, salt and sugar. Set aside. In a medium sized mixing bowl, combine water and yeast and let set for 3 to 5 minutes, or until yeast is activated. Add oil to the water and yeast mixture. Then, add the flour, salt, sugar mixture to the liquid ingredients. Then mix together until a dough forms. (you may need to add additional flour until a soft dough forms that is not sticky.) Turn out the dough onto a lightly floured surface and knead for 1 to 2 minutes, or until smooth and elastic. Then, place in a greased bowl, turning once to grease the top. Cover the dough with a towel and let rise in a warm place for 15 to 20 minutes. After rising, punch the dough down and place on a greased pizza pan. Push the dough out until it forms a thin circle. (It will look like pizza dough.) With a pastry brush, brush the top of the dough

with the Italian salad dressing. Then sprinkle with the rest of the topping ingredients in this order: salt, garlic powder, Italian seasoning, parmesan cheese, and mozzarella cheese. Place in the oven and bake for 15 minutes or until golden brown. Remove from oven, cut with a pizza cutter and serve warm.

#### Lab Evaluation

1. Before you begin eating have the teacher check off whether or not your table is set correctly.

Mrs. \_\_\_\_\_

2. Was everything hot when served?

3. List the order of how you prepared this meal

4. List the 5 aesthetic guidelines and an example of how this recipe met the aesthetic criteria

Aesthetic Guideline	EXAMPLE
C	
T	
S & S	
F	
T	

5. List 4 of 7 meal management principles and give an example of how you implemented in today's lab

Meal Management Principles	EXAMPLE

6. What two pieces of flatware should you use when eating spaghetti or fettuccini.

- 1.
- 2.

7. What is the appropriate way to eat bread?

8. List 3 things that table setting does for a meal

- 1.
- 2.
- 3.

9. When you are finished with your meal how or where should you place your flatware?



10. Where should you leave your napkin if you have to leave? Where do you leave your napkin when you are finished?

Etiquette You-Tube Videos

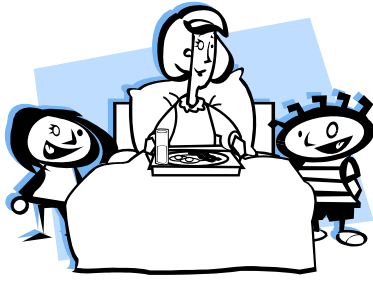
[www.youtube.com/watch?v=d5nP5Ck4T8c&safety\\_mode=true&persist\\_safety\\_mode=1](http://www.youtube.com/watch?v=d5nP5Ck4T8c&safety_mode=true&persist_safety_mode=1) (American vs. European napkin placement and fork and knife hold—

[http://www.youtube.com/watch?v=fypq2qhRZnl&feature=related&safety\\_mode=true&persist\\_safety\\_mode=1](http://www.youtube.com/watch?v=fypq2qhRZnl&feature=related&safety_mode=true&persist_safety_mode=1) (American vs. European napkin placement and fork and knife hold—

[http://www.youtube.com/watch?v=b8FOa1SsyK8&feature=related&safety\\_mode=true&persist\\_safety\\_mode=1](http://www.youtube.com/watch?v=b8FOa1SsyK8&feature=related&safety_mode=true&persist_safety_mode=1) (clever tips on how to set an informal table)

[http://www.youtube.com/watch?v=gCkdVkvovzY&NR=1&feature=fvwp&safety\\_mode=true&persist\\_safety\\_mode=1](http://www.youtube.com/watch?v=gCkdVkvovzY&NR=1&feature=fvwp&safety_mode=true&persist_safety_mode=1) (formal table setting)

**\*\***Note I give each student a hostess doughnut, knife, fork, and plate. We watch the two videos on American and European style and then I have them practice eating European style and then American Style.



## STANDARD 6

- Objective 2 :Following dietary Guidelines, MyPyramid and nutritional balance
- Objective 6: Plan and Prepare and evaluate aesthetically pleasing meals.

### Planning Meals Wisely

#### I. Planning Family Meals

##### A. Plan Ahead

1. Less Stressful
2. You will be More Organized
3. The Meal will be More Nutritious

##### B. Try to Create Menus' that Appeal to Everyone Included:

1. Food Preference
2. Age
3. Schedule
4. Special Food Needs Refer to the Dietary Guidelines

#### II. What are you Required to do?

##### A. Plan and Prepare the Meal

1. Get Permission from a Family Member
2. Make a Grocery List if Necessary

##### B. Include Something from Each Section of the "My Pyramid"

##### C. Set the Table

##### D. Clean-up (WASH ALL OF THE DISHES)

##### E. Have your Family Fill out Evaluation in Order for you to Receive Credit.

#### III. What Your Meal Must Include:

##### A. Main Dish

1. Choose your Main Dish and Plan the Rest of the Meal Around It.

2. Meat
- B. Two Side Dishes (Try using a whole grain)
  1. Potato, Pasta, or Rice
  2. Vegetable
  3. Bread
- C. Dessert
  1. Fruit/Jello
  2. Something Sweet
- D. Beverage
  1. Water
  2. Juice
  3. Milk

## Family Meal Evaluation

**Due:**

1. Did Your Meal Include the Following?

	Yes or No	What Was It?	Did You Like It?
Main Dish Meat			
Side Dish #1			
Side Dish #2			
Dessert			
Beverage			

2. Was the Meal Well Planned?    ☐ Yes   ☐ No
3. Was the Table Set?                ☐ Yes   ☐ No
4. Did They Include Something From Each Food Group?    ☐ Yes   ☐ No
5. Did They Clean-Up?    ☐ Yes   ☐ No

6. Parents Signature: \_\_\_\_\_

Comments:

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## Homework Assignment #2

DUE:

PRESENTATION IS EVERYTHING IN PLANNING, PREPARING, AND  
SERVING FOOD.

Mrs. Johnson

Prepare a meal using the aesthetics of Planning, Preparing and Serving Food

"B" Meal

Criteria

"A" Meal

Complete A Work Plan 10 points	Planning	Complete A Work Plan and Shopping list 20 points _____
Written Description or drawing of the meal 10 pts _____	Color	Picture of the Meal  20 pts _____
2 different textures 10 points _____	Texture	3 different textures 20 points _____
2 different shapes or sizes  10 points _____	Size and Shape	3 different shapes and sizes 20 points _____
1 Members Rating the Meal 10 points _____	Flavor	2 Members Rating the Meal 20 points _____
All Dinnerware is 1 1/2 inch from the table. Draw what your table looked like 20 points _____	Setting the Table	Table Cloth Centerpiece Include all the dinnerware 1 1/2 inch from table edge. Salad Fork Bread and Butter Plate 30 pts _____
80 points	Total	130 points _____

What Time Will Dinner Be Served: \_\_\_\_\_

Food Item	Start Time	End Time

Description of Meal or Picture

--

# TEXTURE

# Shape and Sizes

1.	1.
2.	2.
3.	3.

## Evaluation#1

Rate the meal from 1 to 10 (10 being the very best)

1. Variety of Colors Used 1 2 3 4 5 6 7 8 9 10

2. Flavor 1 2 3 4 5 6 7 8 9 10

3. Presentation of Table 1 2 3 4 5 6 7 8 9 10

4. Variety of Textures 1 2 3 4 5 6 7 8 9 10

5. Variety of Shapes/Sizes 1 2 3 4 5 6 7 8 9 10

6. Presentation of Meal 1 2 3 4 5 6 7 8 9 10

## Evaluation#2

Rate the meal from 1 to 10 (10 being the very best)

1. Variety of Colors Used 1 2 3 4 5 6 7 8 9 10

2. Flavor 1 2 3 4 5 6 7 8 9 10

3. Presentation of Table 1 2 3 4 5 6 7 8 9 10

4. Variety of Textures 1 2 3 4 5 6 7 8 9 10

5. Variety of Shapes/Sizes 1 2 3 4 5 6 7 8 9 10

6. Presentation of Meal 1 2 3 4 5 6 7 8 9 10

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## Shopping List

Meats, Poultry, Fish	Frozen Foods	Milk, Cheese, Eggs
Fresh Produce		
Canned and Packaged Food		





### STANDARD 7 Objective 1-4

I demo how to make the dough (usually 10 minutes)  
Then the students make their roll dough (see recipe below)

While their dough is proofing I demonstrate how to make the following types of rolls: Fan Tails, Parker House, Clover, Crescent, and Thunder Rolls

Then I demo how to make cinnamon rolls

The student then go shape their rolls

While their rolls are proofing and baking we review the steps in making yeast bread.

YES we do this in 87 minutes! The rolls may not be as light and we all like them but it works 😊

# Rolls

Yields 12 Rolls

1 T Yeast  
2/3 cup warm water  
1 T Sugar for water  
2 T sugar for dough  
2 T Warm Milk  
1/2 tsp. salt  
1 T Oil  
1 egg  
2 cups of sifted flour  
Bake 425 for 12-15 minutes

Activate the yeast using the water and sugar. While yeast is being active cream the sugar, milk, salt, and egg. Add 1/2 cup flour mix well. Add the yeast mixture then add the rest of the flour a little at a time. Let dough rest for 10 minutes or until doubled in size. Make into rolls let raise or proof for 10 minutes or until doubled in size. Bake at 425 for 12-15 minutes.

1. What is the purpose of the following ingredients

Ingredients	Function
Flour	
Yeast	
Liquid	
Salt	
Sugar	
Fat	
Eggs	

## Cinnamon Rolls

1/2 cup milk

6 T water

3 T margarine

3 1/4 to 3 3/4 cup sifted flour

3 T sugar

1 T yeast 1 T sugar

2 eggs

Activate the yeast with water and 1 T sugar. While yeast is activating cream the milk, margarine, sugar, and eggs. Add 1 cup flour mix well. Add the yeast and the rest of the flour a little at a time. The Dough should pull away from the sides of the bowl.

1/4 cups brown sugar

2 T sugar

1 tsp. cinnamon

2 T margarine (melted)

Combine sugars and cinnamon. Roll dough into a rectangle spread melted butter on dough then sugar mixture. Roll into a 12 inch log. Slice log at 1 inch interval; arrange on their side to show the pinwheels. Cover at let raise for 20 minutes. Bake at 375 for 20 minutes. Top with icing and enjoy.

### Lab Evaluation

1. What is the purpose of the following ingredients?

Ingredients	Function
Flour	
Yeast	
Liquid	
Salt	
Sugar	
Fat	
Eggs	

2. Why is it important to let your dough rise?

3. What would happen if you did not let your dough proof?

4. Explain how to activate yeast?

- 1.
- 2.

# WHO CAN MAKE THE PERFECT LOAF OF BREAD?

## Homemade Bread

Yields One Loaf

1 cup warm milk  
1 T yeast 1 T sugar  
2 T warm water  
1 T sugar  
 $\frac{3}{4}$  tsp. salt  
1 T margarine  
3 cups sifted flour

Activate the yeast using the water and 1 T sugar. Cream milk, sugar, salt, and margarine. Add one cup of flour mix well. Add yeast and the rest of the flour a little at a time. Let dough rest for 20 minutes. Knead for 5 minutes and form into a loaf of bread. Place in bread pan and cover. The dough double in size Bake at 400 for 35 minutes.

\*\*\*\*\*Note The teacher will put your bread in the oven after it doubles in size.

### DAY 2

Complete evaluation each loaf of bread

### Loaf of Bread Evaluation

	Appearance Flat, Cracked, Fallen, Beautiful	Light, Heavy	Flavor Bland, Delicious	Rating 1 the best 8 the worst
Unit 1				
Unit 2				

Unit 3				
Unit 4				
Unit 5				
Unit 6				
Unit 7				
Unit 8				

Put the Step in Order for Making Bread

\_\_\_\_\_Kneading    \_\_\_\_\_Proofing in a Bowl    \_\_\_\_\_Punching Down  
 \_\_\_\_\_Mixing Ingredients    \_\_\_\_\_Oven Springing    \_\_\_\_\_Rising in the Pan  
 \_\_\_\_\_Activating the Yeast

## Pancake Lab Experiment

Everything plays a part in making something whole or right. What role does each ingredient play...

Follow the instructions and prepare 5 different pancakes and evaluate each.

- 1 cup flour
- 1 cup milk
- 1 egg
- 2 tsp. baking powder
- 1 T sugar
- 1/2 tsp salt
- 2 T oil

1) Combine flour and milk. Stir. Make one tiny pancake.

- ☐ Describe:
- ☐ Texture:
- ☐ Flavor:
- ☐ Color:

1) Add egg. Stir. Make one tiny pancake.

- ☐ Describe:
- ☐ Texture:
- ☐ Flavor:
- ☐ Color:

2) Add baking powder. Stir. Make one tiny pancake.

- ☐ Describe:
- ☐ Texture:
- ☐ Flavor:
- ☐ Color:

3) Add sugar and salt. Stir. Make one tiny pancake.

- ☐ Describe:
- ☐ Texture:
- ☐ Flavor:
- ☐ Color:

4) Add oil. Stir. Make one tiny pancake.

- ☐ Describe:
- ☐ Texture:
- ☐ Flavor:
- ☐ Color:

5) Make the rest into pancakes and enjoy.

#### Word BANK

Describe	Flat, Perfect,
Texture	Gooey, Tough, Chewy, Soft,
Flavor	Bland, Sweet, Salty,
Color	Lightly Brown, Brown, Black

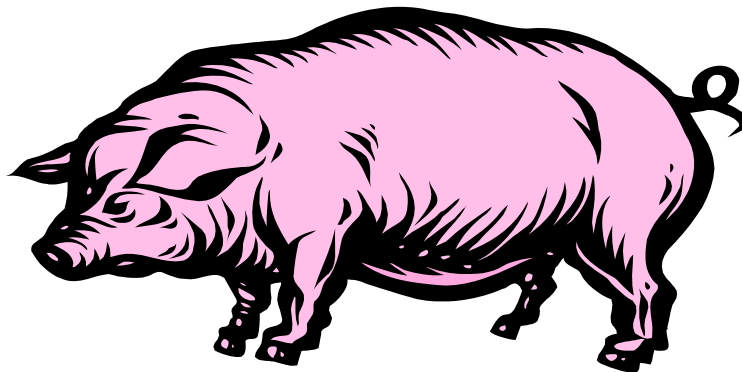
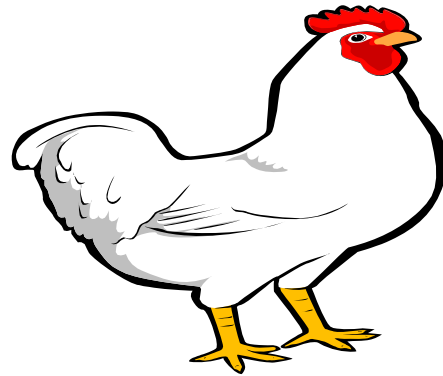


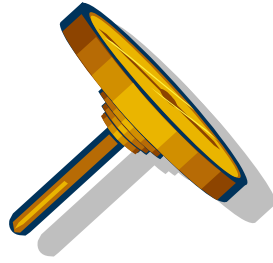


STANDARD 8

Name :

# Meat Unit





## Temperature

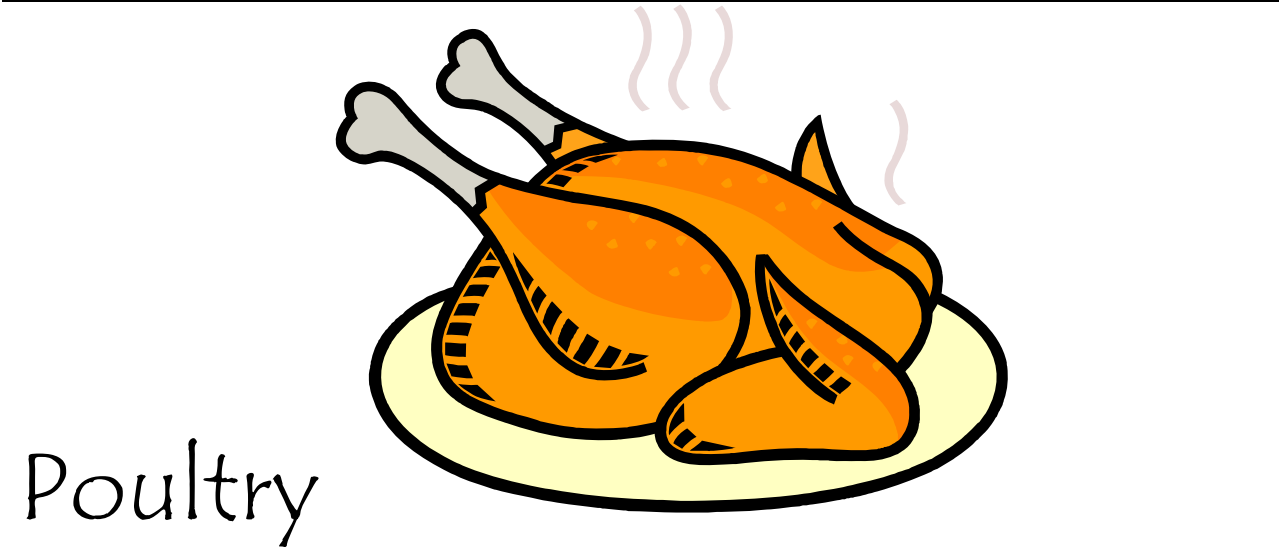
Food	Cuts of Meat	Temperature
Ground Meats		
Pork, Beef, Veal, Lamb, and Seafood		
Poultry		
Reheat Temperature		

## The Magic Numbers

145

155

165



How many P

Cut of meat	C
-------------	---

[illegible]

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# Cooking Methods

[illegible]

# Different Methods of Cooking Meat



- Pan Frying
- Braising Meat
- Roasting (Baking)
- Broiling/Grilling

Each group will marinate their chicken for 15 minutes. In a ziplock bag place the marinade and the chicken breast.

- 1 Chicken Breast
- 1 T lime juice
- 1 1/2 tsp of apple cider vinegar
- 1/4 tsp. dried oregano
- 1/4 tsp pepper
- 1/4 tsp of salt
- 1/4 tsp paprika
- 2 T vegetable oil

Each group will be assigned to cook their chicken breast using a certain method. Remember to calibrate the thermometer and take the internal temperature of the chicken breast. The thermometer should read\_\_\_\_\_.

- Pan Frying
  - \*Bread your chicken with a 1 T of flour
  - \* In a skillet place a 1/4 cup oil and place the chicken breast
  - \*Pan-Fry the chicken on the first side until it is well browned.
  - \*Turn the chicken and cook it to the desired doneness (note if the chicken breast is thick it can be finished in the oven to prevent burning the crust)
  - \*Check the internal temperature before serving
- Braising Meat
  - \*Add marinade and chicken to the skillet (it should only come partway up the chicken breast.
  - \*Bring the liquid to a boil and cook the chicken breast until the proper internal temperature has been reached.
- Roasting (Baking)
  - \*Place chicken in a square glass dish and bake it at 325 for 30 minutes or until done.
  - \* Check the internal temperature every 15 minutes to assure that the chicken breast is not overcooked.
- Broiling/Grilling
  - \*Place the rack on the second level from the top. Set your oven to broil (Usually 500 degrees)
  - \*Place the chicken on the broiling pan. Remember to turn the chicken in the cooking process.
  - \*Check internal temperature
    - Note: Place the food farther away and cook it a little longer to reach a higher internal temperature in the finished product, and move it closer for less time for a lower internal temperature in the finished product.

## EVALUATION

1. List one advantage and one disadvantage of the following cooking methods

Advantages/Disadvantages

• Pan-Frying	
• Braising Meat •	
• Roasting (Baking •	
• Broiling/Grilling	

2. Identify whether the method is DRY or MOIST

• Pan -Frying	
• Braising Meat •	
• Roasting (Baking •	
• Broiling/Grilling	

3. Rate the 4 different methods  
Using the 1 2 3 4 one being the best

Types of Methods	Appearance	Tenderize and Juicy	Flavor
• Pan Frying			
• Braising Meat •			
• Roasting (Baking •			
• Broiling/Grilling			

4. Which method did you like the best and why?



# Broiling Meat

Steaks, chops, ham slices, liver, bacon, ground beef, and other tender meat cuts can be broiled. Steaks and chops should be at least  $\frac{1}{2}$  inch thick. Thinner pieces dry out if broiled.

When fat cooks, it melts and shrinks, pulling through any fat left on the edges to help keep the meat from curling. Add flavor, if you wish, by brushing a sauce on the meat.

Place the broiler pan so the meat is 2 to 5 inches from the heat. The thicker the meat, the farther it should be from the heat because it needs more time to cook. Broil until the top is brown and the meat is slightly more than half done inside. Turn and complete the broiling on the other side.

# Grilling Meat

Tender cuts of meat can also be grilled. For a different way to grill meat, try kebabs. To make them, thread cubes of meat onto skewers, alternating with tomato quarters, mushrooms, green pepper chunks, or other vegetables. Brush with oil, melted butter, or a sauce to keep the foods from drying out.

# Roasting/Baking Meat

Roasting works best with large tender cuts of meat. These include loin, rib, and leg roasts.

When roasting meat:

- Don't add water or cover the pan. This cooks the meat with moisture rather than with dry heat.
- Roast at 325° without preheating the oven. If you wish, add whole small potatoes, onions, and carrots around the roast about an hour before it's done.
- Remove the roast from the oven when the meat thermometer registers five degrees lower than the desired internal temperature.

# Pan-Frying Meat

Chops, hamburgers, ham slices, bacon, liver, and other thin pieces of tender meat can be fried in a small amount of fat. Lean cuts of meat or cuts that are floured or breaded need more fat.

Cook uncovered in a skillet preheated to medium, turning occasionally so that both sides brown. If you cover the skillet, the meat cooks in moist heat and loses crispness and flavor. Season the meat after browning.

# Pan-Broiling Meat

Pan-broiling is a fast, convenient way to cook tender cuts of meat that are too thin to broil. Thickness should be 1 inch or less. To pan-broil meat, preheat a heavy skillet. Most cuts have enough fat to prevent sticking. For lean cuts, brush or spray the cooking surface with oil. If you're using a nonstick skillet, you don't need to add oil.

# Braising Meat

Braising is used to cook large less tender cuts of meat, such as pot roast and Swiss steak. It also gives flavor to tender cuts like pork chops. Pat the meat dry so it brown easily. Brown the meat slowly on all sides in a large heavy pan using a little fat as needed to prevent sticking. After browning, drain off excess fat. Add just enough liquid water tomato juice, meat stock, or other seasoned liquid—to cover the bottom of the pan about  $\frac{1}{4}$  inch deep. The liquid must flow under the food to keep it from sticking to the pan. Add seasoning and cover the pan with a tight fitting lid.

# Pressure-Cooking Meat

Large, less tender cuts of meat can be pressure cooked. This cooks the meat in moist heat and tenderizes it under high pressure within a relatively short time. Refer to the owner's manual for directions on using the pressure cooker.

# Slow-Cooking Meat

Because a slow cooker uses a low temperature for a long cooking time, it's ideal for less tender cuts of meat. In the morning, simply combine the meat, seasonings, and liquid—perhaps broth, water, or barbecue sauce—in the slow cooker. The meat is ready by the evening meal. Become familiar with using the slow cooker before you leave it unattended for a long time. Remember that if you open the lid, cooking time lengthens.



# Microwaving Meat

When buying meat to microwave, choose cuts of uniform size. Even with a turntable, microwave ovens don't cook evenly.

Follow recipe directions exactly to be sure the meat cooks through.

Since microwave ovens cook with moist heat, meat won't have the crisp, dark brown crust and characteristic flavor of meat cooked in dry heat. It may look unappetizing. You can add a sauce or gravy, brush it with a dark sauce before cooking, or broil briefly.

Day 1	Pretest Rules and Procedures
Day 2	Posttest Equipment Review Equipment Race
Day 3	Food Lab Rules Mystery Recipe Lab
Day 4	Halving and Doubling Monster Cookies
Day 5	Paper Knife Cuts Watch You-Tube Video Parts of the knife Cutting Board
Day 6	Knife Cut Lab And Thermometer Calibration
Day 7	Clean vs. Sanitation Quiz Asian Wraps
Day 8	My Pyramid Review Brown Bread
Day 9	Stock Soup Notes Chicken Noodle Soup Lab
Day 10	Cream Soup Notes Parmesan Potato Soup Lab
Day 11	Wrap up Soup Quiz Tomato Soup and Breadstick Lab
Day 12	Salad Dressing Notes 6 Different Salad

	Dressings
Day 13	4 Different Types of Salad 4 Salad Lab Quiz
Day 14	Casserole Brochure Soup/Salad/Cass Review Create Casserole Vote Top 2
Day 15	Prepare Casserole
Day 16	Disease Computer Lab Create Posters
Day 17	Healthy vs Unhealthy Oatmeal Cookies Disease Fair
Day 18	Review Diseases 4 Different Banana Bread Lab
Day 19	Quiz Life Cycle Kids Lab
Day 20	Life Cycle Big Burrito Lab
Day 21	Life Cycle Elderly Lab
Day 22	Extra Day

Day 24	5 Aesthetic of Meal Planning, Preparing Notes
Day 25	Table Setting

	Napkin Folding Crunchy Salad Lab
Day 26	Work Plan Fett. Alfredo & Italian Cheese Bread Lab
Day 27	Etiquette Doughnut Roll Play Plate Presentation Exam
Day 28	Pastry Notes Eclairs Lab
Day 29	Pastry Notes Continue Fruit and Cream Pie Lab
Day 30	Roll and Cinn Demo and Notes Roll Lab
Day 31	Went when Wrong Cinn Rolls
Day 32	Loaf of Bread and Pancake Experiment Lab
Day 33	Loaf of bread Competition Bread Exam Meat Unit/GoProstart Chicken Fab
Day 34	Methods of Cooking Meat 4 Different Types of Cooking Method Lab
Day 35	Unit Costing/Cost Per Serving

	Cheese Danish Lab
Day 36	FIFO/Loss Leaders Shopping Tips Box/Homemade Brownies Lab
Day 37	Brand Names Round Robin Frozen/Homemade Cookies Lab
Day 38	Label Activity Pizza Benders
Day 39	Label Activity Continue
Day 40	Lab of Choice
Day 41	Review State Exam
Day 42	State Exam
Day 43	Clean Lab

Name:

Quiz #1

1. What does FIFO mean?
  - a. First Ingredient First Open
  - b. First In First Out
  - c. First Ice First Out
  - d. None of the Above
2. Ribbon like cuts are an example of what type of cut?
  - a. Brunoise
  - b. Julienne
  - c. Chiffonade
  - d. Small Dice
3. 1/8 by 1/8 inch is an example of what type of cut?
  - a. Brunoise
  - b. Julienne
  - c. Chiffonade
  - d. Small Dice
4. What type of knife should you use for cutting julienne, small dice, and brunoise?
  - a. Paring Knife
  - b. Boning Knife
  - c. Metal Knife
  - d. Chef Knife
5. Which is NOT a rule for using cutting boards:
  - A. Stabilization
  - B. Sanitation
  - C. Designation
  - D. None of the above
6. How do you stabilize a cutting board
  - A. With magnets
  - B. With Tape
  - C. With a Damp Towel
  - D. All of the above

7. What is the method called when adjusting a thermometer
- A. Immersion
  - B. Internal
  - C. Calibration
  - D. Brunoise
8. When checking the temperature of meat always check:
- A. Outside Temperature
  - B. Internal Temperature
  - C. By the Bone
  - D. All of the above
9. A food-borne illness needs what to grow:
- A. Moisture
  - B. Food
  - C. Air
  - D. All of the above
10. What temperature should you cook ground beef to?
- A. 80
  - B. 155
  - C. 165
  - D. 140
11. What temperature should you cook poultry to?
- A. 80
  - B. 155
  - C. 165
  - D. 140
12. Reading your recipe and gathering all the supplies is:
- A. FIFO
  - B. Mis en Place
  - C. Brunoise
  - D. None of the above

## Quiz #2

1. The danger zone is between what temperature?
  - a. 0-32
  - b. 32-100
  - c. 35-141
  - d. 41-135
2. You need to beat eggs what piece of equipment should you use?
  - a. Fork
  - b. Pastry Blender
  - c. Wooden Spoon
  - d. Whisk
3. You need to stir the ingredients what piece of equipment should use?
  - a. Electric Mixer
  - b. Bosch
  - c. Wooden Spoon
  - d. Pastry Blender
4. To cream sugar and fat what piece of equipment should you use?
  - a. Electric Mixer
  - b. Bosch
  - c. Wooden Spoon
  - d. Pastry Blender
5. What piece of equipment should you use to sauté?
  - a. Saucepan
  - b. Bowl
  - c. Skillet
  - d. Double Broiler
6. What piece of equipment should you use to simmer?
  - a. Saucepan
  - b. Bowl
  - c. Skillet
  - d. Double Broiler
7. What should you do if you cut your hand?
  - a. Scream



- b. Apply Pressure
  - c. Immediately put a band-aid on it
  - d. Call 911
8. What should you do if you burn your hand?
- a. Cry
  - b. Put a band-aid on it
  - c. Apply pressure
  - d. Run it under cold water
9. What food-borne illness can be passed through not washing your hands?
- a. Staphylococci
  - b. Botulism
  - c. Salmonella
  - d. Ecoli
10. When washing dishes what piece of utensil should you wash first?
- a. Pots and Pans
  - b. Silverware
  - c. Dinnerware
  - d. Glassware
11. To cut into very small pieces would be:
- a. Chop
  - b. Cut -In
  - c. Dice
  - d. Mince
12. Complete the sentence Keep cold foods\_\_\_\_\_ and hot foods \_\_\_\_\_.
- a. Hot/Cold
  - b. Warm/Warm
  - c. Cold /Hot
  - d. Cold/Cold

### Quiz #3

1. If you use a chemical agent to clean you are:
  - a. Cleaning
  - b. Disinfecting
  - c. Sanitizing
  - d. All of the above
2. When should you use gloves in a kitchen
  - a. Handling raw or cooked protein
  - b. When you have a cut on your hand
  - c. When the food will not be heated again
  - d. All of the above
3. Double the following ingredients
  - $\frac{1}{2}$  cup flour=\_\_\_\_\_
  - $\frac{2}{3}$  cup sugar=\_\_\_\_\_
  - $\frac{1}{2}$  tsp baking powder\_\_\_\_\_
4. Half the following ingredients
  - $\frac{2}{3}$  cup milk=\_\_\_\_\_
  - 1 tsp salt=\_\_\_\_\_
  - $\frac{1}{4}$  cup ranch=\_\_\_\_\_
5. How many T equal  $\frac{1}{2}$  cup
  - a. 4
  - b. 8
  - c. 12
  - d. 16
6. What pieces of equipment would you use to measure  $\frac{3}{4}$  tsp of salt
  - a.  $\frac{1}{2}$  tsp twice
  - b.  $\frac{1}{4}$  tsp twice
  - c.  $\frac{1}{2}$  tsp plus a  $\frac{1}{4}$  tsp
  - d.  $\frac{1}{4}$  tsp four times
7. How many tsp's are in 1 T
  - a. 1
  - b. 2
  - c. 3
  - d. 4
8. Which is not an example of a mother sauce
  - a. Bechamel
  - b. Tomato

- c. Espangole
  - d. Mis en place
9. What is the ratio of a vinaigrette salad
- a. 2 oils to 1 vinegar
  - b. 3 oils to 1 vinegar
  - c. 2 oils to 2 vinegar
  - d. 3 oils to 2 vinegar
10. Onions, celery, and carrots are examples of a:
- a. Mis en place
  - b. Bechamel
  - c. Mirepoix
  - d. Roux
11. Which would NOT be a correct way to store soup
- a. In the pot you made it in
  - b. In shallow containers
  - c. Cool the soup in a ice bath then in shallow containers
  - d. None of the above
12. Which shopping strategy is correct
- a. Take a categorized shopping list
  - b. Shop alone
  - c. Do not shop when tired and hungry
  - d. All of the above
13. Tender cuts of meat should be cooked using what type of method
- a. Slow cooking
  - b. Braising
  - c. Grilling
  - d. all of the above

#### Quiz #4

1. Children will more likely eat food if the food:
  - A. Can be eaten with their fingers
  - B. Different shapes
  - C. Is Interesting
  - D. All of the above
2. Children eat often because :
  - A. They are spoiled
  - B. They have small stomachs
  - C. They are needy
  - D. All of the above
3. During the adult years what slows down:
  - A. Running Ability
  - B. Metabolism
  - C. Heart
  - D. Kidneys
4. Good nutrition during teens years is important because
  - A. Teens are fat
  - B. Teens are dumb
  - C. Teens are still growing
  - D. Teens are difficult
5. A common health concern for the elderly is:
  - A. Kidney failure
  - B. Malnutrition
  - C. Stomach Problems
  - D. Obesity
6. During teens years it is important to get adequate amount of:
  - A. Grains
  - B. Fruits
  - C. Milk
  - D. Fats
7. A lack of iron can cause what disease?
  - A. Osteoporosis

- B. Heart Disease
- C. Diabetes
- D. Colon Cancer

8. To help prevent colon cancer makes sure your getting an adequate amount of:

- A. Fiber
- B. Sugar
- C. Fat
- D. Calcium

9. If input is more than output this could cause

- A. Osteoporosis
- B. Heart Disease
- C. Obesity
- D. Colon Cancer

10. An increase in saturated fats in the body could lead to:

- A. Osteoporosis
- B. Heart Disease
- C. Obesity
- D. Colon Cancer

11. Not enough bone mass can cause:

- A. Osteoporosis
- B. Heart Disease
- C. Obesity
- D. All of the above

12. Not enough insulin produces by the pancreas causes a person to have:

- A. Colon Cancer
- B. Diabetes
- C. Anemia
- D. None of the above

### Quiz #5

1. Mashed potatoes, rolls, chicken, and corn is an example of not enough:
  - A. Texture
  - B. Temperature
  - C. Color
  - D. Shape
2. Which is not an example of texture:
  - A. Crunchy
  - B. Hot
  - C. Soft
  - D. Chewy
3. Example of Appropriate presentation of food (planning, preparing, and serving) would be:
  - a. Foods from all food groups
  - b. Nice table setting
  - c. Meeting all aesthetic of meal planning
  - d. All of the above
4. The area where a person eats is called a:
  - A. Place setting
  - B. Their spot
  - C. A Cover
  - D. None of the above
5. The water glass should be above the:
  - A. The spoon
  - B. The fork
  - C. The salad fork
  - D. The knife
6. What piece of flatware should be on the left:
  - A. The spoon
  - B. The fork
  - C. The knife
  - D. None of the above
7. Where should place your knife when your not using it:

- A. On the table
  - B. On top of the plate
  - C. On the side of the plate
  - D. On the bottom of the plate
8. If the label indicates it is a "good source of" that means
- A. Eat as much as you can
  - B. Contain 10-19% of the daily food value
  - C. It has 20% of your daily fiber intake
  - D. All of the above
9. If the label states "reduced, less, or fewer" the food must have:
- A. 10% less of something than a comparison food
  - B. 20% less of something than a comparison food
  - C. 25% less of something than a comparison food
  - D. 35% less of something than a comparison food
10. Sell date means:
- A. The product is not safe to eat after the date
  - B. The product has to be removed the store shelf
  - C. The product quality might be reduced
  - D. None of the above
11. What must the label state to indicate the juice is made with fruit juice:
- a. 80% Fruit Juice
  - b. 90% Fruit Juice
  - c. 100% Fruit Juice
  - d. All of the above
12. If the label indicates "high source of fiber" that means
- A. Eat as much as you can
  - B. Contain 10-19% of the daily food value
  - C. It has 20% of your daily fiber intake
  - D. All of the above

### Quiz #6

1. The purpose and example of the binder in a casserole is to:
  - A. Adds color-green beans
  - B. Adds protein-chicken
  - C. Thickens-Bechamel Sauce
  - D. Adds starch-Rice
2. Which is an advantage of a casserole:
  - A. Can be made ahead of time
  - B. Uses leftovers
  - C. Easy and a time saver
  - D. All of the above
3. What is the purpose of a starch or carbohydrate in a casserole?
  - a. Binder
  - b. Extender
  - c. Color
  - d. Main Ingredient
4. A salad with chicken, greens, and a dressing would be an example of what type of salad?
  - a. Appetizer
  - b. Accompaniment
  - c. Main Dish
  - d. Dessert
5. Potato salad or a pasta salad would be an example of what type of salad
  - a. Appetizer
  - b. Accompaniment
  - c. Main Dish
  - d. Dessert
6. When preparing a green salad put the dressing on:
  - a. 1 hour before serving
  - b. 30 minutes before serving
  - c. 15 minutes before serving
  - d. Minutes before serving



7. Ranch is an example of a:
  - a. Vinaigrette Dressing
  - b. Mayonnaise Base
8. The purpose of roux is:
  - a. To add nutrient
  - b. To add color
  - c. To Thicken a liquid
  - d. To add flavor
9. An example of a roux is:
  - a. Sugar and Fat
  - b. Oil and Butter
  - c. Milk and Butter
  - d. Fat and Flour
10. An example of a stock soup would be:
  - a. Cream of Broccoli
  - b. Chicken Noodle Soup
  - c. Clam Chowder
  - d. All of the above
11. Proofing is when:
  - a. The dough is baking
  - b. The dough is be mixed
  - c. When the dough doubles in size
  - d. All of the above
12. How do you activate yeast?
  - a. Warm water and salt
  - b. Cold water and salt
  - c. Boiling water and sugar
  - d. Warm water and sugar
13. Parker house, Fan tails, and clover leaves are all examples of what type of yeast breads
  - a. Rolls
  - b. Loaves
  - c. Deep Fried

