

Pre-Test

Name \_\_\_\_\_

1. Draw the proper table setting for the following two menus. Show which glass is milk and which is water. Draw the salad fork smaller than the dinner fork. Show which way the knife blade points. Don't forget the napkin.

A. T-Bone Steak  
Baked Potato  
Green Peas and Carrots  
Tossed Green Salad  
Roll with Butter  
Milk  
Water

B. Hot Cereal  
Toast and Butter  
Orange Juice

2. List the order you would follow as if you were going to wash the dishes:  
(Pans, glasses, plates, serving bowls, silverware, mixing bowls.)

\_\_\_\_\_

3. Tell the recommended number of servings needed daily from the Food Pyramid Groups for teenagers:

Dairy _____	Meat _____
Fruit _____	Vegetable _____
Bread and Cereal _____	Fats and Sugars _____

4. Identify the six classes of nutrients found in foods.

a.	d.
b.	e.
c.	f.

5. Fill in the names of the following abbreviations:

a. tbs.	d. c.	g. lb.
b. tsp.	e. oz.	h. qt.
c. pt.	f. T.	i. t.

6. Equivalents:

_____ tbs.	= 1 cup	_____ oz.	= 1 fluid cup
_____ tbs.	= 1/2 cup	_____ c.	= 1 sq. butter
_____ tsp.	= 1 tbs.	_____ tsp.	= a dash or pinch
_____ oz.	= 1 lb.	_____ tbs.	= 1/8 cup
_____ pt.	= 2 cups	_____ tbs.	= 1/4 cup

7. Convert the following measurements for the recipe ingredients:

A. Carmel Corn (1/3 recipe)  
\_\_\_\_\_ 3 cups sugar  
\_\_\_\_\_ 3/4 cup evaporated milk  
\_\_\_\_\_ 3 tbs. peanut butter  
\_\_\_\_\_ 4 tbs. honey

B. Hermits (1/2 recipe)

- \_\_\_\_\_ 2/3 cup shortening
- \_\_\_\_\_ 3/4 cup brown sugar
- \_\_\_\_\_ 2 eggs
- \_\_\_\_\_ 3 1/2 cups flour
- \_\_\_\_\_ 1/2 tsp. salt
- \_\_\_\_\_ 1 1/2 tsp. baking powder

C. Date Layer Bars (double recipe)

- \_\_\_\_\_ 1/2 cup shortening
- \_\_\_\_\_ 1 cup sugar
- \_\_\_\_\_ 1 1/2 cup flour
- \_\_\_\_\_ 3/4 tsp. baking powder
- \_\_\_\_\_ 1 3/4 cup quick cooking oats

8. Matching:

- |                    |   |
|--------------------|---|
| _____ Bake         | A. To cook in the steam generated by boiling water.   |
| _____ Bread        | B. Mixed fruit.   |
| _____ Caramelize   | C. To roll foods in flour, crumbs, sugar, crushed nuts, etc., all sides covered.  |
| _____ Cream        | D. To cook by dry heat usually in a oven.   |
| _____ Coat         | E. To blend into one mass by stirring together.   |
| _____ Baste        | F. To ornament food before serving.   |
| _____ Mix          | G. To destroy micro-organisms by boiling in water, by dry heat, or steam.   |
| _____ Poach        | H. To brown by direct heat.   |
| _____ Grind        | I. To spoon liquid or fat over food while cooking.  |
| _____ Fry          | J. To put food through a food chopper.  |
| _____ Dot          | K. To cover a food with fine bread crumbs or cracker crumbs before cooking.   |
| _____ Dice         | L. To melt sugar over medium heat in a skillet.   |
| _____ Garnish      | M. To remove lumps, and blend dry ingredients.  |
| _____ Roux         | N. A mixture of melted fat and flour.   |
| _____ Steam        | O. To cook in a hot liquid, below the boiling point for a short time, being careful that food holds shape.                      |
| _____ Toast        | P. To press and beat the fat to soften it, or to rub together the sugar and fat until the mixture is fluffy like whipped cream. |
| _____ Tutti-frutti | Q. To cut in very small cubes.  |
| _____ Sift         | R. To place small amounts of butter, nuts, etc., over the surface of the food.  |
| _____ Sterilize    | S. To cook in hot fat.  |
| _____ Scald        | T. To heat a liquid just to the simmering point.  |

9. One should wash their hands with soap and water for a minimum of \_\_\_\_\_ seconds.

10. List the ten NEW Year 2000 Recommended Dietary Guidelines.

- a.
- b.
- c.
- d.
- e.
- f.
- g.
- h.
- i.
- j.