

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.)

 6 1 3 4 2 5

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

Dairy	2 – 3 (4) teenagers servings	Meat	2 – 3 servings
Fruit	2 – 4 servings	Vegetable	3 – 5 servings
Bread and Cereal	6 – 11 servings	Fats and Sugars	eat sparingly

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

a. Fats	d. Vitamins
b. Carbohydrates	e. Minerals
c. Proteins	f. Water

5. Fill in the names of the following abbreviations:

a. tbs. <i>tablespoon</i>	d. c. <i>cup</i>	g. lb. <i>pound</i>
b. tsp. <i>teaspoon</i>	e. oz. <i>ounce</i>	h. qt. <i>quart</i>
c. pt. <i>pint</i>	f. T. <i>tablespoon</i>	i. t. <i>teaspoon</i>

6. Equivalents:

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

7. Convert the following measurements for the recipe ingredients:

A. Carmel Corn (1/3 recipe)

1 cup	3 cups sugar
1/4 cup	3/4 cup evaporated milk
1 tbs.	3 tbs. peanut butter
1 1/3 tbs. or 1 tb. 1 tsp.	4 tbs. honey

B. Hermits (1/2 recipe)

1/3 cup	2/3 cup shortening
6 tbs., 1/4 c. + 2 tbs., 3/8 c.	3/4 cup brown sugar
1 egg	2 eggs
1 3/4 cup	3 1/2 cups flour
1/4 tsp.	1/2 tsp. salt
3/4 tsp.	1 1/2 tsp. baking powder

c. Date Layer Bars (double recipe)

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

8. Matching:

- | | |
|---------------------------|---|
| <u> D </u> Bake | A. To cook in the steam generated by boiling water. |
| <u> K </u> Bread | B. Mixed fruit. |
| <u> L </u> Caramelize | C. To roll foods in flour, crumbs, sugar, crushed nuts, etc., all sides covered. |
| <u> P </u> Cream | D. To cook by dry heat usually in an oven. |
| <u> C </u> Coat | E. To blend into one mass by stirring together. |
| <u> I </u> Baste | F. To ornament food before serving. |
| <u> E </u> Mix | G. To destroy micro-organisms by boiling in water, by dry heat, or steam. |
| <u> O </u> Poach | H. To brown by direct heat. |
| <u> J </u> Grind | I. To spoon liquid or fat over food while cooking. |
| <u> S </u> Fry | J. To put food through a food chopper. |
| <u> R </u> Dot | K. To cover a food with fine bread crumbs or cracker crumbs before cooking. |
| <u> Q </u> Dice | L. To melt sugar over medium heat in a skillet. |
| <u> F </u> Garnish | M. To remove lumps, and blend dry ingredients. |
| <u> N </u> Roux | N. A mixture of melted fat and flour. |
| <u> A </u> Steam | O. To cook in a hot liquid, below the boiling point for a short time, being careful that food holds shape. |
| <u> H </u> 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. |
| <u> B </u> Tutti-fruiti | Q. To cut in very small cubes. |
| <u> M </u> Sift | R. To place small amounts of butter, nuts, etc., over the surface of the food. |
| <u> G </u> Sterilize | S. To cook in hot fat. |
| <u> T </u> 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 20 seconds.

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

- a. *Aim for healthy weight.*
- b. *Be physically active each day.*
- c. *Let the Pyramid guide food choices.*
- d. *Choose variety of grains.*
- e. *Choose variety fruits and vegetables.*
- f. *Keep food safe to eat.*
- g. *Choose a diet low in fat.*
- h. *Choose beverages and foods – moderate of sugar.*
- i. *Choose and prepare foods with less salt.*
- i. *If you drink alcohol, do so in moderation.*

