

Name _____ Test date _____

Study Sheet for Test 1

Small Kitchen Equipment - Name /Function /Use

Bread knife, colander, cutting boards, french knife, ladle, glass baking pan/dishes, meat/oven thermometer, pancake turner/spatula, pastry blender, paring knife, refrigerator/freezer thermometer, rubber scraper, straight edge/metal spatula, strainer, tongs, vegetable peeler, wire whisk/whip

Large Kitchen Equipment -

Stoves - self-cleaning, manual cleaning, continuous
Refrigerators - self-defrosting, frost-free

Microwaves -

microwaves are attracted to fat, sugar, and water molecules
microwave safe containers include: plastic, paper, glass
round containers cook more evenly than square containers
quantity/volume of food in the microwave increases cooking
and standing time
standing time - allow for because foods continue to cook when removed
stir and rotate foods for even cooking - if available a turn table may be used to rotate foods
covering foods holds in the moisture, helps foods to cook more evenly, prevents food from splattering in the microwave
cover with: plastic wrap, paper towel, wax paper, or lid
preventing burns with microwave - foods can create hot containers, items can explode, lifting cover or plastic, as escaping hot steam can burn, open hot containers

Abbreviations - Identify

tablespoon, teaspoon, cup, quart, gallon, pound, hour, ounce, few grains, minute, degree

Equivalents - Compute

3 t. = 1 T.	4 T. = 1/4 c.	2 c. = 1 pt.
4 qt. = 1 gal.	16 c. = 1 gal.	60 min. = 1 hr.
4 c. = 1 qt.	2 pt. = 1 qt.	8 fl.oz. = 1 c.
1/2 c. butter=1 cube	1/8 c. = 2 T.	1/3 c. = 5 1/3 T.
1/2 c. = 8 T.	1 c. = 16 T.	3/4 c. = 12 T.
16 oz. = 1 lb.		

Food-preparation terminology - Identify

chop, cream, cut in, dice, flour, fold in, grate, knead, mince, peel, saute, simmer, steam and whip

Measuring:

use dry measuring cups for dry ingredients and liquid measuring cups for liquids
measure brown sugar
measure liquids
measure shortening
measure flour
standard nest cups
subdivisions on a liquid measuring cup
use most efficient tool for measuring - 1/4 cup instead of 4 T.

Double, half, fourth recipes:

cooking temperature will remain the same, but the amount of ingredients, length, of cooking time, and size of pan will be affected
make adjustments by figuring them in an amount you can measure - 3/8 c. = 6 T.

Substitutions:

unsweetened chocolate	milk
sugar	buttermilk
cake flour	dry yeast
cornstarch (for thickening)	butter
whole egg	shortening

Safety Guidelines:

electric appliance safe practices - use dry hands, stand on dry floor, keep away from water
multiple plugs overload circuits and extension cords on appliance increase hazards
dull knives are more dangerous than sharp knives
grease fire - use fire extinguisher, cover with lid, sprinkle with baking soda or salt; avoid water, flour or sugar
prevent poisonings/contamination - store cleaning supplies away from foods
keep cleaning supplies in the original container or clearly labeled with poison label/stickers
safety guidelines - keep clothing away from direct heat, avoid reaching in over, avoid metal objects touching electrical appliances
safety practices - avoid plastic on range, stand to the side when opening oven
lifting lids on hot foods - away from you
saucepan handles on range - point away from the front of the range
mixing chlorine with any product containing ammonia will create deadly gases
clean up spills immediately to avoid falls
use a step stool for reaching high objects; store heavy items on lower shelves and/or cupboards
use hot pads/mitts for handling baking pan, etc.

First-aid for cuts, burns, and electrical shock:

Cuts and Burns - apply direct pressure if severe
place under cold, running water for first degree
Electrical Shock - do not mix water and electricity
electric shock - disconnect the power source before approaching injured person

Sanitation:

wash hands with soap and water - minimum of 20 seconds
wash hands - after using restroom, sneezing, coughing, or touching face or hair
wear gloves when cut on hand or any open sores
keep all work surfaces clean
change dirty apron - bacteria could be on it that can contaminate food
before preparing food - wash hands, check for necessary food and equipment
tasting food - use clean spoon and use only once
reduce pests/insects - avoid crumbs or spills, dispose of garbage properly, keep staples in airtight containers
dish washing order - rinse and scrape first, glassware before silverware, wash pots and pans last
disinfect work surfaces - use dilute solution of chlorine bleach and water in labeled container (1/2 t. - 1 t. per pint of water) or commercial sanitizer or disinfectant.

Food-Borne Illness:

food-borne illness - result from eating contaminated foods containing poisonous toxins
conditions for bacteria growth - warmth, moisture, and food
food with food-borne illness - not always off-odor or off-flavor
foods will often look and smell normal

Types:

Botulism - associated with improperly canned foods, specifically low-acid foods
e. coli - bacteria spread by air from soil, ground, fecal matter to food sources; usually found in undercooked ground beef, unpasteurized milk, fruit juices, fresh fruits and vegetables, etc.; e. coli will be killed by cooking or heating to a high enough temperature
hepatitis - toxin from fecal bacteria transferred by human contact usually through improper hand washing
salmonella - often found in fresh poultry and raw eggs
staphylococci - spread through human mucous contact to food sources

Prevention:

prevented by practicing proper hand washing
20 seconds
food with off-odor - throw out, do not taste or use; don't use bulging cans
frequently clean and sanitize work surfaces, i.e. cutting boards, counters
avoid cross-contamination of cutting boards, hands, etc.
store raw meat, poultry, etc. - covered in refrigerator so they will not touch/contaminate or drip on other foods
never place cooked food on a plate which has previously held raw meat, poultry, or seafood w/o first washing the plate with hot soapy water

Temperature Zones - cooking to proper temperatures:

use a clean thermometer to measure internal temperature of foods to ensure safety
keep freezer temperatures set at 0° F or below to keep foods frozen solid.
danger zone for food-borne bacteria: 40 and 140° F
ground meat must be cooked to at least 160° F., don't eat if the ground beef is pink inside
cook eggs until the yolks and white are firm
don't use recipes where eggs remain raw or only partially cooked

Temperature Zones - cooling and reheating foods:

keep hot foods hot and cold foods cold
thoroughly cool hot foods and reheat leftovers thoroughly
bring sauces, soups, etc. to a boil when reheating; heat other leftovers to 165° F.
number one cause of food illnesses is related to improper cooling of foods
place foods in shallow dishes and put immediately in the refrigerator to cool, don't leave foods on the counter to cool
foods should not be in the danger temperature zone for more than two hours
refrigerate or freeze foods immediately or at least within two hours
divide large amounts of leftovers in small, shallow containers for quick cooking
store foods in the freezer and refrigerator so that the cool air can circulate to keep food safe

Thawing foods:

refrigerator - safest way to thaw; never defrost food at room temperature on counter
thaw in refrigerator, under cold running water or in the microwave
if thawing food under cold water or in the microwave, cook food immediately

Review handouts, assignments, labs, notes, quizzes

