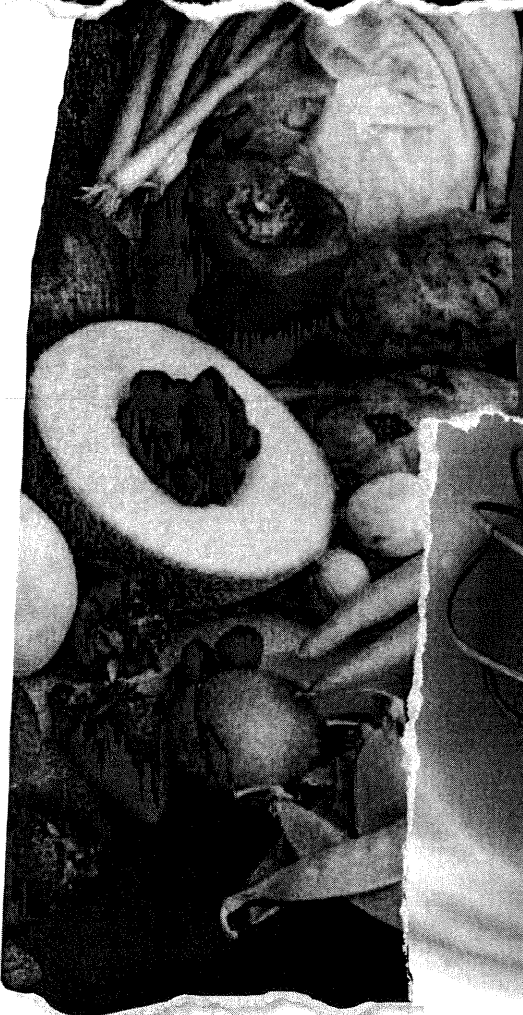


DUE: _____

NAME: _____



FOODS 20 REVIEW

KITCHEN EQUIPMENT

KITCHEN SAFETY

ACCIDENT PREVENTION

KITCHEN TERMINOLOGY

ACTIVITY

Section 7.2

Safety in the Kitchen

Signs of Safety



Directions: Identify the practices described below as safe or dangerous. If the practice is safe, write "Safe" on the lines provided. If the practice is dangerous, use the lines to explain why the practice is dangerous.

- 1. Fran stored the cast iron frypan on the top shelf to get it out of the way.

- 2. Jody put her long hair into a pony tail before she went into the kitchen to cook supper.

- 3. Doris stapled the microwave cord in place to keep people from falling over it.

- 4. Debra chose to use knives that were not very sharp so that she would not cut herself.

- 5. When the butcher knife slipped out of Brenda's fingers, she tried her best to catch it.

- 6. Josh could not find the can opener, so he used a sharp knife to open the can of milk.

(Continued on next page)

Section 7.2 Activity (continued)

7. Kate used a damp paper towel to pick up bits of broken glass where the broom would not reach.

8. Pedro put the dirty steak knives into the dishwasher to soak.

9. The oven was so dirty that Elise decided to mix two strong cleansers in order to clean it.

10. Donald lifted the lid of the pan on the close side to see if the mixture had thickened.

11. Bruce always turns pot handles toward the back or middle of the range.

12. Beth mounted the paper towel rack right over the range so that it would be convenient to wipe up spills.

13. Clare had the fire extinguisher removed because she did not like the way it looked in the kitchen.

14. When Robert couldn't find a potholder, he grabbed a dishcloth to take the casserole out of the oven.

15. Beverly stood to the side when she opened the oven door.

ACTIVITY

Section 8.1
Recipe Basics

Recipe Formats

Directions: The recipe below was written in a nonstandard format. Analyze the recipe and rewrite it in the space below using the standard format.

Low-Fat Turkey Casserole

Rinse 6 ounces of uncooked wild rice in three changes of hot water. Drain the rice and set it aside. Bring 3 cups of canned low-sodium chicken broth to boil in a medium saucepan. Stir in 3 cups sliced fresh mushrooms. Reduce heat and simmer for 5 minutes. Remove mushrooms with a slotted spoon. Add rice to pan; stir well. Cover and cook 1 hour and 5 minutes or until liquid is absorbed.

Combine rice, mushrooms, 3 cups of chopped cooked turkey (skinned before cooking and cooked without fat), 2/3 cup commercial oil-free Italian salad dressing, and 1 cup low-fat sour cream. Spoon into a 2-quart baking dish coated with cooking spray. Bake, uncovered, at 325 degrees for 45 minutes. Let stand 10 minutes before serving. Yield: 6 servings (298 calories per serving).

Blank space for student response.

Blank space for student response.

Now compare the two formats. Which would you prefer to use when you cook? Explain your answer.

Blank lines for student response.

ACTIVITY

Section 8.3
Changing a Recipe

Decreasing Recipe Yield

Directions: In the left column are listed the ingredients for two recipes that yield 6 servings. In the right column, rewrite the ingredient lists to decrease the yield as specified.

Decrease to 2 servings:

- 1 lb. lean boneless beef sirloin steak
- 2 tsp. peeled, minced ginger root
- 3/4 tsp. grated tangerine rind
- 1/2 cup fresh tangerine juice
- 2 Tbsp. low-sodium soy sauce
- 1 1/2 tsp. cornstarch
- 1/2 pound fresh snow pea pods
- 1 tsp. dark sesame oil
- 1 cup fresh bean sprouts
- 3/4 cup diagonally sliced celery
- 3 cups cooked long-grain rice

Decrease to 3 servings:

- 2/3 cups yellow cornmeal
- 1/3 cup all-purpose flour
- 3/4 tsp. baking powder
- 1/4 tsp. baking soda
- 1 tsp. sugar
- 1/4 tsp. dried crushed red pepper
- 3/4 cup nonfat buttermilk
- 2 1/2 Tbsp. frozen egg substitute, thawed
- 1 Tbsp. margarine, melted

ACTIVITY

Section 8.4
Preparation Tasks

The Task at Hand

Directions: On the line after each task listed below, write the name of the tool that should be used to complete the task. Be specific. For example, if a knife should be used, tell what kind of knife. If more than one tool can be used for the task, list all of the possibilities.

1. Mixing dry ingredients: _____

2. Trimming fat from meat and meat from bones: _____

3. Whipping cream: _____

4. Folding blueberries into muffin batter: _____

5. Draining the water from cooked vegetables: _____

6. Stirring to keep food from sticking to the pan while cooking: _____

7. Chopping vegetables: _____

8. Trimming pastry: _____

9. Pureeing vegetables for a soup: _____

10. Peeling thin-skinned fruits: _____

FOOD SAFETY: HOW'S YOUR FOOD SAFETY SAVVY?

* go to my phone site + click on Food Safety *

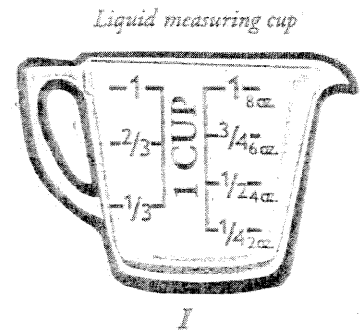
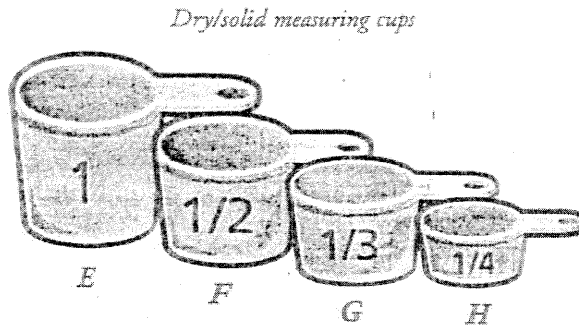
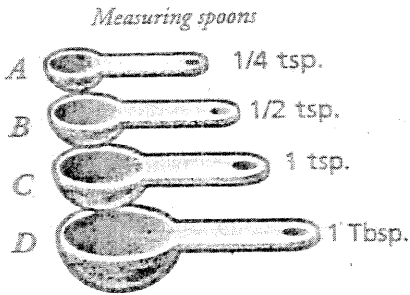
1. What is another common name for food borne illness?
2. How does food borne illness arise in the population?
3. What are the 3 types of organisms that can cause food borne illness?
 - 1.
 - 2.
 - 3.
4. Name 5 symptoms associated with food poisoning.
 - 1.
 - 2.
 - 3.
 - 4.
 - 5.
5. Name 2 groups of people that are at greater risk of contacting food poisoning.
 - 1.
 - 2.
6. If you don't intend to eat the outside of a fruit or vegetable, should you wash it? Why or Why not?
7. What is the Two Hour Rule?
8. Where is the best place to marinate food?
9. Define cross contamination and give 1 example of how it happens.
10. List 2 ways to keep cutting boards bacteria free.
 - 1.
 - 2.

11. How do you know when fish is cooked?
12. You notice leftovers on your kitchen counter but you are not sure how long they have been there. What "saying" best describes this scenario?
13. Name 3 ways to safely thaw food.
 - 1.
 - 2.
 - 3.
14. How long can aged cheddar cheese last in your refrigerator?
15. Can you freeze homemade salads? Why or why not?
16. When purchasing canned goods, what should you look for in the can?
17. You open the cheese whiz jar and find mold growing on the top, what do you do and why?
18. Name a good rule to follow when using and storing canned food.
19. What is the difference between pasteurized and unpasteurized juices?
20. List 3 high risk foods that have been linked to food poisoning.
 - 1.
 - 2.
 - 3.

DIRECTIONS:

- Determine the best way to measure each of the following ingredients.
- Identify the correct measuring equipment to use in the left column.
- Identify the correct measuring method in the right column.

MEASURING EQUIPMENT:



MEASURING METHODS:

- J. Dip in. Level off.
K. Pack firmly, level off.

- L. Pour, view at eye level.

Measuring Equipment

Ingredients

Measuring Method

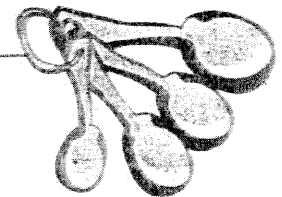
_____	3/4 cup milk	_____
_____	1 cup brown sugar	_____
_____	1/2 cup flour	_____
_____	1 teaspoon vanilla	_____
_____	1/4 cup oil	_____
_____	1 cup granulated sugar	_____
_____	2/3 cups oatmeal	_____
_____	1/4 cup peanut butter	_____
_____	1 tablespoon baking soda	_____
_____	1/3 cup shortening	_____
_____	1/4 teaspoon cinnamon	_____



Dry Measure Equivalents	
a dash	= less than 1/8 tsp.
3 teaspoons	= 1 Tablespoon
4 Tablespoon	= 1/4 cup
5 1/3 Tbsp.	= 1/3 cup
16 Tablepoons	= 1 cup
Weights	
1/2 pound	= 8 oz.
1 pound	= 16 oz.
Metric	
1 liter	= 1 quart plus 1/4 cup

Measuring Fluids	
2 cups	= 1 pint
4 cups	= 2 pints
2 pints	= 1 quart
4 quarts	= 1 gallon
Fluid Ounces	
2 tablespoons	= 1 fluid ounce
1 cup	= 8 fluid ounces
1 pint	= 16 fluid ounces
1 quart	= 32 fluid ounces

Study the table above. Without looking at the table, write the answer to the first problem below. Look back at the table to check your work. Change your answer if needed.



- | | |
|----------------------------------|----------------------------------|
| ___ Cups = 1 pint | ___ Quarts = 1 gallon |
| ___ Tablespoons = 1 ounce liquid | ___ Pints = 1 quart |
| ___ Ounces = 1 cup | ___ Ounces = 1 pound |
| ___ Tablespoons = 1 cup | ___ Cups = 1 quart |
| ___ Teaspoons = 1 tablespoon | ___ Liter = 1 quart plus 1/4 cup |

- | | |
|--------------------------|--------------------|
| 8 ounces = 1 _____ | 4 cups = 2 _____ |
| 3 teaspoons = 1 _____ | 2 pints = 1 _____ |
| 16 tablespoons = 1 _____ | 4 cups = 1 _____ |
| 1 pint = 2 _____ | 4 quarts = 1 _____ |

Calculate the following equivalents:

- | | | |
|-----------------------------|-----------------------------|------------------------|
| 1/4 cup = _____ tablespoons | 1/8 cup = _____ tablespoons | 3/4 cup = _____ ounces |
| 1/2 cup = _____ tablespoons | 1/2 cup = _____ ounces | 2 quart = _____ pints |
| 3/4 cup = _____ tablespoons | 1/4 cup = _____ ounces | 1 gallon = _____ cups |



1. Write in the four sizes usually combined in a set of measuring spoons.



A. _____



B. _____

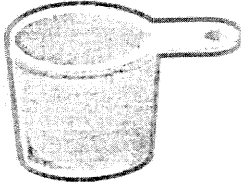


C. _____

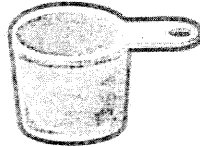


D. _____

2. Write the four sizes usually found in a set of dry measuring cups.



E. _____



F. _____



G. _____



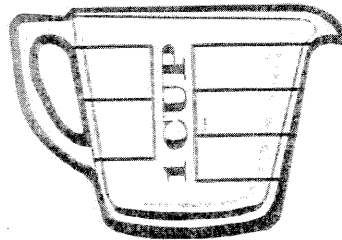
H. _____

3. Write the cup and ounce equivalents in a liquid measuring cup.

I. _____

J. _____

K. _____



L. _____ oz.

M. _____ oz.

N. _____ oz.

O. _____ oz.

4. Circle the largest amount.

A. 1 tablespoon

B. 1 teaspoon

5. Circle the amount equal to one tablespoon.

A. 1/4 cup

B. 4 teaspoons

C. 3 teaspoons

D. 2 teaspoons

6. You want to make half a recipe of cookies. The original recipe calls for 1 Tbsp. baking soda. Using the measuring spoons labeled in question 1, circle the ones you would use.

A. About 1/2 of A

B. 1 of both A and C

C. 2 of C

D. 1 of both C and B

7. Circle the largest amount in each set.

A. 3/4 cup

B. 1/4 cup

C. 2 tablespoons

2/3 cup

1/3 cup

1/4 cup

8. Circle the number of tablespoons that equals 1 c.

A. 8 Tbsp.

B. 16 Tbsp.

C. 4 Tbsp.

D. 32 Tbsp.

9. Circle the smallest amount.

A. 1/3 cup

B. 4 Tbsp.

