Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period \_\_\_\_\_\_\_\_\_\_\_\_

**Foods 2 Test Review – Unit 1**

**Safety & Sanitation, Cooking Terms, Equipment, Measuring & Knife Skills**

\_\_\_\_\_1. Chef’s knife A. Measure liquid ingredients.

\_\_\_\_\_2. Ladle B. For baking bar cookies and sheet cakes.

\_\_\_\_\_3. Pancake Turner C. Level-off, spread frosting.

\_\_\_\_\_4. Paring knife D. Cuts shortening into flour.

\_\_\_\_\_5. Sauce pan E. Lift and turn foods.

\_\_\_\_\_6. Straight edge spatula F. Measures dry ingredients.

\_\_\_\_\_7. Meat thermometer G. For baking cookies.

\_\_\_\_\_8. Pastry blender H. Used to dip liquids.

\_\_\_\_\_9. Cutting board I. Used for browning and frying foods.

\_\_\_\_\_10. Dry measuring cups J. For cooking soups and sauces.

\_\_\_\_\_11. Liquid measuring cups K. Used to chop, dice and mince foods.

\_\_\_\_\_12. Colander L. Protects counter when cutting.

\_\_\_\_\_13. Frying pan M. Allows baked products to cool.

\_\_\_\_\_14. Cooling rack N. Measures internal temperature of meat.

\_\_\_\_\_15. Cookie sheet O. Cleans and pares foods.

\_\_\_\_\_16. Jelly roll pan P. Fills small bottles and containers.

\_\_\_\_\_17. Funnel Q. Removes food from sides of bowl.

\_\_\_\_\_18. Wire Whisk R. Brush sauce or butter on meat or pastry.

\_\_\_\_\_19. Rubber scrapper S. Drains liquid, larger holes than strainer.

\_\_\_\_\_20. Pastry brush T. Used for whipping milk and eggs.

21. To change from solid to liquid.

 A. Cut In

 B. Melt

 C. Cream

 D. Bake

22. To mix the sugar and fat together until the mixture is smooth and fluffy.

 A. Whip

 B. Blend

 C. Fold In

 D. Cream

23. To beat rapidly to incorporate air.

 A. Whip

 B. Stir

 C. Fold In

 D. Knead

24. To work dough to further mix the ingredients and develop the gluten.

 A. Tear

 B. Skim

 C. Baste

 D. Knead

25. To cut into small cubes.

 A. Grate

 B. Dice

 C. Mince

 D. Chop

26. To remove or strip off the skin or rind of some fruits and vegetables.

 A. Pare

 B. Peel

 C. Slice

 D. Grate

27. To cut or chop food as finely as possible.

 A. Cube

 B. Dice

 C. Mince

 D. Grate

28. To brown or cook food with a small amount of fat using low to medium heat.

 A. Simmer

 B. Steam

 C. Saute

 D. Scald

29. To cook until bubbles rise to the surface.

 A. Boil

 B. Simmer

 C. Saute

 D. Broil

30. Quick mixing motion.

 A. Baste

 B. Beat

 C. Toss

 D. Fold

31. The danger zone is between?

 A. 23o – 120o

 B. 15o – 150o

 C. 30o – 145o

 D. 41o – 135o

32. A disease caused by improperly canned food.

 A. Botulism

 B. E. Coli

 C. Hepatitis

 D. Staphylococci

33. A bacteria found in undercooked ground beef and fecal matter.

 A. Salmonella

 B. Hepatitis

 C. E Coli

 D. Botulism

34. Often found in fresh poultry and raw eggs.

 A. Salmonella

 B. Staphylococci

 C. E. Coli

D. Botulism

**What do the following abbreviations stand for?**

 35. T. 36. t.

 37. gal. 38. c.

 39. hr. 40. qt.

 41. lb. 42. oz.

**Complete the following equivalents.**

 43. \_\_\_\_\_\_\_\_\_\_\_t. = 1 T. 44. \_\_\_\_\_\_\_\_\_\_\_\_\_c. = 1 gal.

 45. \_\_\_\_\_\_\_\_\_\_\_oz. = 1 c. 46. \_\_\_\_\_\_\_\_\_\_\_\_\_T. = ¼ c.

 47. \_\_\_\_\_\_\_\_\_\_\_mins. = 1 hr. 48. \_\_\_\_\_\_\_\_\_\_\_\_\_c. = 1 cube margarine

 49. \_\_\_\_\_\_\_\_\_\_\_T. = 1 c. 50. \_\_\_\_\_\_\_\_\_\_\_\_\_c. = 1 pt.

 51. \_\_\_\_\_\_\_\_\_\_\_c. = 2 T. 52. \_\_\_\_\_\_\_\_\_\_\_\_\_c. = 12 T.

 53. \_\_\_\_\_\_\_\_\_\_\_qt. = 1 gal. 54. \_\_\_\_\_\_\_\_\_\_\_\_\_pt. = 1 qt.

 55. \_\_\_\_\_\_\_\_\_\_\_c. = 1 qt. 56. \_\_\_\_\_\_\_\_\_\_\_\_\_T. = 1/3 c.

 **Explain the proper way to measure the following ingredients.**

57. Flour –

 58. Brown sugar –

 59. Shortening –

 60. Oil –

**Double and half the following recipe:**

**Double Half**

2 c. flour 61. \_\_\_\_\_\_\_\_\_\_\_\_\_\_ 62. \_\_\_\_\_\_\_\_\_\_\_\_\_\_

1 ½ c. sugar 63. \_\_\_\_\_\_\_\_\_\_\_\_\_\_ 64. \_\_\_\_\_\_\_\_\_\_\_\_\_\_

2 t. cinnamon 65. \_\_\_\_\_\_\_\_\_\_\_\_\_\_ 66. \_\_\_\_\_\_\_\_\_\_\_\_\_\_

1 t. soda 67. \_\_\_\_\_\_\_\_\_\_\_\_\_\_ 68. \_\_\_\_\_\_\_\_\_\_\_\_\_\_

¼ t. salt 69. \_\_\_\_\_\_\_\_\_\_\_\_\_\_ 70. \_\_\_\_\_\_\_\_\_\_\_\_\_\_

4 eggs 71. \_\_\_\_\_\_\_\_\_\_\_\_\_\_ 72. \_\_\_\_\_\_\_\_\_\_\_\_\_\_

1 16 – oz. can pumpkin 73. \_\_\_\_\_\_\_\_\_\_\_\_\_\_ 74. \_\_\_\_\_\_\_\_\_\_\_\_\_\_

½ c. oil 75. \_\_\_\_\_\_\_\_\_\_\_\_\_\_ 76. \_\_\_\_\_\_\_\_\_\_\_\_\_\_

77. How long should you wash your hands?

78. Name **two ways** to prevent fire and burns when cooking.

79. Name **two things** you can use to put out a grease fire.

80. What should you **NEVER** put on a grease fire?

81. What are the **three conditions** needed for bacteria growth?

82. What is cross-contamination?

83. How do you get a food-borne illness?

84. FIFO – First In First Out means to do what?

85. What temperature should ground beef be cooked to?

86. What temperature should poultry be cooked to?

87. Name one way to defrost food safely.

88. When cutting up an onion it rolls and you cut yourself. What could you have done to prevent this?

89. What knife cut would be best to use if you wanted to cut your carrots into long, thin matchsticks?

A. Chiffonade

 B. Julienne

 C. Brunoise

90. If your potatoes were cut into ½” cubes they would be

 A. Small dice

 B. Medium dice

 C. Brunoise

91. What knife cut would be best used for lettuce?

 A. Diagonal

 B. Julienne

 C. Chiffonade