

NAME:

Breads

1. What are the 2 types of bread and what is the difference between the 2?
2. Give 2 examples of each type:
3. What are the 7 main ingredients in most baked goods and what is the purpose of each?
4. Name the process that happens during kneading called? What happens during this process?

Grains

5. Should you rinse pasta after draining it, why or why not?
6. What is cornstarch often used for in cooking?
7. List 6 main grains used for food?
8. Any grain can be made into what product?

Kitchen Safety

9. List 4 rules on our Kitchen Safety Contract you signed at the beginning of the semester.

Food –Borne Illnesses

10. Discuss one food-borne illness: define it and talk about where you get it.

Eggs

11. What are the 2 main colors of eggs? What is the difference between the two?
12. List 3 uses for eggs in cooking/baking (not ways we cook eggs, such as scrambled)?

13. List the 6 sizes of eggs.

14. How long are eggs good in the refrigerator after the expiration date?

Fruits

15. Name the 6 fruit categories and an example of each.

16. What vitamin do citrus fruits supply a large amount of?

17. Deep yellow fruits supply a large amount of what vitamin? Because of what?

18. Some fruits, such as bananas, have a type of browning that occurs when exposed to the air, what is that called?

Vegetables

19. What are the 3 ways we can classify vegetables?

20. Of the main classification we discussed, list the 8 categories and an example for each.

21. Vegetables are most nutritious in what form?

22. List 2 things that can happen when vegetables are over-cooked.

Cookies

23. List the six types of cookies and an example of each.

24. How should crisp cookies be stored and soft cookies be stored?

25. What are the 3 steps in the conventional mixing method?

26. What are 2 things that can cause uneven baking?

Cooking Basics

27. Know the following cooking terms:

- a. Baste
- b. Cut in
- c. Dash
- d. Butterfly
- e. Garnish
- f. Snip
- g. Marinade
- h. Steam
- i. Simmer
- j. Sear
- k. Stew
- l. Pare

28. Know the basic equivalents and substitutions

29. Know how to double and half a recipe

30. Know what measuring utensils to use for which foods