

A black and white photograph of a person's hands holding a pen over a notebook with a spiderweb overlay. The text "Foods 30 Review" is written in a large, white, hand-drawn font across the center of the image.

Foods 30 Review

This workbook belongs to: _____

*This workbook has a collection of assignments that will help you refresh your brain about food safety, cooking terminology, the right tools for the job, lab prep and the modification of recipes. You will find the **Food for Today** textbook a great resource in completing this assignment. Good Luck!*

Due Date: _____

MRs. Klatt

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Name: _____

FOODS 30

Preventing Kitchen Accidents

Complete the chart below using the information discussed in class. You may also refer to *Food for Today*, pages 71–95, to assist with this task.

Safe Kitchen Practices	Using Electricity Safely
Stove and Microwave Safety	The Safe Use of Kitchen Chemicals
Accident Prevention for Children	Food Storage and Safety

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FOODS 30

Food Safety Word Search

Circle the answers to the clues below on the Food Safety Word Search grid on the next page.

CLUES

1. Wash the top of a _____ before opening it to keep dirt from getting into the food.
2. When the juices from meat, poultry, or seafood come into contact with other foods, _____ can happen.
3. If possible, it is a good idea to avoid using _____ made of porous materials, such as wood.
4. The temperature range where bacteria grow rapidly is called the _____.
5. _____ any foods that having been sitting at room temperature for more than two hours.
6. _____ is a type of bacteria found in contaminated water, raw or rare ground beef, and unpasteurized milk or apple juice.
7. _____ means following practices that help prevent food-borne illness and keep food safe to eat.
8. Keep hot foods _____.
9. Tiny living creatures visible only through a microscope are called _____. Harmful bacteria grow and spread and can lead to illness.
10. A safe and quick way for thawing frozen foods is to _____ them.
11. Insects and rodents that can bring disease into the kitchen are called _____.
12. During a _____, you should avoid opening the refrigerator or freezer door to help maintain cold temperatures.
13. The best place to thaw frozen food is in the _____.
14. If you have an open wound on your hand, you should wear _____ when preparing food.

Name: _____

15. A type of food poisoning found in raw or undercooked foods, such as poultry, eggs, meat, and unpasteurized milk, is called _____.
16. To _____ means to keep raw meats and poultry away from other foods during storage and preparation.
17. Refrigerate foods in _____ containers. Large, deep containers keep the food from cooling rapidly and evenly.
18. A kitchen tool used to determine whether meat is cooked to a safe temperature is a _____.
19. You should have two _____ in your kitchen—one for dishes and one for your hands.
20. Do not leave foods out for more than _____ hours at room temperature.

Y	U	Q	M	F	V	B	Z	P	O	W	F	I	L	O	C	E	C	T	N
J	U	F	O	O	D	S	A	F	E	T	Y	G	Y	K	P	V	L	Z	S
P	C	B	X	E	J	J	Y	Q	O	P	A	K	V	C	V	M	H	C	D
M	R	U	R	J	T	K	N	Z	H	K	J	D	R	G	U	L	M	M	R
Y	O	T	U	Q	C	A	N	S	Y	E	I	X	L	M	E	U	S	I	A
G	S	F	B	X	K	U	X	C	P	S	S	C	B	K	V	S	D	C	O
V	S	E	B	T	W	Z	Y	W	C	H	T	P	A	G	A	E	B	R	B
X	C	G	E	W	U	F	L	A	O	S	T	B	M	S	W	P	K	O	N
Q	O	A	R	O	C	I	R	A	W	L	K	O	A	N	O	A	K	O	I
M	N	T	G	Z	N	D	T	F	N	T	L	L	H	F	R	R	Z	R	T
W	T	U	L	T	J	X	E	H	K	Y	M	A	J	B	C	A	U	G	T
U	A	O	O	Q	F	Z	O	V	E	O	I	U	H	W	I	T	G	A	U
M	M	R	V	J	N	R	R	D	N	R	P	L	A	S	M	E	I	N	C
S	I	E	E	J	J	D	C	E	C	H	M	M	A	P	F	X	A	I	W
A	N	W	S	F	C	L	L	V	T	J	I	O	L	P	R	B	O	S	C
M	A	O	H	S	G	L	P	E	S	T	S	K	M	B	O	N	L	M	I
K	T	P	N	F	A	M	U	V	O	Z	P	F	A	E	G	P	V	S	G
F	I	O	J	O	J	R	E	F	R	I	G	E	R	A	T	O	R	O	B
M	O	S	T	O	W	E	L	S	L	G	Y	N	H	Y	R	E	F	N	M
H	N	F	E	N	O	Z	R	E	G	N	A	D	L	N	C	A	R	E	X

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FOODS 30

Cooking Preparation Terminology

Complete the following worksheet after completing the Cooking Preparation Matching Game.

Slice	
	To cut food into small, square pieces.
	To cut off a very thin layer of peel.
	To cut food into small pieces or shreds by pressing and rubbing the food against a rough surface.
Score	
	To cut food into small, irregular pieces.
	To cut food into very small, irregular pieces.
Cream	
	To incorporate air into a mixture to make it light and fluffy.
	To gently mix delicate ingredients with a rubber scraper or wooden spoon.
Sift	
	To make foods smooth.
	To brush or pour a liquid over a food as it cooks.
	To coat a food with dry ingredients, such as flour or crumbs.
Boil	

Name: _____

	To cook food using a liquid between 86°C and 99°C.
Steam	
	To cook meat in a shallow, uncovered pan with a rack.
Bake	
	To turn the oven on before cooking to reach the desired temperature.
	Cooking food under direct heat.
Pan-broil	
	To brown or cook food in a skillet with a small amount of fat on low-to-medium heat.
	To brown larger pieces of meat, poultry, or fish before cooking them in moist heat.
Deep-fat fry	
	To brown food and simmer it for a long period to tenderize food and enhance flavour.
Stir-fry	

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FOODS 30

The Right Tool for the Job

Match each technique in the left column with the kitchen tool from the right column that is the best choice for that job. Write the letter of the kitchen tool in the space provided. Do not use any tool more than once.

Measuring, Cutting, and Mixing Techniques

Kitchen Tools

- | | | |
|-------|--|---------------------|
| _____ | 1. Cuts a very thin layer from fruit and vegetables. | a. Cutting board |
| _____ | 2. Lifts and turns flat foods | b. Potholders |
| _____ | 3. Sucks up juices and bastes meat or poultry. | c. Poultry shears |
| _____ | 4. Protects hands when removing items from the oven. | d. Baster |
| _____ | 5. Measures the internal temperature of foods. | e. Sifter |
| _____ | 6. Helps keep knives sharp. | f. Rubber scraper |
| _____ | 7. Removes the bones from meat, poultry, and fish. | g. Meat thermometer |
| _____ | 8. Slices, chops, and dices | h. Grater |
| _____ | 9. Cuts through bone, snips, trims, or cuts dried fruit, parsley, or fresh herbs. | i. Boning knife |
| _____ | 10. Eliminates lumps in flour or adds air to dry ingredients. | j. Food processor |
| _____ | 11. Protects the counter or table while cutting. | k. Chef's knife |
| _____ | 12. Mixes and whips foods by hand. | l. Sharpening steel |
| _____ | 13. Cuts foods into smaller pieces or shreds by pressing and rubbing the food against a rough surface. | m. Turner |
| _____ | 14. Scrapes food from bowls | n. Paring knife |
| _____ | 15. Purées a food to make it smooth. | o. Rotary beater |

5. Where would you find the following bacteria listed below?

a. *E.coli*

b. *Staphylococcus aureus*

c. *Clostridium botulinum*

d. *Salmonella*

e. *Listeria monocytogenes*

6. Before you begin to handle food, what 5 things could **you do** to prevent introducing harmful bacteria into the food.

7. Define cross contamination.

8. What is the 2 hour rule?

9. What 3 ways can food be thawed safely.

10. What is the difference between a convection oven and a conventional oven? What are the advantages to using a convection oven?

How to Wash Dishes

Review the link below to create a point form list of the best way to wash dishes.
Remember, the order in which you list them does MATTER!

<http://www.wikihow.com/Wash-Dishes>

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

cooking conversions

Need a refresher about how to convert in the kitchen? Use the link below to help you.

<http://busycooks.about.com/od/howtocook/a/howtomeasure.htm>

1. How many teaspoons are in a tablespoon? _____
2. How many tablespoons are in $\frac{1}{4}$ cup? _____
3. How many mL are in a tablespoon? _____
4. How many mL are in a teaspoon? _____
5. How many $\frac{1}{2}$ cups are in 3 cups? _____
6. How many mL are in a $\frac{1}{2}$ cup? _____
7. How many mL are in a $\frac{1}{4}$ cup? _____
8. How many $\frac{1}{3}$ cups are in 2 cups? _____
9. How many mL are in a $\frac{2}{3}$ cup? _____
10. How many cups are in 500 mL? _____
11. How many ounces in 250ml? _____
12. How many mL are in 2 tbsp + $\frac{1}{4}$ cup? _____
13. How many cups in 1 Litre? _____
14. How many mL are in 2 cups + $\frac{1}{3}$ cup + 1 tsp _____
15. How many ounces are in a pound? _____
16. How many tablespoons are in a stick of butter? _____