USE the professional cooling textbook pg 63 to 73 and 123 to 127 and 876. to answer the questions.

PART 1: COOKING METHODS & MEDIUMS

List 4 ways professional cooks are making foods more healthful. Explain each.

1. Define each cooking method listed below and list 2 foods in short order cooking suitable for each method.

a. Poaching

b. Steaming

c. Sautéing

d. Grilling

e. Broiling

f. Deep frying

PART 2: FOOD PRESENTATION

1. Explain the phrase "The eye eats first." How does this affect the chef's job?

2. List 7 guidelines when plating food.

3. Define:

- a. Garnish
- b. "To garnish"
- c. Garniture
- 4. List 5 simple garnishes that can be used on a plate.

Product analysis for:

Product:	Nutrition:						
Presented in appropriate manner (garnish, temperature)	This product belongs to: (circle all that apply) Grain Products Vegetables & Fruits Milk Products Meat & Alternates Other						
Describe the standard product.	Major nutrients in 1. 2. 3.	iclude:	Function of nutrient:				
	This product is/is	not nutritious because:					
	Ingredients: Maj 1. 2. 3.	or ingredients:		Function:			
What preparation techniques/skills/methods did you	use/leam?						

Product analysis for:______

Nutrition:							
This product belongs to: (circle all that apply)							
Grain Products	Vegetables & Fruits	Milk Products	Meat & Alternates	Other			
Major nutrients in 1. 2. 3.	iclude:	Func	Function of nutrient:				
This product is/is not nutritious because:							
Ingredients: Majo	or ingredients:	Function:					
1.	, ,						
2.							
3.							
What preparation techniques/skills/methods did you use/learn?							
	This product belo Grain Products Major nutrients in 1. 2. 3. This product is/is Ingredients: Maju 1. 2. 3.	This product belongs to: (circle all that app Grain Products Vegetables & Fruits Major nutrients include: 1. 2. 3. This product is/is not nutritious because: Ingredients: 1. 2. 3.	This product belongs to: (circle all that apply) Grain Products Vegetables & Fruits Milk Products Major nutrients include: Funce 1. 2. 3. This product is/is not nutritious because: Ingredients: 1. 2. 3.	This product belongs to: (circle all that apply) Grain Products Vegetables & Fruits Milk Products Meat & Alternates Major nutrients include: I. 2. 3. This product is/is not nutritious because: Ingredients: I. 2. 3.			