Kitchen Safety Review

1. Foods should NOT be left at room temperature over __2__ hours.
   a. 2-3 hours
   b. 24 hours
   c. 30 minutes
   d. 12 hours

2. It is ______________ to eat foods out of a can that is bulging or leaking.
   a. Safe
   b. Un-Safe

3. Wash cutting boards after each use to prevent the spread of ____.
   a. Bugs
   b. Happiness
   c. Vitamins and Minerals
   d. Bacteria and Germs

4. What do you wear in the kitchen to protect your clothes?
   a. Apron
   b. Smock
   c. Dress
   d. Hair Net

5. What should you ALWAYS do before you start to cook?
   a. Wash your hands
   b. Talk to your friends
   c. Check your text messages
   d. Fix your hair

6. What kind of spoon is the safest to stir in hot liquids?
   a. Metal Spoon
   b. Plastic Spoon
   c. Wooden Spoon

7. Use thick dry _____________ when handling hot objects.
   a. Dish Towels
   b. Oven Mitts

8. Use a _____________ on the table when chopping or slicing food. This will help to protect the counter tops or table from damage.

9. Never place _____________ on a grease fire!

10. Keep a ________________ in the kitchen and know how to use it if there is a fire. *(If you spell this answer correct you will receive an extra point!)*
11. When unplugging an electrical appliance pull on the plug you should never pull on the cord.

12. TRUE or FALSE - You should never sit on the counters in the kitchen.

13. If you burn your hand what should you do first?
   a. Rub butter on it.
   b. Cry
   c. Tell your friend
   d. Run it under cold water

14. Can a hot pan be moved from the oven and placed directly on the counter?
   YES or NO

15. If looks bad and smells bad then it probably ..........
   a. Is ok to try it
   b. Is bad, throw it out
   c. Is ok to give to your friend
   d. Is safe to eat

16. When passing a knife to someone, you should pass it
   a. With the handle first
   b. With the blade always facing down
   c. Very carefully
   d. All of the above

17. When cooking on the stove top you should always turn your pan handles to ____________ to prevent them from being knocked off the stove.
   a. Back
   b. Side
   c. Middle
   d. All of the above

18. What is the bad bacteria (food poisoning) you can get from eating improperly cooked chicken?
   a. Ecoli
   b. Salmonella
   c. Halitosis
   d. Trichinosis

19. The best way to clean dirty dishes is with soap and ________________ water
   a. Cold
   b. Hot
   c. Warm
   d. Bottled

20. What do you do if you spill something on the floor?
   a. Nothing, Mrs. Alexander will clean it up
   b. Wait for the janitor to come clean it up
   c. Clean it up immediately
   d. Blame it on your friend
Word Bank
- Dry Measuring Cups
- Liquid Measuring Cup
- Wooden Spoon
- Mixing Bowls
- Measuring Spoons
- Rubber Scrapers
- Knife
- Sifter
- Spatula
- Rolling Pin
- Peeler
- Oven Mitt
- Colander
- Cutting Board
- Whisk
- Cupcake/Muffin Pan
- Straight Edge Spatula
- Cooling Rack
- Grater
- Pizza Cutter
- Slotted Spoon
List the type of measuring tool you would use for the following ingredients:
(dry measuring cups, liquid measuring cup, measuring spoons)

- 1 cup flour (DMC)
- 1/2 cup brown sugar (DMC)
- 1 T. water (MS)
- 1 t. salt (MS)
- 1 1/2 cups oil (LMC)

Cooking Terms: matching using terms below.

Chill
Garnish
Blanch
Marinate
Cut in
Baste
Grate
Whip
Stir
Roll out

A. to cook partially in boiling water
B. to cool down
C. to mix dry ingredients and fat (butter) together with pastry blender
D. to decorate a food
E. to shred cheese with a grater
F. to put liquid on a food like BBQ sauce or teriyaki sauce
G. to use a rolling pin to flatten dough
H. to beat while adding air
I. to mix two ingredients together with a wooden spoon
J. to moisten foods
KITCHEN SAFETY AND SANITATION

1. What are three precautions to follow when handling knives?
   - Blade down
   - Don't soak in sink
   - Hold by handle

2. What are three guidelines to observe when using cookware on the stovetop?
   - Don't leave it unattended
   - Don't put face over steam
   - Use oven mitt

3. Describe what you should do if there is a grease fire at the stove?
   Do Not use water
   Baking soda ok

4. Why should you dry your hands before touching an electrical appliance?
   Electric shock

5. Explain why household cleaning products are dangerous.
   Combined they can be very dangerous chemicals - you cannot consume

6. What causes food borne illness?
   Undercooked or raw food
   Cross contamination, dirty surface

7. Why should you wash your hands thoroughly when working with food?
   So you don't transfer bacteria, germs into food, onto you, from dirty hands

8. How can you prevent cross-contamination when handling food products?
   Always wash things that come in contact with raw foods right away
Changing Recipe Yield

Activity D
Chapter 13
Name ____________________________ Date ____________________________ Period ____________________________

In the spaces provided, write the yield and amounts of ingredients for a half recipe and a double recipe. Keep all measurements in the same units shown in the recipe. Then answer the questions that follow.

<table>
<thead>
<tr>
<th>Half Recipe</th>
<th>Turkey Joes</th>
<th>Double Recipe</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Served 3-4</td>
<td>1 1/2 pounds ground turkey</td>
<td>Serves 12-16</td>
</tr>
<tr>
<td>2. 3/4 lb.</td>
<td>1/2 cup chopped onion</td>
<td>11. 3 lbs</td>
</tr>
<tr>
<td>3. 1 tsp</td>
<td>1 tablespoon flour</td>
<td>12. 1 c.</td>
</tr>
<tr>
<td>4. 3/4 tsp</td>
<td>2 teaspoons brown sugar</td>
<td>13. 1 1/2 tsp</td>
</tr>
<tr>
<td>5. 1/2 tsp</td>
<td>1 teaspoon ground mustard</td>
<td>14. 1 1/2 tsp</td>
</tr>
<tr>
<td>6. 1/2 tsp</td>
<td>1 1/2 teaspoons chili powder</td>
<td>15. 1 1/2 tsp</td>
</tr>
<tr>
<td>7. 3/4 tsp</td>
<td>1/2 cup water</td>
<td>16. 1 1/2 tsp</td>
</tr>
<tr>
<td>8. 3/4 tsp</td>
<td>2 tablespoons cider vinegar</td>
<td>17. 1 1/2 tsp</td>
</tr>
<tr>
<td>9. 3/4 tsp</td>
<td>1 1/2 cups chili sauce</td>
<td>18. 1 1/2 tsp</td>
</tr>
<tr>
<td>10. 3/4 c.</td>
<td></td>
<td>19. 1 1/2 tsp</td>
</tr>
</tbody>
</table>

21. How would you measure the amount of flour needed for half a recipe?
   - Measure 1/2 tsp
22. How would you measure the amount of water needed for half a recipe? Meas. 1 tsp
23. Convert the amount of brown sugar needed for a double recipe into units that would require the least amount of measuring.
   - 1 T + 1 tsp
24. Convert the amount of chili powder needed for a double recipe into units that would require the least amount of measuring.
   - 1 1/2 tsp
25. Convert the amount of vinegar needed for a double recipe into units that would require the least amount of measuring.
   - 1 1/2 tsp

26. What is the metric equivalent of the amount of onion needed for half a recipe? Metric
27. What is the metric equivalent of the amount of mustard needed for half a recipe? Metric
28. What is the metric equivalent of the amount of vinegar needed for half a recipe? Metric
29. What is the metric equivalent of the amount of chili sauce needed for half a recipe? Metric
30. What is the metric equivalent of the amount of mustard needed for a single recipe? Metric
31. What is the metric equivalent of the amount of water needed for a single recipe? Metric
32. What is the metric equivalent of the amount of onion needed for a double recipe? Metric
33. What is the metric equivalent of the amount of water needed for a double recipe? Metric
34. What is the metric equivalent of the amount of vinegar needed for a double recipe? Metric

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We use US Standard/CUSTOMARY