

Name

Key

Date

Period

CA

Kitchen Safety Review

Review for
Kitchen
Readiness
Exam

Culinary
1

Per 1, 2,
4, 7, 8

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 Cutting board on the table when chopping or slicing food. This will help to protect the counter tops or table from damage.

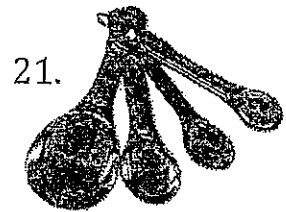
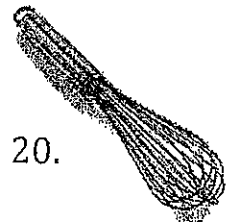
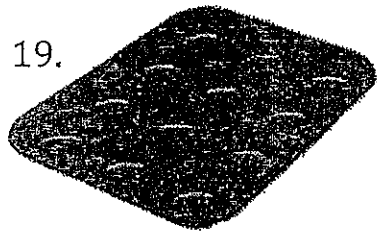
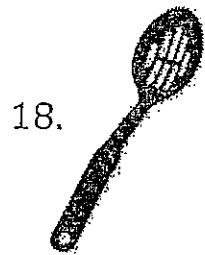
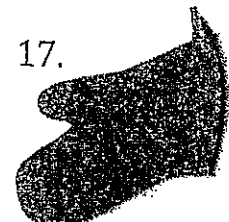
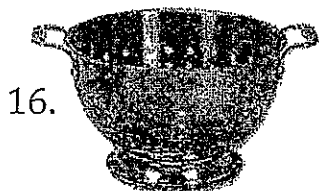
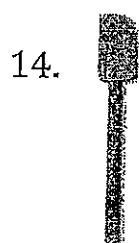
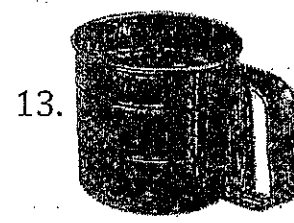
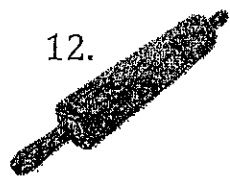
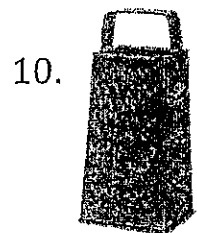
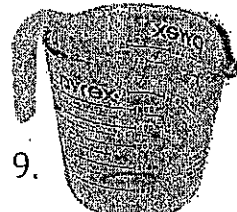
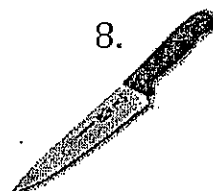
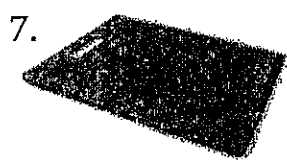
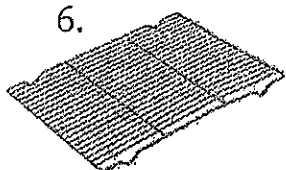
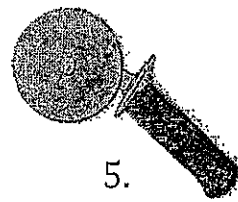
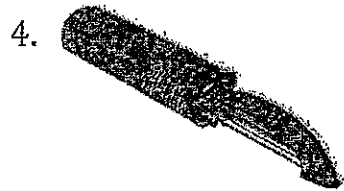
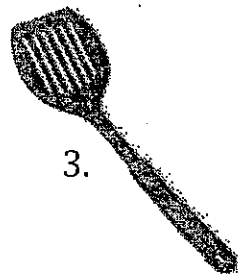
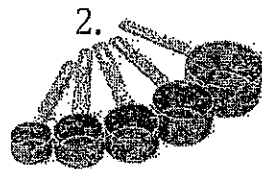
9. Never place Water on a grease fire!

10. Keep a Fire extinguisher 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 or yank 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?
- Rub butter on it.
 - Cry
 - Tell your friend
 - 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.....
- Is ok to try it
 - Is bad, throw it out!
 - Is ok to give to your friend
 - Is safe to eat
16. When passing a knife to someone, you should pass it D
- With the handle first
 - With the blade always facing down
 - Very carefully
 - All of the above
17. When cooking on the stove top you should always turn your pan handles to the side to prevent them from being knocked off the stove.
- Back
 - Side
 - Middle
 - All of the above
18. What is the bad bacteria (food poisoning) you can get from eating improperly cooked chicken?
- Ecoli
 - Salmonella
 - Halitosis
 - Trichinosis
19. The best way to clean dirty dishes is with soap and hot water
- Cold
 - Hot
 - Warm
 - Bottled
20. What do you do if you spill something on the floor?
- Nothing, Mrs. Alexander will clean it up
 - Wait for the janitor to come clean it up
 - Clean it up immediately
 - Blame it on your friend

Word Bank

- 2 Dry Measuring Cups
- 9 Liquid Measuring Cup
- 1 Wooden Spoon
- 4 Mixing Bowls
- 21 Measuring Spoons
- 4 Rubber Scraper
- 8 Knife
- 13 Sifter
- 3 Spatula
- 12 Rolling Pin
- 4 Peeler
- 17 Oven Mitt
- 10 Colander
- 7 Cutting Board
- 20 Whisk
- 19 Cupcake/Muffin Pan
- 15 Straight Edge Spatula
- 6 Cooling Rack
- 10 Grater
- 5 Pizza Cutter
- 18 Slotted Spoon



MEASURING AND COOKING METHODS

List the type of measuring tool you would use for the following ingredients:
(dry measuring cups, liquid measuring cup, measuring spoons)

DMC
1 cup flour

DMC

LMC

MS

DMC
½ cup brown sugar

DMC

MS
1 T. water

MS

MS
1 t. salt

MS

LMC
1 ½ cups oil

LMC

Cooking Terms: matching using terms below.

Chill B

Garnish D

Blanch A

Marinate F

Cut in C

Baste J

Grate E

Whip H

Stir I

Roll out G

- 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

NAME _____
DATE _____

FAMILY AND CONSUMER SCIENCES
PERIOD _____

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 mitts

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 or

7. Why should you wash your hands thoroughly when working with food?

So you don't transfer (bacteria) or germs into food, on your hands, or from food. Dirty hands, poor storage or cooling

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

There is no meas spoon. 1 1/2 tsp.

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.

Half Recipe	Turkey Joes	Double Recipe
1. <u>Serves 3-4</u>	Serves 6 to 8	11. <u>Serves 12-16</u>
2. <u>3/4 lb.</u>	1 1/2 pounds ground turkey	12. <u>3 lbs</u>
3. 1/4 lb. <u>1/4 c.</u>	1/2 cup chopped onion	13. <u>1 c.</u>
4. <u>1/2 T = 1 1/2 T</u>	1 tablespoon flour	14. <u>2 T</u>
5. <u>1 tsp</u>	2 teaspoons brown sugar	15. <u>4 tsp</u>
6. <u>1/2 tsp</u>	1 teaspoon ground mustard	16. <u>2 tsp</u>
7. <u>3/4 tsp</u>	1 1/2 teaspoons chili powder	17. <u>3 tsp</u>
8. 2 T <u>2 T + 2 1/2 tsp</u>	1/3 cup water	18. <u>2/3</u>
9. <u>1 Tbsp</u>	2 tablespoons cider vinegar	19. 2/3 <u>2/3 Tbsp (1/4 c.)</u>
10. <u>3/4 c.</u>	1 1/2 cups chili sauce	20. <u>3 c.</u>

- How would you measure the amount of flour needed for half a recipe? meas spoons
- How would you measure the amount of water needed for half a recipe? meas spoons
- 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.
- Convert the amount of chili powder needed for a double recipe into units that would require the least amount of measuring. 1 Tbsp.
- Convert the amount of vinegar needed for a double recipe into units that would require the least amount of measuring. 1/4 c.
- What is the metric equivalent of the amount of onion needed for half a recipe? _____
- What is the metric equivalent of the amount of mustard needed for half a recipe? _____
- What is the metric equivalent of the amount of vinegar needed for half a recipe? _____
- What is the metric equivalent of the amount of chili sauce needed for half a recipe? _____
- What is the metric equivalent of the amount of mustard needed for a single recipe? _____
- What is the metric equivalent of the amount of water needed for a single recipe? _____
- What is the metric equivalent of the amount of onion needed for a double recipe? _____
- What is the metric equivalent of the amount of water needed for a double recipe? _____
- What is the metric equivalent of the amount of vinegar needed for a double recipe? _____

*Metric ↑
We use US Standard / Customary*