

Name _____

Date _____

Period _____

CA _____

Kitchen Safety Review

Review for
Kitchen
Readiness
Exam

1. Foods should NOT be left at room temperature over _____ 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 _____ you should never pull or yank the _____.
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 _____.
- 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 _____ 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 _____ 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

Name _____

Kitchen Tools Review

Period _____

Word Bank

- ___ Dry Measuring Cups
- ___ Liquid Measuring Cup
- ___ Wooden Spoon
- ___ Mixing Bowls
- ___ Measuring Spoons
- ___ Rubber Scraper
- ___ 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

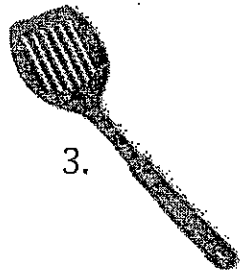
1.



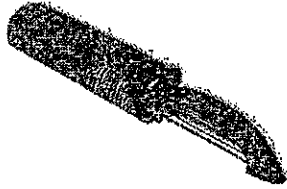
2.



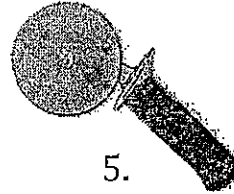
3.



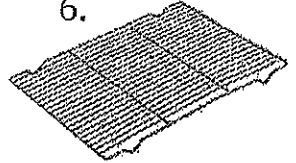
4.



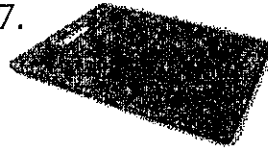
5.



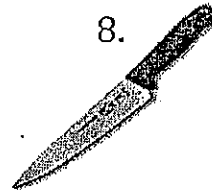
6.



7.



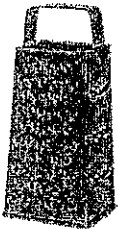
8.



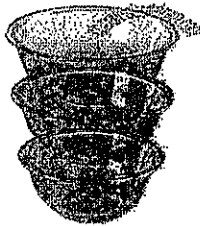
9.



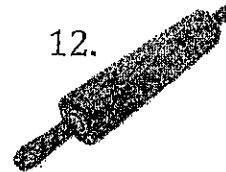
10.



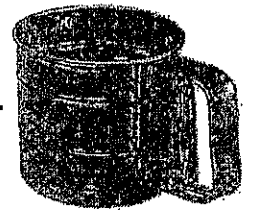
11.



12.



13.



14.



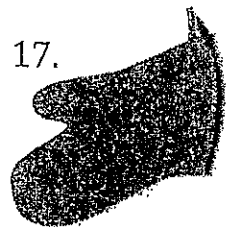
15.



16.



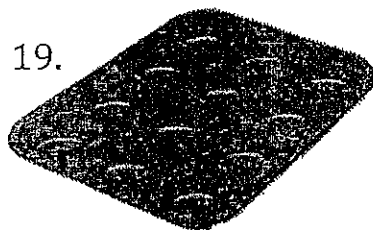
17.



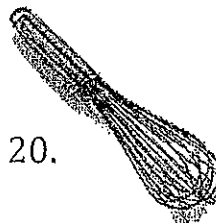
18.



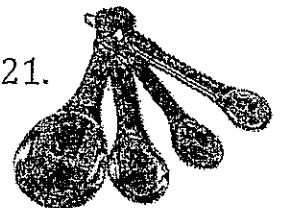
19.



20.



21.



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)

1 cup flour _____

½ cup brown sugar _____

1 T. water _____

1 t. salt _____

1 ½ cups oil _____

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

NAME _____
DATE _____

FAMILY AND CONSUMER SCIENCES
PERIOD _____

KITCHEN SAFETY AND SANITATION

1. What are three precautions to follow when handling knives?
2. What are three guidelines to observe when using cookware on the stovetop?
3. Describe what you should do if there is a grease fire at the stove?
4. Why should you dry your hands before touching an electrical appliance?
5. Explain why household cleaning products are dangerous.
6. What causes food borne illness?
7. Why should you wash your hands thoroughly when working with food?
8. How can you prevent cross-contamination when handling food products?

Changing Recipe Yield

Activity D

Name _____

Chapter 13

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.

Half Recipe	Turkey Joes	Double Recipe
1. _____	Serves 6 to 8	11. _____
2. _____	1½ pounds ground turkey	12. _____
3. _____	½ cup chopped onion	13. _____
4. _____	1 tablespoon flour	14. _____
5. _____	2 teaspoons brown sugar	15. _____
6. _____	1 teaspoon ground mustard	16. _____
7. _____	1½ teaspoons chili powder	17. _____
8. _____	⅓ cup water	18. _____
9. _____	2 tablespoons cider vinegar	19. _____
10. _____	1½ cups chili sauce	20. _____

21. How would you measure the amount of flour needed for half a recipe? _____
22. How would you measure the amount of water needed for half a recipe? _____
23. Convert the amount of brown sugar needed for a double recipe into units that would require the least amount of measuring. _____
24. Convert the amount of chili powder needed for a double recipe into units that would require the least amount of measuring. _____
25. Convert the amount of vinegar needed for a double recipe into units that would require the least amount of measuring. _____
26. What is the metric equivalent of the amount of onion needed for half a recipe? _____
27. What is the metric equivalent of the amount of mustard needed for half a recipe? _____
28. What is the metric equivalent of the amount of vinegar needed for half a recipe? _____
29. What is the metric equivalent of the amount of chili sauce needed for half a recipe? _____
30. What is the metric equivalent of the amount of mustard needed for a single recipe? _____
31. What is the metric equivalent of the amount of water needed for a single recipe? _____
32. What is the metric equivalent of the amount of onion needed for a double recipe? _____
33. What is the metric equivalent of the amount of water needed for a double recipe? _____
34. What is the metric equivalent of the amount of vinegar needed for a double recipe? _____