**Food Service Occupations 1 Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Unit 5: Breakfast Preparation Review Period:\_\_\_\_\_\_\_\_\_\_\_\_**

**Multiple Choice: Choose the best possible answer**

1. Identify the most popular breakfast item at a restaurant.
	1. Cereal
	2. Pancakes
	3. Eggs
	4. Toast
2. Referring back to Question #1 why is that food item the most popular?
	1. Versatile
	2. Flavor
	3. Cost
	4. Texture
3. Identify the second most popular breakfast food item that can be prepped ahead of time.
	1. Cereal
	2. Pancakes
	3. Meats
	4. Eggs
4. What are breakfast meats commonly made from?
	1. Pork
	2. Beef
	3. Turkey
	4. Chicken
5. Identify the egg grade(s) that represents restaurant plate quality.
	1. Grade AA
	2. Grade A
	3. Grade B
	4. Grade AA & A
6. Identify the egg grade(s) that represents bakery baking quality.
	1. Grade A
	2. Grade B
	3. Grade C
	4. Grade B & C
7. Identify which size egg is most commonly used in the kitchen.
	1. Jumbo
	2. Large
	3. Medium
	4. Small
8. Identify the correct rule when storing eggs.
	1. Store eggs in the freezer.
	2. Store egg yolks with water to keep them from drying out.
	3. Store egg whites up to 2 weeks.
	4. None of the Above.
9. Identify the fat substance that eggs should **NOT** be fried in a pan.
	1. Bacon grease
	2. Shortening
	3. Margarine
	4. Butter
10. Identify the correct steps for frying eggs.
	1. Heat pan to a high temperature and continue to fry eggs till done.
	2. Heat pan to a moderate temperature and continue to fry eggs till done.
	3. Heat pan to a moderate temperature and immediately turn down after egg whites have solidified.
	4. Heat pan to a low temperature and immediately turn up after egg whites have solidified.
11. Identify the **incorrect** statement about scrambled eggs.
	1. Serving eggs immediately is best for flavor and texture.
	2. Cooking with a moderate amount of fat is best when making scrambled eggs.
	3. Cooking at a moderate temperature is best when making scrambled eggs.
	4. Excessive stirring of the eggs is best when making scrambled eggs.
12. Identify the proper boiling temperature.
	1. 100° F
	2. 212° F
	3. 350° F
	4. 400° F
13. Identify the characteristics of an over boiled egg.
	1. Green ring around the yolk.
	2. Tough texture.
	3. Rubbery texture.
	4. All the Above.
14. Identify the proper simmering temperature.
	1. 100° F
	2. 195° F
	3. 212° F
	4. 350° F
15. Identify the correct steps for boiling eggs.
	1. Bring water to boil, place eggs in, reduce water temperature to a simmer until cooked.
	2. Bring water to a boil and place eggs in until cooked.
	3. Place eggs in warm water and bring to a boil.
	4. Place eggs in warm water until cooked.
16. Identify the characteristics for shirred eggs.
	1. Eggs that are finished in the oven.
	2. Eggs that are cooked at a moderate temperature.
	3. Eggs that are cooked in a shallow casserole dish.
	4. All the Above
17. Identify the correct number of eggs used in a standard omelet.
	1. 1-2
	2. 2-3
	3. 3-4
	4. 4-5
18. Identify the reason(s) why pancakes are popular.
	1. Easy to digest.
	2. Serve in many ways.
	3. Low cost.
	4. All the Above
19. Identify common breakfast meats.
	1. Bacon
	2. Ham
	3. Sausage
	4. All the Above
20. Identify the type of breakfast that offers the most variety.
	1. Breakfast Buffet
	2. Pastry Breakfast
	3. Continental Breakfast
	4. A & C

**True (A) or False (B)**

1. \_\_\_\_Always overcook eggs slightly.
2. \_\_\_\_When peeling a hard-boiled egg, start to peel at the large end of the egg.
3. \_\_\_\_It is easier to peel a hard-boiled egg if it is submerged in cold water.
4. \_\_\_\_A continental breakfast usually consists of fruit or juice, toast or pastry, and coffee.
5. \_\_\_\_Scrambled eggs are the easiest method when preparing eggs in large quantities.
6. \_\_\_\_Always break eggs in aluminum bowls so it doesn’t discolor the eggs.
7. \_\_\_\_Hard boiled eggs should cook between 15-17 minutes after reducing the water to simmer.
8. \_\_\_\_Eggs are usually poached for a period of 10-12 minutes.
9. \_\_\_\_The omelet is very versatile because it blends well with other foods.
10. \_\_\_\_Omelets should be made to order to preserve flavor and texture.
11. \_\_\_\_Pancakes become a high priced item once combined with toppings such as jams and fruits.
12. \_\_\_\_The better pancake mixes call for milk, oil, and eggs.
13. \_\_\_\_Canadian bacon is a very expensive breakfast meat.
14. \_\_\_\_Bacon should be overlapped on the baking pan in order to prevent shrinkage and curling.

**Matching: Each letter is used only once**

A. Binding Agent B. Adhesive Agent C. Emulsifying Agent

D. Egg Entrée E. Leavening Agent AB. Clarifying Agent

1. \_\_\_\_Chicken Consommé
2. \_\_\_\_Baked Meatloaf
3. \_\_\_\_Eggs Benedict
4. \_\_\_\_Mayonnaise
5. \_\_\_\_Breaded Baked Chicken
6. \_\_\_\_Angel Food Cake