**Foods and Nutrition I Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Term 1 Assessment Test Review**

**Unit 1: The Food Service Industry**

1. Identify Careme’s contributions to the culinary world
2. Identify Escoffier’s contributions to the culinary world
3. Identify the 6 types of dining environments
4. Understand the difference between front-of-the-house and back-of-the-house operations
5. Identify the different levels of education/training in the culinary industry
6. Identify the job positions in the culinary career clusters (pick 2 from each category)

**Unit 2: Food Safety & Sanitation**

1. Identify the food agencies and their roles in the food industry
2. Understand the role behind high protein and high acidic foods
3. Identify contaminants (biological, chemical, physical)
4. Describe the difference between direct and cross contamination
5. Identify proper handling and storage of raw foods (at least 5, from slide labeled “Receiving, Storage, Preparation, and Thawing”)
6. Describe what foodborne illnesses are and identify the 5 main foodborne illnesses
7. Identify proper personal hygiene guidelines (at least 5)
8. Identify what HACCP is used for

**Unit 3: Hand Tools and Smallwares**

1. Identify culinary equipment and their roles when used in food labs (at least 5)
2. Define culinary terms used in food labs (at least 5)

**Unit 4: Standardized Recipes, Measurements, and Conversions**

1. Identify units in customary and metric systems
2. Identify the measurement equivalents (there are 7)
3. Create measurement combinations (using dry measuring cups) for the following:

1/8 c. 2/3 c. ¾ c. 1 1/4c.

1. Identify the 3 groups behind ingredients functions. List ingredient examples for each group.
2. Apply the culinary conversion equation (desired yield divided by regular yield = conversion factor)

Original yield= 4 1c. Flour ¼ t. salt

New Yield= 12 ½ t. baking powder 1/3 c. milk

1 ½ c. sugar

1. Identify cooking techniques used in cookie lab

**Unit 5: Knives and Cutlery**

1. Identify knife safety guidelines (at least 5)
2. Identify chef and paring knives functions
3. Describe the guided hand method
4. Describe the knife grip method
5. Identify and define knife cuts (and preliminary cuts) used in lab
6. Identify cooking techniques used in onion ring lab

**Unit 6: Sensory Perception**

1. Identify spices vs. herbs
2. Differentiate between oils/vinegars and condiments
3. Identify the important facts behind marinades
4. Identify cooking techniques used in beef kabob lab