**Foods I**

**Term 2 Assessment Test Review**

**Unit 7: Nutrition**

* Define what “nutrient dense foods” mean.
* Identify the health problems that are causing more individuals to become ill.
* Describe what dietary fiber is (definition, benefits, food examples).
* Describe the function of a blender.
* Define sautéing.
* Understand the DV% on nutritional labels.

**Unit 8: Dessert (Decorating)**

* Describe royal icing.
* List all the designs can you pipe with the following tips:
* Tip #7:
* Tip #18:
* Understand how to measure (inches) gingerbread house patterns

**Unit 9: Eggs**

* Describe a broiler’s function.
* Describe a griddle’s function.
* Describe the coagulation process.
* Define what “mise en place” means in the culinary world.
* Identify egg applications.
* Identify egg types.
* Explain how eggs act as a binding agent.
* Explain how eggs act as an emulsifier.
* Identify pastry torch safety issues.

**Unit : Misc. Info**

* Understand how to read a recipe.
* Customary v. Metric measuring
* Bakeware v. Cookware
* Dry Cooking Method vs. Moist Cooking Method