Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_            Test date: Dec 18, 2017

                                          ***First Semester Final Examination***

**Study Guide for Semester One examination**

**Small Kitchen Equipment - Name /Function /Use**
     Bread knife, colander, cutting boards, french knife, ladle, glass baking pan/dishes, meat/oven thermometer, pancake turner/spatula, pastry blender, paring knife, refrigerator/freezer thermometer, rubber scraper, straight edge/metal spatula, strainer, tongs, vegetable peeler, wire wisk/whip

**Large Kitchen Equipment -**
         Stoves - self-cleaning, manual cleaning, continuous
         Refrigerators - self-defrosting, frost-free

**Microwaves -**
 microwaves are attracted to fat, sugar, and water molecules
 microwave safe containers include: plastic, paper, and glass
 round containers cook more evenly than square containers
 quantity/volume of food in the microwave increases cooking
and standing time
 standing time - allow for because foods continue to cook when removed
stir and rotate foods for even cooking - if available a turn table may be used to rotate foods
 covering foods holds in the moisture, helps foods to cook more evenly, prevents food from splattering in the microwave
 cover with: plastic wrap, paper towel, wax paper, or lid

 preventing burns with microwave - foods can create hot containers, items can explode, lifting cover or plastic, as escaping hot steam can burn, open hot containers

**Abbreviations - Identify**
tablespoon, teaspoon, cup, quart, gallon, pound, hour, ounce, few grains, minute, degree

**Equivalents - Compute**
         3 t. = 1 T.                               4 T. = 1/4 c.                    2 c. = 1 pt.
         4 qt. = 1 gal.                           16 c. = 1 gal.                  60 min. = 1 hr.
         4 c. = 1 qt.                     2 pt. = 1 qt.                     8 fl.oz. = 1 c.
         1/2 c. butter=1 cube               1/8 c. = 2 T.                    1/3 c. = 5 1/3 T.
         1/2 c. = 8 T.                           1 c. = 16 T.                     3/4 c. = 12 T.
         16 oz. = 1 lb.

**Food-preparation terminology - Identify**
         chop, cream, cut in, dice, flour, fold in, grate, knead, mince, peel, saute, simmer, steam and whip

**Measuring:**
         use dry measuring cups for dry ingredients and liquid measuring cups for liquids
         measure brown sugar
         measure liquids
         measure shortening
         measure flour
         standard nest cups
         subdivisions on a liquid measuring cup
         use most efficient tool for measuring - 1/4 cup instead of 4 T.

**Double, half, fourth recipes:**
         cooking temperature will remain the same, but the amount of ingredients, length, of cooking time, and size of pan will be affected
         make adjustments by figuring them in an amount you can measure - 3/8 c. = 6 T.

**Substitutions:**
         unsweetened chocolate                            milk
         sugar                                      buttermilk
         cake flour                               dry yeast
         cornstarch (for thickening)               butter
         whole egg                              shortening

**Safety Guidelines:**
         electric appliance safe practices - use dry hands, stand on dry floor, keep away from water
         multiple plugs overload circuits and extension cords on appliance increase hazards
         dull knives are more dangerous than sharp knives
         grease fire - use fire extinguisher, cover with lid, sprinkle with baking soda or salt; avoid water, flour or sugar
         prevent poisonings/contamination - store cleaning supplies away from foods
         keep cleaning supplies in the original container or clearly labeled with poison label/stickers
safety guidelines - keep clothing away from direct heat, avoid reaching in over, avoid metal objects touching electrical appliances
         safety practices - avoid plastic on range, stand to the side when opening oven
         lifting lids on hot foods - away from you
         saucepan handles on range - point away from the front of the range
         mixing chlorine with any product containing ammonia will create deadly gases
         clean up spills immediately to avoid falls
         use a step stool for reaching high objects; store heavy items on lower shelves and/or cupboards
         use hot pads/mitts for handling baking pan, etc.

**First-aid for cuts, burns, and electrical shock:**
         Cuts and Burns - apply direct pressure if severe
                         place under cold, running water for first degree
         Electrical Shock - do not mix water and electricity
         electric shock - disconnect the power source before approaching injured person

**Sanitation:**
         wash hands with soap and water - minimum of 20 seconds
         wash hands - after using restroom, sneezing, coughing, or touching face or hair
         wear gloves when cut on hand or any open sores
         keep all work surfaces clean
         change dirty apron - bacteria could be on it that can contaminate food
         before preparing food - wash hands, check for necessary food and equipment
         tasting food - use clean spoon and use only once
         reduce pests/insects - avoid crumbs or spills, dispose of garbage properly, keep staples in airtight containers
         dish washing order - rinse and scrape first, glassware before silverware, wash pots and pans last
         disinfect work surfaces - use dilute solution of chlorine bleach and water in labeled container (1/2 t. - 1 t. per pint of water) or commercial sanitizer            or disinfectant.

**Food-Borne Illness:**
         food-borne illness - result from eating contaminated foods containing poisonous toxins
         conditions for bacteria growth - warmth, moisture, and food
         food with food-borne illness - not always off-odor or off-flavor
         foods will often look and smell normal

**Types:**
         Botulism - associated with improperly canned foods, specifically low-acid foods
e. coli - bacteria spread by air from soil, ground, fecal matter to food sources; usually found in undercooked ground beef, unpasteurized milk, fruit juices, fresh fruits and vegetables, etc.; e. coli will be killed by cooking or heating to a high enough temperature
         hepatitis - toxin from fecal bacteria transferred by human contact usually through improper hand washing
         salmonella - often found in fresh poultry and raw eggs
         staphylococci - spread through human mucous contact to food sources

**Prevention:**
         prevented by practicing proper hand washing
         20 seconds
         food with off-odor - throw out, do not taste or use; don’t use bulging cans
         frequently clean and sanitize work surfaces, i.e. cutting boards, counters
         avoid cross-contamination of cutting boards, hands, etc.
         store raw meat, poultry, etc. - covered in refrigerator so they will not touch/contaminate or drip on other foods
         never place cooked food on a plate which has previously held raw meat, poultry, or seafood w/o first washing the plate with hot soapy water

**Temperature Zones - cooking to proper temperatures:**
         use a clean thermometer to measure internal temperature of foods to ensure safety
         keep freezer temperatures set at 0° F or below to keep foods frozen solid.
         danger zone for food-borne bacteria: 40 and 140° F
ground meat must be cooked to at least 160° F., don’t eat if the ground beef is pink inside
         cook eggs until the yolks and white are firm
         don’t use recipes where eggs remain raw or only partially cooked

**Temperature Zones  - cooling and reheating foods:**
         keep hot foods hot and cold foods cold
         thoroughly cool hot foods and reheat leftovers thoroughly
         bring sauces, soups, etc. to a boil when reheating; heat other leftovers to 165° F.
         number one cause of food illnesses is related to improper cooling of foods
         place foods in shallow dishes and put immediately in the refrigerator to cool, don’t leave foods on the counter to cool
         foods should not be in the danger temperature zone for more than two hours
         refrigerate or freeze foods immediately or at least within two hours
         divide large amounts of leftovers in small, shallow containers for quick cooking
         store foods in the freezer and refrigerator so that the cool air can circulate to keep food safe
**Thawing foods:**
refrigerator - safest way to thaw; never defrost food at room temperature on counter
thaw in refrigerator, under cold running water or in the microwave
if thawing food under cold water or in the microwave, cook food immediately

**Review handouts, assignments, labs, notes, quizzes**