**NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**BLOCK: \_\_\_\_\_\_\_\_\_\_**

**WHAT DO YOU KNOW/REMEMBER?**

Answer as many questions as you can from memory before consulting with your group members.

1. **SAFETY**
   1. Explain the route you would take from this room to the outside assembly area in case of a fire or fire drill. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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* 1. A pot on the stove contains oil and catches on fire. Which of the following items could you use to put the fire out? (Circle all that apply)
     1. Baking powder b) Water c) Baking soda d) The pot’s lid
  2. There is a hot frying pan on the stove. The handle is also hot. With what should you cover your hand to lift the pan off the stove? (Circle all that apply)
     1. A wet dish cloth b) An oven mitt c) Your apron
  3. You have shaped hamburger meat patties on a cutting board and then placed them on a plate while the barbecue is heating up.
     1. Where should you keep the meat patties while the barbecue is heating up?

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* + 1. What should be done with the cutting board, and why?

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* + 1. Is it safe to put the cooked hamburger patties back on the same plate that held them when they were raw? **Explain.**

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* 1. There is a broken glass measuring cup on the floor. Explain how to pick up the larger pieces and the tiny pieces.

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1. **EQUIPMENT**
   1. Draw the following knives and state their common use(s):

**Drawing Use(s)**

* + 1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* + 1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* + 1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* 1. Which utensil(s) would you use for the following?
     1. Cutting in (as in making pastry) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
     2. Creaming \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
     3. Folding in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
     4. Melting 15 mL margarine (2 ways) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* + 1. Chopping walnuts (2) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
    2. Kneading \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. **WASHING DISHES**
   1. Wash your hands. Find the following pieces of equipment and place them on your table:

Custard cup Cutting board Whisk Utility tray Bench Scraper

Pastry blender Mixing bowl Fork Paring Knife Cereal bowl

* 1. Set up the sink area as you would for washing dishes, placing the items from the table on the utility tray beside the sink. Number the following clean-up tasks in the correct order.



\_\_\_\_\_\_\_ Rinse \_\_\_\_\_\_\_ Wash \_\_\_\_\_\_\_ Dry \_\_\_\_\_\_\_ Rinse

\_\_\_\_\_\_\_ Stack \_\_\_\_\_\_\_ Drain \_\_\_\_\_\_\_ Scrape/Wipe

* 1. Refer to the items on the utility tray.

Which item would you wash first? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Which item would you wash last? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. **MEASUREMENT**
   1. Write the abbreviations for the following:

\_\_\_\_\_\_\_ Degrees Fahrenheit \_\_\_\_\_\_\_ millilitre \_\_\_\_\_\_\_ hour

\_\_\_\_\_\_\_ minute \_\_\_\_\_\_\_ few grains \_\_\_\_\_\_\_ gram

\_\_\_\_\_\_\_ pound \_\_\_\_\_\_\_ ounce \_\_\_\_\_\_\_ kilogram

\_\_\_\_\_\_\_ milligram \_\_\_\_\_\_\_ litre \_\_\_\_\_\_\_ few drops

* 1. Answer the following:
     1. Give two differences between a liquid measuring cup and a dry measure (**not** the material from which they are made).
        1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
        2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
     2. What are the five sizes of our measuring spoons?

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* + 1. What are the four sizes of our dry measures (metric & Imperial)?

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* + 1. Explain two different methods to measure solid fat. Be specific.
       1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ii) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
    2. Give two reasons for sifting flour **before** measuring it.
       1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ii) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
  1. What utensils would you used to measure the following?

\*\* Note the name/type **AND** size of **ALL** tools needed \*\*

20 mL sugar \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3 mL nutmeg \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

175 mL flour \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

45 mL brown sugar \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

75 mL milk \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. **STOVE SAFETY**
   1. A recipe says to **SIMMER** a sauce for 15 minutes.
      1. At what heat setting would you start the sauce? ­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
      2. How long would you leave it on this heat? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
      3. At what heat level would you continue cooking the sauce? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   2. You are going to sauté some onions in butter in a cast iron frying pan.
      1. At what heat setting would you preheat the pan? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
      2. Would you add the onions to the cold pan? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
      3. At what heat would you sauté? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   3. When baking, does it matter if you preheat the oven? Yes or No (circle one) Why?

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* 1. Where in the oven (bottom, middle, top) should products be placed to bake? Why?

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* 1. Explain the safe way to place something in a HOT oven.
     1. Door \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ b) Rack \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
  2. Explain how to preheat the broiler.

Set dial at: \_\_\_\_\_\_\_\_\_\_\_\_ Door position: \_\_\_\_\_\_\_\_\_\_\_\_ How long? \_\_\_\_\_\_\_\_\_\_

* 1. Do you broil with the oven door open or closed? Why?

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* 1. How do you adjust the intensity of heat when broiling?

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