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

**FOODS & NUTRITION PRE-TEST**

1. **MEASUREMENT** Circle the letter (a, b, c, or d) of the BEST answer.
   1. The size of the MOST commonly used **liquid** measuring cup is:
      1. 100 mL
      2. 150 mL
      3. 200 mL
      4. 250 mL
   2. The sizes of the **dry** measuring cups are:
      1. 60, 80, 125, & 250 mL
      2. 60, 80, 100, & 200 mL
      3. 25, 75, 125, & 250 mL
      4. 60, 75, 100, & 500 mL
   3. The sizes of the measuring **spoons** are:
      1. 1, 5, 10, 15, & 25 mL
      2. 1, 2, 5, 15, & 50 mL
      3. 1, 2, 5, 15, & 25 mL
      4. 5, 10, 15, 20 & 25 mL
   4. To measure **liquid** ingredients accurately:
      1. Read the measurement at the top of the liquid, at eye level, with the cup on a level surface
      2. Pour liquid slowly into the liquid measuring cup
      3. Hold the liquid measuring cup in your hand and lift it up so that you can read it at eye level
   5. To measure **dry** ingredients accurately:
      1. Heap the dry measuring cup to overflowing and level off the excess with a metal spatula
      2. Heap the dry measuring cup to overflowing and level off excess by shaking the measure or tapping it on the table
      3. Pack the dry ingredients into the cup firmly with your hand
   6. Which ingredient(s) should be packed in to a dry measuring cup or a measuring spoon?
      1. Flour
      2. Brown sugar
      3. Soft margarine
      4. Both (b) and (c)

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* 1. To measure 100 mL of **cold, hard** margarine:
     1. Use a rubber scraper/spatula to firmly pack the margarine into a 50 mL dry measuring cup. Level. Repeat once.
     2. Place 150 mL of cold water into a 250 mL liquid measuring cup. Press pieces of margarine in to the cup, so they stay under the water, until the water rises to 250 mL.
     3. Use a rubber scraper/spatula to firmly pack the margarine into a 100 mL dry measuring cup. Level.
     4. Place 100 mL of cold water in a 250 mL liquid measuring cup. Press pieces of margarine in to the cup, so they stay under the water, until the water rises to 250 mL.
  2. To measure 40 mL of vegetable oil:
     1. Use one 15 mL and one 25 mL measuring spoon
     2. Fill a liquid measuring cup to the 40 mL line
     3. Use the 20 mL measuring spoon twice
     4. Use any of the above methods
  3. The **best** way to measure one litre of water is:
     1. Use the 250 mL liquid measuring cup twice
     2. Use the 500 mL liquid measuring cup twice
     3. Use the 250 mL liquid measuring cup 4 times
     4. Use the 500 mL liquid measuring cup 4 times
  4. To measure 300 mL flour:
     1. Use the 100 mL dry measuring cup 3 times
     2. Use the 150 mL dry measuring cup twice
     3. Use the 250 mL dry measure once and the 25 mL spoon twice
     4. Any of the above would be correct

1. **EQUIPMENT** Write the letter of the correct **function** in the space beside the matching piece of equipment.

\_\_\_\_\_\_\_ metal spatula (A) heats foods slowly and evenly (ex – milk) without burning

\_\_\_\_\_\_\_ pastry blender (B) scrapes cake batter cleanly from a bowl

\_\_\_\_\_\_\_ wooden spoon (C) used to level flour in a dry measuring cup

\_\_\_\_\_\_\_ frying pan (D) used to beat an egg lightly

\_\_\_\_\_\_\_ double boiler (E) used to clean potato and carrot skins

\_\_\_\_\_\_\_ tongs (F) used to “cut in” fat (ex – margarine) to dry ingredients

\_\_\_\_\_\_\_ sieve (G) used to sauté vegetables

\_\_\_\_\_\_\_ grater (H)used to turn meat when frying

\_\_\_\_\_\_\_ fork (I) used to shred carrots and cheese

\_\_\_\_\_\_\_ vegetable brush (J) used to stir hot soup on the stove

\_\_\_\_\_\_\_ steamer (K) used to cook vegetables without added fat

\_\_\_\_\_\_\_rubber scraper (L) used to sift dry ingredients

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1. **SAFETY** Circle the letter (a, b, c, or d) of the BEST answer.
   1. In order to avoid cuts when using knives:
      1. Cut in a motion AWAY from your body
      2. Use a cutting board
      3. Keep knives sharp
      4. All of the above are correct
   2. To remove hot foods from the oven safely:
      1. Open the oven door completely. Remove the food.
      2. Open the oven door only part-way, so you don’t lose too much heat
      3. Open the oven door completely. Pull out the rack part-way. Remove the food, using oven mitts.
   3. To avoid a steam burn when removing a lid from a saucepan (a pot),
      1. Tilt the lid so the steam escapes away from you
      2. Wear oven mitts
      3. Tilt the lid so the steam escapes toward you
   4. To avoid tipping, bumping & spilling the hot contents of pots on the stove, pot handles should be:
      1. Turned toward the side of the stove
      2. Turned toward the front of the stove
      3. Turned toward the centre of the stove
   5. Which food below would be classified as a grease fire if it caught on fire?
      1. Bacon
      2. Sausages
      3. Oil
      4. All of these
   6. If a grease fire were to occur, it would be important to do which of the following, quickly and calmly?
      1. Pour water over it and carefully cover it with a lid
      2. Sprinkle the fire generously with sugar and carefully cover it with a lid
      3. Turn the heat off, sprinkle generously with baking soda and carefully cover it with a lid
   7. The best treatment for a minor skin burn in the kitchen is:
      1. Apply butter to the burned skin
      2. Hold the burned area under cool/cold water
      3. Nothing – leave it alone

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1. **COOKING TERMS** Write the **number** of the correct **definition** in the blank beside each cooking term.

All terms are verbs.

\_\_\_\_\_\_\_ baste 1. To combine cold margarine with dry ingredients until pieces are pea-sized

\_\_\_\_\_\_\_ cream 2. To cook/fry meat at a high temperature to brown the surfaces

\_\_\_\_\_\_\_ stir-fry 3. To heat liquid until it is slightly bubbling, just below boiling

\_\_\_\_\_\_\_ sauté 4. To cut food into cubes

\_\_\_\_\_\_\_ marinate 5. To moisten foods with pan drippings while cooking

\_\_\_\_\_\_\_ sear 6. To chop food into very small pieces

\_\_\_\_\_\_\_ fold 7. To coat the food surface with a dry ingredient, such as flour

\_\_\_\_\_\_\_ broil 8. To mix/combine quickly and vigorously

\_\_\_\_\_\_\_ dice 9. To cook food directly under a heat source

\_\_\_\_\_\_\_ mince 10. To cook/fry food in a small amount of fat until softened but not browned

\_\_\_\_\_\_\_ simmer 11. To let food stand in an oil/vinegar mixture – tenderizes and flavours foods

\_\_\_\_\_\_\_ beat 12. To fry foods quickly, while consistently keeping the food moving in the pan

\_\_\_\_\_\_\_dredge 13. To combine delicate ingredients by turning the mixture over gently

\_\_\_\_\_\_\_ cut in 14. To make a fat/sugar mixture light and fluffy by mixing briskly with a wooden spoon or electric mixer