**Foods I—1st Semester Review**

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period: \_\_\_\_\_\_\_\_**

 **—** **Psychological influences**–\_\_\_\_\_\_\_\_\_\_\_\_ and thoughts, \_\_\_\_\_\_\_\_\_\_\_, and personal likes/dislikes which can influence your food \_\_\_\_\_\_\_\_\_\_\_\_\_\_.

 **—\_\_\_\_\_\_\_\_\_\_\_\_\_ influences** –television, print, radio, and the Internet can influence your food choices through \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and programming which acquaint you with, remind you of, and inform you about food products and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ issues.

 **— Wellness**– A person’s \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_ including physical, mental, and emotional well-being. Your health is influenced by heredity, lifestyle, and the \_\_\_\_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_\_.

 **—** **Combination Food** –a food with several ingredients from \_\_\_\_\_\_ or more food groups. Examples: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, pizzas, salads, stir-fries, casseroles, \_\_\_\_\_\_\_\_\_, and stews.

 **—** **Dietary Guidelines for Americans**–developed by the U.S. Dept. of Health and Human Services (HHS) and U.S. Dept. of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (USDA) and revised every \_\_\_\_\_\_ years, they are science-based nutrition and fitness recommendations for Americans to live a healthy lifestyle and reduce their risk of developing \_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_.

 **—** **ChooseMyPlate.gov**  –a website with interactive features to help individuals \_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_ their food choices and which provides \_\_\_\_\_\_\_\_\_\_\_\_\_ nutrition and fitness information based on the recommendations of the Dietary Guidelines for Americans.

 **—** **Nutrient-dense foods** –foods that are \_\_\_\_\_\_\_\_ in nutrients and \_\_\_\_\_\_ in calories, fat, and refined \_\_\_\_\_\_\_\_\_\_\_\_\_\_.

 **— American Dietetic Association (ADA)**–the world’s \_\_\_\_\_\_\_\_\_\_\_\_ organization of food and nutritional professionals who are committed to improving the nation’s health through research, education, and advocacy. They are a \_\_\_\_\_\_\_\_\_\_\_\_ source of nutrition information, maintain a website (eatright.org), and promote consumer \_\_\_\_\_\_\_\_\_\_\_\_\_ through programs like National Nutrition Month.

 **—** **Nutrition Facts Label**– a label attached to a food which lists \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and the amounts found in one \_\_\_\_\_\_\_\_\_\_\_\_. It can be used to plan for health and nutrition. Percentages are based on a \_\_\_\_\_\_\_\_\_ calorie diet (which is the average person’s needs).

 **—** **Flammable** –Catches \_\_\_\_\_\_\_\_\_ or \_\_\_\_\_\_\_\_\_\_ easily. Flammable items in the kitchen include paper towels, paper/cardboard food packaging, and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Flammable materials must be kept away from \_\_\_\_\_\_\_\_\_\_\_ sources like the stove/range, oven, and fryers.

 **— Poison control center** –A medical facility that gives free advice about handling poison \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Poison experts are available \_\_\_\_\_\_\_\_ by calling their help line at 1-800-222-1222. Information about \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and first aid can be found at the Carolinas Poison Center website: http://www.ncpoisoncenter.org/

 **— Bacteria** -Microscopic (can only be seen with a microscope) living \_\_\_\_\_\_\_\_\_\_\_\_\_\_. Many are harmless. However, harmful bacteria (like \_\_\_\_\_\_\_\_\_\_\_\_\_\_ and listeria monocytogenes) can contaminate food and cause \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

 **— Cross-contamination** –Spreading harmful \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ from one food or food surface to another. An example is cutting \_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_ on a cutting board then using the same cutting board to cut vegetables without washing, rinsing, and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ it first.

 **— Danger zone** –Also known as the Temperature Danger Zone (or TDZ). It’s the temperature range in which bacteria grow fastest between \_\_\_\_\_°F and \_\_\_\_\_°F. We must try to \_\_\_\_\_\_\_\_\_\_\_\_ the time potentially hazardous food spends in this range.

 **—** **Food safety culture** –a set of shared \_\_\_\_\_\_\_\_\_\_\_\_\_ that managers and their staff \_\_\_\_\_\_\_\_\_\_\_\_\_ to produce and provide food in the \_\_\_\_\_\_\_\_\_\_\_\_\_ manner.

 **—** **Foodborne illness outbreak** –when \_\_\_\_\_\_\_ or more people experience the same \_\_\_\_\_\_\_\_\_\_\_\_\_ after eating the same \_\_\_\_\_\_\_\_\_\_\_.

 **—** **Highly susceptible (AKA \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_) populations**–People who are \_\_\_\_\_\_\_\_\_\_ likely than the general population to experience foodborne diseases. Includes: **Y**oung (preschool & younger), **O**\_\_\_\_\_\_\_ (elderly), **P**regnant, and **I**\_\_\_\_\_\_\_\_\_\_\_\_\_ compromised.

 **—** **Norovirus** –a highly contagious virus that can be transmitted to \_\_\_\_\_\_\_\_\_ when infected food handlers \_\_\_\_\_\_\_\_\_\_\_\_ food or equipment after not properly washing their \_\_\_\_\_\_\_\_\_\_\_\_\_ (fecal-oral route).

 **— Cleaning** –removing \_\_\_\_\_\_\_\_ and dirt from a \_\_\_\_\_\_\_\_\_\_\_\_. (Ex: \_\_\_\_\_\_\_\_\_\_\_\_\_ a table with soap and water)

 **—** **Sanitizing** – reducing \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ on a surface to a \_\_\_\_\_\_\_\_\_\_ level. (Ex: wiping down a table with \_\_\_\_\_\_\_\_\_\_\_\_ water solution.)

 **—** **Volume**–the amount of \_\_\_\_\_\_-dimensional space something takes up. \_\_\_\_\_\_\_\_\_ ingredients are measured by volume. Examples of customary volume measurements include: gallons, quarts, pints, cups, tablespoons, and teaspoons, and \_\_\_\_\_\_\_\_\_\_\_ ounces (Note: ounces are a measurement of \_\_\_\_\_\_\_\_\_\_\_\_\_).

**—** **Convection oven**–an oven that uses a \_\_\_\_\_\_\_ to circulate hot air at a high speed; cooks \_\_\_\_\_\_\_\_\_\_\_\_ and more \_\_\_\_\_\_\_\_\_\_\_\_\_ than a conventional oven.

**—** **Measuring equipment**–tools used to get a specific amount of an ingredient. Ingredients can be measured using \_\_\_\_\_\_\_\_\_\_\_\_\_ or weight. Tools used to measure volume include: measuring \_\_\_\_\_\_\_\_\_\_ (dry and liquid) and measuring spoons. Food \_\_\_\_\_\_\_\_\_\_\_\_\_\_ are used to measure weight.

**— Bread knife**–a knife with a serrated or \_\_\_\_\_\_\_\_-tooth blade. It is used for cutting breads, \_\_\_\_\_\_\_\_\_\_\_\_, and other soft foods. Bread knives should be \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**— Recipe**–a set of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for successfully preparing a certain beverage, food, or dish. It should include: 1) \_\_\_\_\_\_\_\_\_\_\_\_\_, 2) ingredients (and their amounts), 3) step-by-step directions, 4) container size and type, and 5) temperature and time. It may include a nutritional analysis. Recipes are written in either \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ or narrative format. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ format recipes are easier to use, especially for beginners.

**— Yield**–the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of food a recipe makes; the number of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Very important for planning purposes so you know if you need to \_\_\_\_\_\_\_\_\_\_\_\_\_ the recipe to make more (increase) or less (decrease).

**—** **Nonessential Ingredients** – Ingredients that act \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of each other. They are found in recipes for soups, stews, salads, casseroles, stir-fry, etc. and can be substituted \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_ the recipe’s appearance, taste, or texture.

**— Essential Ingredients** – Ingredients that have \_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_ in a recipe and work in exact proportion to each other, almost like a chemical formula. They are found in recipes for cakes, cookies, breads, and other \_\_\_\_\_\_\_\_\_\_ goods which are so sensitive to changes in essential ingredients, that the appearance, taste, and/or texture are affected. EX: \_\_\_\_\_\_\_\_, salt, sugar, fat, and leavening agents

**—** **Pre-preparation step** –a recipe step to get food and equipment \_\_\_\_\_\_\_\_\_\_\_. For example, if a recipe requires 2 cups of cooked rice, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the rice is a pre-preparation step.

**—** **Work plan** –a \_\_\_\_\_\_\_\_\_\_ of all the \_\_\_\_\_\_\_\_\_\_\_ for preparing a recipe or meal. Work plans prevent \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ steps. They include identifying preparation tasks, making a schedule, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ how to work efficiently, finishing the job, and \_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_.

**— Drupes**– fruits with a single hard \_\_\_\_\_\_\_\_\_\_ (pit or stone), soft inner flesh, and tender, \_\_\_\_\_\_\_\_\_\_\_\_ skin. One of the six categories of fruits. Includes: cherries, apricots, peaches, and \_\_\_\_\_\_\_\_\_\_\_.

**—** **Pomes**– fruits with a central \_\_\_\_\_\_\_\_\_ containing several small \_\_\_\_\_\_\_\_\_\_\_. One of the six categories of fruits. Includes: \_\_\_\_\_\_\_\_\_\_\_\_\_ and pears.

**—** **Cooking in liquid**–while moist heat cooking uses a small amount of liquid, cooking in liquid means the food is \_\_\_\_\_\_\_\_\_\_\_\_\_ with liquid. Examples of cooking in liquid include: boiling, simmering, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and stewing.

**—** **\_\_\_\_\_\_\_\_\_\_\_vegetable**–a vegetable that is the root of a plant. This type of vegetable grows \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Includes: beets, carrots, parsnips, radishes, sweet potatoes, \_\_\_\_\_\_\_\_\_\_\_\_\_\_

**— Steaming**–a \_\_\_\_\_\_\_\_\_\_ heat cooking method excellent for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_; a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ way of cooking since fewer water-soluble nutrients are lost.

**—** **Blends**– \_\_\_\_\_\_\_\_\_\_\_\_\_ of herbs and spices used to season food. **Herbs**– seasonings used to flavor recipes that are from the \_\_\_\_\_\_\_\_\_\_\_ of plants. They may be fresh, dried, whole, crushed, or ground. **Spices**– a seasoning used to add a distinct \_\_\_\_\_\_\_\_\_\_\_ to foods. They may be used in combination with herbs or other spices.

**—** **Season**–to add flavor to a dish by adding \_\_\_\_\_\_\_\_\_\_, spices, or a blend. This term can also be used to describe a process of \_\_\_\_\_\_\_\_\_\_\_\_\_\_ a piece of cookware such as oiling \_\_\_\_\_\_ \_\_\_\_\_ skillets.

**—** **Dry heat cooking**–cooking food \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ without any liquid added. The broiler, \_\_\_\_\_\_\_\_ (ex: baking or roasting), and outdoor \_\_\_\_\_\_\_\_ are used to cook food by this method.

1. Define external food influences including briefly explaining the four types.
	1. Media
	2. Economic
	3. Environment
	4. Technology
2. What are the abbreviations for the following measurements?
	1. Ounce
	2. Tablespoon
	3. Fluid ounce
	4. Cup
	5. Pound
	6. Gallon
	7. Pint
	8. Quart
3. Define the following food preparation terms.
	1. Chop
	2. Mince
	3. Dice
	4. Slice
	5. Pare
	6. Peel
	7. Beat
	8. Combine
	9. Cream
	10. Cut-in
	11. Knead
	12. Mix
4. Describe how you use the following pieces of measuring equipment. Make sure your answers are complete, accurate and useful.
	1. Measuring spoons
	2. Dry measuring cups
	3. Liquid measuring cups
	4. Scale
	5. Thermometers
5. Describe how you use the following cutting and preparation equipment.
	1. Pastry blender
	2. Colander
	3. Strainer