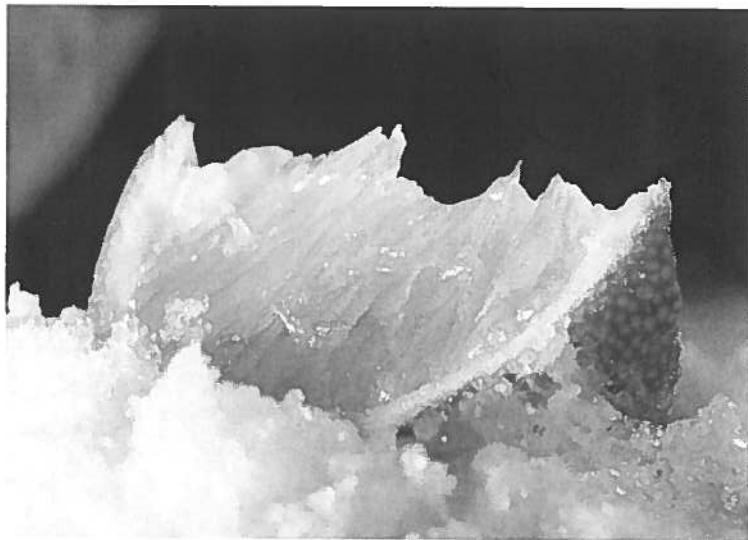


FOOD FOR TODAY



Semester Two

FOOD FOR TODAY

International Food Semester Two

TABLE OF CONTENTS

	Page Numbers
Unit 7 Chapters 28 - 37	1-28 --- 28-37
Unit 8 Chapters 38 - 41	29-38 --- 38-41
Unit 9 Chapters 42 - 45	39-42 --- 50-45
Unit 10 Chapters 46 - 51	51-46 --- 65-51

Study Guide

Fruits

Directions: Read chapter 28, and answer the following questions. Later, you can use this study guide to review.

1. Why are fruits ideal for both snacks and meals?

2. Fruits are a good source of which nutrients?

3. Name two characteristics of citrus fruits.

a

b

2 pts

4. Compare a prickly pear with a cherimoya.

5. Describe the difference between a mature fruit and a ripe fruit.

mature:

ripe:

2 pts

6. Why are most fruits picked when under ripe?

7. Why shouldn't you pick fruits when they are immature?

8. How do you know when fruit is ripe?

9. How should you store ripe pears? Cut-up fruit?

a

b

2 pts

Chapter 28 Study Guide (continued)

10. Describe the danger of using detergent to wash fruits.

11. Describe some ways to serve fresh fruit.

a
b

2+ pts

12. What are the advantages of using canned fruit?

a
b

2+ pts

13. What is the recommended way to serve frozen fruit?

14. What should you do with overripe fruit?

15. What are two ways to cook fruit with moist heat?

a
b

2 pts

16. What are other options for cooking fruits?

a
b

2 pts

Activity 1

Fruits

Fruit Word Search

Directions: Find the fruits listed in the grid. They may be written across, down, backwards, diagonally, or upside down. Circle the name of each fruit when you find it. On a separate sheet of paper, list each fruit and write a brief description about the optimal appearance and flavor of each.

Fruits:

- | | | | |
|------------|-----------|------------|-----------|
| Grapefruit | Persimmon | Strawberry | Orange |
| Papaya | Tangerine | Avocado | Blueberry |
| Banana | Peach | Raspberry | Cherry |
| Plum | Cranberry | Apricot | Melon |
| Apple | Grape | Kiwi | Mango |
| Lemon | Pear | | |

A	G	B	D	M	E	L	O	N	I	Y	R	R	E	H	C
P	U	R	E	Q	G	O	N	W	G	O	A	A	F	L	Q
R	H	I	A	R	A	O	I	J	L	B	R	S	K	M	U
I	L	A	R	P	D	K	O	W	O	L	E	P	E	A	R
C	R	A	N	B	E	R	R	Y	O	U	R	B	R	R	R
O	I	S	T	E	D	A	P	P	L	E	P	E	A	C	H
T	P	P	A	M	I	W	A	A	T	B	O	R	E	H	I
P	E	L	E	M	O	N	L	A	T	E	N	R	Y	A	N
A	N	U	M	S	H	O	N	S	O	R	A	Y	O	N	O
Y	P	M	F	A	C	A	P	S	N	R	U	T	H	G	D
A	E	G	E	A	N	I	C	E	L	Y	G	O	D	E	A
P	E	N	T	A	N	G	E	R	I	N	E	G	T	O	C
A	L	A	B	I	X	A	O	T	X	E	G	N	A	R	O
P	A	Y	R	R	E	B	W	A	R	T	S	A	V	A	V
S	E	E	D	S	Y	P	E	R	S	I	M	M	O	N	A
G	R	A	P	E	F	R	U	I	T	V	S	E	N	P	Y

Study Guide

Vegetables

Directions: Read chapter 29, and answer the following questions. Later, you can use this study guide to review.

1. List at least two ways to prepare and serve vegetables.

a _____
b _____ 2 pts

2. Name the different plant parts from which vegetables come.

a _____ b _____
c _____ 3 pts

3. What is the difference between salad greens and cooking greens?

salad _____
cooking _____

4. Name the vegetables that are not plants. What are the benefits of eating these foods?

a _____ benefits: b _____ c _____ 3 pts

5. Why are vegetables considered among the most nutritious foods available?

6. List and explain the five signs of quality to look for when buying vegetables.

a _____ b _____ 10 pts
c _____ d _____
e _____

7. What are the disadvantages of storing potatoes and onions in the refrigerator?

a _____ b _____ 2 pts

8. How do you store most vegetables?

9. Explain the danger of washing vegetables by soaking them or using detergents.

Chapter 29 Study Guide (continued)

10. List several ways to serve raw vegetables.

(a) _____ (b) _____ (c) _____ 3+ pts

11. Describe four changes that happen to vegetables when they are cooked.

(a) _____
(b) _____
(c) _____
(d) _____ 4 pts

12. List the steps for simmering vegetables.

(a) _____
(b) _____
(c) _____ 2+ pts

13. Why might you save the water that vegetables are cooked in for later use?

14. Describe how to steam vegetables.

15. Describe how to braise, fry, and bake a potato.

(a) braise: _____ 3 pts
(b) fry: _____
(c) bake: _____

16. Describe how to microwave vegetables.

17. What are the differences between canned and frozen vegetables?

canned: _____ 2 pts
frozen: _____

18. List three types of vegetables that can be purchased in a dried form.

(a) _____ (b) _____ 3 pts
(c) _____

Activity 2

Vegetables

The Question Is...

Directions: Each item below is the answer to a specific question about cooking vegetables. Your job is to come up with a question for each. Write the question in the space provided.

1. Serve cooked vegetables with the cooking liquid whenever possible.

Question: _____

2. The cell walls become softer and more tender.

Question: _____

3. The flavors are released, causing vegetables to taste more mellow and delicious.

Question: _____

4. Fewer precious nutrients are lost because the vegetables are not cooked in water.

Question: _____

5. Arrange tender parts toward the center and less tender parts toward the edge of the baking dish.

Question: _____

6. Use this cooking method to cook beets, carrots, potatoes, and turnips rather quickly.

Question: _____

7. Add this when cooking red vegetables in hard-water areas to prevent undesirable color change.

Question: _____

Study Guide

Grain Products

Directions: Read chapter 30, and answer the following questions. Later, you can use this study guide to review.

1. List at least three benefits of grains.

(a) _____
(b) _____
(c) _____ 3 pts

2. Which part of the grain kernel will grow into a new plant?

3. List and describe the nutrients in whole grains.

(a) _____ describe _____ 4+ pts
(b) _____ describe _____
:

4. List five uses for grains.

(a) _____ (b) _____ 5 pts
(c) _____ (d) _____ (e) _____

5. Why are processed grains less nutritious than whole-grain products?

6. Describe three types of rice.

(a) _____
(b) _____ 3 pts
(c) _____

7. List four varieties of rice based on processing methods.

(a) _____
(b) _____ 4 pts
(c) _____ (d) _____

Chapter 30 Study Guide (continued)

8. Name three grains used in breakfast cereals.

(a)

(b)

(c)

3 pts

9. How can you tell if bread is made from the whole grain?

10. List the grain products that should be refrigerated. Why should these products be kept refrigerated?

grain:
Why?

grain:

3 pts

11. Why should bread be stored in the refrigerator in humid weather even if it may get stale?

12. Why is cooking grains in the microwave not preferable?

13. List the steps to cook pasta.

(a)
(b)

:

2+ pts

14. How does pasta freeze best?

15. List the steps to cook rice.

(a)
(b)

:

2+ pts

16. What happens when you stir rice and over-stir other grains while cooking?

17. How does cooking bulgar differ from cooking other grains?

Activity 1

Grain Products

Grains of Truth

Directions: Read carefully each statement about grains and grain products. Place a check mark in the blank for each true statement. For each false statement, write a corrected statement on the line provided. You should have to replace only one word in each false statement to make it true.

- _____ 1. Grains are the most important staple in the world food supply.

- _____ 2. Grains are the stems of plants in the grass family.

- _____ 3. The germ is a tiny seed that will grow into a new plant.

- _____ 4. The outer, edible protective coat found on a seed of grain is the endosperm.

- _____ 5. The bran is the food supply for the plant.

- _____ 6. Complex carbohydrates are found in the germ of grains.

- _____ 7. During processing of grain, the outer husk is removed to leave the kernel, or grain seed.

- _____ 8. The entire kernel is used in enriched grain products.

- _____ 9. Grain products are often fortified with iron.

- _____ 10. Long-grain rice tends to be very moist and sticky when cooked.

- _____ 11. The whole-grain form of rice is brown rice.

- _____ 12. Couscous is a popular grain in Asia.

(Continued on next page)

Name _____ Date _____ Class _____

Chapter 30 Activity 1 (continued)

_____ 13. Wild rice is the seed of a water grass.

_____ 14. The coarsely ground endosperm of corn is called bulgar.

_____ 15. Triticale is a cross between wheat and rye.

_____ 16. Ground bran cereals are high in fiber content.

_____ 17. Wheat germ is added to other foods for more nutritional value.

_____ 18. Pasta is dough made from flour and water.

_____ 19. Pita bread is a type of leavened bread.

_____ 20. Cooked grains should be placed in the refrigerator for long-term storage.

Study Guide

Legumes, Nuts & Seeds

Directions: Read chapter 31, and answer the following questions. Later, you can use this study guide to review.

1. What are legumes?

2. Why are dry legumes more nutritious than fresh ones?

3. List two benefits of eating legumes.

(a) _____ (b) _____ 2 pts

4. Name all the nutrients present in legumes.

(a) _____
(b) _____
: _____ 2+ pts

5. How do you obtain complete protein when eating legumes?

6. List three convenience forms of legumes.

(a) _____ (b) _____ (c) _____ 3 pts

7. How should you prepare legumes for cooking? What is the benefit of presoaking them?

Prepare: _____ 2 pts
Benefit: _____

8. Explain how to cook split peas. Why shouldn't split peas be soaked?

(a) _____ 2 pts
(b) _____

9. In general, how would you cook beans in a slow cooker?

Chapter 31 Study Guide (continued)

10. List three benefits of eating tofu.

a _____ 3 pts
b _____
c _____

11. List four suggestions for cooking with tofu.

a _____ 4 pts
b _____
c _____ d _____

12. What are nuts? How are they used?

What? _____ 2 pts
How? _____

13. Name two common "nuts" that really aren't nuts.

a _____ 2 pts
b _____

14. Describe the nutritional content of nuts.

a _____ 2 pts
b _____

15. List five forms of nuts.

a _____ 5 pts
b _____
c _____ d _____ e _____

16. Explain how to store shelled nuts and nuts in the shell.

Shelled: _____ 2 pts
In shell: _____

17. What are seeds?

18. List two ways to use seeds.

a _____ 2 pts
b _____

Study Guide

Dairy Foods

Directions: Read chapter 32, and answer the following questions. Later, you can use this study guide to review.

1. Name four nutrients found in dairy foods.

a b
c d

4 pts

2. Describe pasteurization. What is its purpose?

a
b

2 pts

3. Why is milk homogenized?

4. Names eight different kinds of milk.

a b c
d e f
g h

8 pts

5. Describe how buttermilk is made.

6. List the five types of cream and their levels of milk fat.

a b
c d
e

10 pts

7. Describe the flavor of grade AA butter.

8. Why is whipped butter not recommended for baking?

9. What is yogurt?

(Continued on next page)

Chapter 32 Study Guide (continued)

10. What is cheese?

11. What is ^(a)fresh cheese? Name four types. (b) to (e)

(a) _____
(b) _____ (c) _____
(d) _____ (e) _____

5pts

12. Describe the process ^(a)that creates ripened cheese. List four groups of ripened cheese. (b) to (e)

(a) _____
(b) _____ (c) _____
(d) _____ (e) _____

5pts

13. Name three dairy substitutes.

(a) _____ (b) _____
(c) _____

3pts

14. Why should milk be stored away from light?

15. How do you keep milk from curdling when adding it to a hot liquid?

16. Describe scalded milk.

17. What are some problems ^(a+b)that can arise when cooking with cheese? How can you avoid such problems? (c+d)

(a) _____ (c) _____
(b) _____ (d) _____

4pts

18. Explain the difference between good mold and bad mold.

Good: _____

Bad: _____

2pts

Study Guide

Eggs

Directions: Read chapter 33, and answer the following questions. Later, you can use this study guide to review.

1. In addition to the air cell, what are the three main parts of an egg?

(a) _____ (b) _____ (c) _____ 3pts

2. Name the nutrients in eggs. Why do health experts recommend eating eggs in moderation? (b)

(a) _____ 3pts

(b) _____

3. Explain why you shouldn't wash eggs when you bring them home from the store.

4. How long should you keep eggs? What method should you use to store eggs?

(a) _____ 2pts

(b) _____

5. List the disadvantages of using egg substitutes.

(a) _____ (b) _____ 2pts

6. In beating egg whites, explain why there should be no trace of egg yolk.

7. What happens when you overbeat egg whites?

8. What happens inside an egg when it is cooked properly? What happens when it is overcooked?

(a) _____ (b) _____ 2pts

(b) _____

9. What is a soufflé?

(Continued on next page)

Chapter 33 Study Guide (continued)

10. List the steps for poaching an egg.

(a) _____
(b) _____
... _____

2+ pts

11. Name four other ways to cook eggs.

(a) _____ (b) _____
(c) _____
(d) _____

4 pts

12. Explain how to make a basic omelet.

(a) _____

(b) _____

2+ pts

13. Why shouldn't you cook eggs in the shell in the microwave?

14. Describe custard. Name the two types.

(a) _____
(b) _____
(c) _____

3 pts

15. Why are egg whites used in soufflés, angel food cake, and meringues?

16. Describe weeping and beading in meringues. How can you prevent either from occurring?

(a) _____
(b) _____
(c) _____

3 pts

Activity 2**Eggs****Eggs—True or False?**

Directions: Read each of the following statements. In the space provided to the left of each statement, write a “+” for true or a “0” for false. For any false statements, rewrite the statement to make it *true* on a separate sheet of paper and attach the paper to this activity.

- _____ 1. When eggs are beaten, they help baked goods rise.
- _____ 2. Because egg whites contain certain fats and cholesterol, health experts recommend eating them in moderation.
- _____ 3. As an egg ages, its air cell gets larger and the egg white gets thinner.
- _____ 4. Wash eggs when you get them home from the store so you can clean off any residue that might have accumulated on the shell.
- _____ 5. Egg substitutes are a healthful alternative for people watching their fat and cholesterol intake.
- _____ 6. The yolks of overcooked eggs turn an unattractive gray-green color.
- _____ 7. When cooking eggs in the shell, remove them from the heat when they are done and run them under cold water to prevent further cooking.
- _____ 8. To make fluffy scrambled eggs, stir constantly after you have added the eggs to the pan.
- _____ 9. A basic omelet is cooked in such a way that it forms a large, thick pancake, which is filled and then folded in half before serving.
- _____ 10. It is never a good idea to cook eggs in a microwave oven because they will overcook.
- _____ 11. Custard is a thickened blend of milk, eggs, sugar, and ricotta cheese that can be baked or cooked and served as a sauce.
- _____ 12. To make a soft custard, cook over low heat, stirring constantly, until it is just thick enough to coat a wooden spoon.
- _____ 13. When baked custard is done, a knife inserted in the center will come out clean.
- _____ 14. To reach the fullest volume when beating egg whites, be sure the beaters and bowls are clean and completely free of fat and that the eggs are cold.

Study Guide

Meat

Directions: Read chapter 34, and answer the following questions. Later, you can use this study guide to review.

1. List the nutrients found in meat.

(a) _____ (b) _____
..... 2 pts

2. Meat is composed of what three things? Describe each of them. (d) to (f)

(a) _____ (d) _____
(b) _____ (e) _____
(c) _____ (f) _____ 6 pts

3. Define marbling.

4. Define a cut.

5. What three pieces of information about meat are found on the price label?

(a) _____ (b) _____
(c) _____ 3 pts

6. Explain the difference between inspection and grading.

Inspection: _____
Grading: _____ 2 pts

7. List four ways to tenderize less tender cuts of meat.

(a) _____ (b) _____
(c) _____
(d) _____ 4 pts

8. Name two regulations regarding ground beef.

(a) _____
(b) _____ 2 pts

Chapter 34 Study Guide (continued)

9. Name four popular variety meats.

a _____ b _____
c _____ d _____ 4 pts

10. What are the three most popular processed meats?

a _____ b _____
c _____ 3 pts

11. How long will most fresh meats keep in the refrigerator?

12. Describe what happens to meat when it is overcooked.

13. When cooking meat, at what point should you begin testing for doneness?

14. Explain what kind of meat can be successfully broiled.

15. List the steps for roasting large, tender cuts of meat.

a _____
b _____
c _____ 3 pts

16. Explain the difference between frying and pan-broiling.

fry: _____
pan: _____ 2 pts

17. List three ways to cook less tender cuts of meat.

a _____ b _____
c _____ 3 pts

Activity 1

Meat

Label Savvy

Directions: Below are several meat labels. Use these, plus the information in the textbook, to answer the questions that follow.

MEAT DEPARTMENT		
WEIGHT LBS. NET	PRICE PER LB.	YOU PAY
1.16	5.79	\$ 6.72
LAMB	LOIN	CHOPS

MEAT DEPARTMENT		
WEIGHT LBS. NET	PRICE PER LB.	YOU PAY
3.65	1.89	\$ 6.90
BEEF	CHUCK	STEW

MEAT DEPARTMENT		
WEIGHT LBS. NET	PRICE PER LB.	YOU PAY
2.83	2.69	\$ 7.61
BEEF	ROUND	ROAST

MEAT DEPARTMENT		
WEIGHT LBS. NET	PRICE PER LB.	YOU PAY
2.07	9.25	\$19.15
VEAL	LEG	CUTLETS

1. Which of these meats is likely to be most tender and why?

(a) Which? _____
 (b) Why? _____ 2 pts

2. Where on each label does the wholesale cut appear? Where does the retail cut appear?

(a) wholesale: _____ (b) retail _____ 2 pts

3. Which of these packages of meat would you plan to cook by moist heat? How would you prepare the cuts in the remaining packages? Explain your answers. (c) + (d)

(a) which: _____ (c) which _____ 4 pts
 (b) prepare: _____ (d) explain _____

4. Which of the cuts would you look for to have little or no fat?

(a) _____ (b) _____ 2 pts

5. Which of the cuts shown would most likely have a T-shaped bone? Which of the cuts would you expect to have no bone at all? Explain your answers.

(a) T-shaped: _____ 2 pts
 (b) No bone: _____

Study Guide

Poultry

Directions: Read chapter 35, and answer the following questions. Later, you can use this study guide to review.

1. List the nutrients in poultry.

(a) _____ (b) _____
(c) _____ 3+ pts

2. How can you reduce the amount of fat in poultry?

3. Name the four most common types of poultry.

(a) _____ (b) _____ (c) _____ (d) _____ 4 pts

4. Refer to Figure 35.1 to compare the ages and weights of broiler-fryer chickens with roaster chickens.

ages: _____
weights: _____ 2 pts

5. Refer to Figure 35.1 to list the benefits of cooking a stewing chicken with moist heat.

(a) _____ (b) _____ 2+ pts

6. Refer to Figure 35.1 describe capons and how are they usually cooked.

(a) Capons: _____
(b) Cooked: _____ 2 pts

7. Describe the advantages and disadvantages of eating free-range chickens.

(a) advantage: _____ (b) advantage: _____
(c) dis adv.: _____ 4 pts
(d) dis adv.: _____

8. Refer to Figure 35.1 to list and describe three common types of turkeys.

(a) _____
(b) _____
(c) _____ 3 pts

9. Refer to Figure 35.1 to describe the two common types of duck that are available?

(a) _____ (b) _____ 2 pts

Chapter 35 Study Guide (continued)

10. How is cut-up poultry sold?

11. Name three organs usually included in a package of giblets.

(a) _____ (b) _____ (c) _____ 3pts

12. Describe grade A poultry. What are its qualities?

(a) _____
(b) _____ (c) _____ 3pts

13. List three things you should avoid when buying poultry.

(a) _____ (b) _____
(c) _____ 3pts

14. How long should fresh poultry be stored in the refrigerator?

15. Explain the difference between broiling and grilling chicken.

broil: _____
_____ 2pts
grill: _____

16. List the risks of stuffing a whole bird.

(a) _____
(b) _____ 2+pts

17. Where should you insert the meat thermometer when roasting poultry?

Study Guide

Fish & Shellfish

Directions: Read chapter 36, and answer the following questions. Later, you can use this study guide to review.

1. List all the nutrients found in fish and shellfish.

(a) _____
(b) _____
(c) _____
.....

3+ pts

2. Name three types of fish that have high mercury levels and should be avoided by small children and pregnant and nursing mothers.

(a) _____ (b) _____
(c) _____

3 pts

3. Define seafood.

4. What do the letters HACCP stand for, and what is the function of this system?

(a) _____
(b) _____

2 pts

5. Name and describe five market forms of fish that you can purchase.

(a) _____ (b) _____
_____ (c) _____
(d) _____ (e) _____

10 pts

6. List ways you can determine the quality of fresh fish.

(a) _____
(b) _____

2+ pts

7. Name some of the shellfish you will find in the market.

(a) _____
(b) _____

2+ pts

8. Name three examples of convenience fish or shellfish.

(a) _____ (b) _____
(c) _____

3 pts

Chapter 36 Study Guide (continued)

9. Name three types of for cured fish.

a
c

b

3 pts

10. Describe safe storage methods for fresh fish.

a

b

2+ pts

11. What happens when fish is overcooked?

12. Describe how to test fish for doneness.

13. What type of fish is most suitable for grilling?

14. Describe how to bake drawn and dressed fish.

15. List the steps for microwaving fish.

a
b

2+ pts

Activity 1

Fish & Shellfish

Something Fishy

Directions: You are hosting a TV talk show titled *Speak Your Piece*. Viewers are able to call in and ask questions or voice concerns. This week's topic is fish. Answer each caller using information from the textbook.

Caller 1: I keep hearing in the news that people should eat more fish. My question is this: Is fish safe to eat? I recently saw a segment on the news about people getting really sick from eating fish.

Your Reply: _____

Caller 2: I was recently in a restaurant and saw a fish preparation described as dressed. What exactly does that mean?

Your Reply: _____

Caller 3: Help! I'm planning a dinner party for the weekend, and everything is in place—the flowers, the food—everything except the main course. I was planning on making a special salmon with dill sauce, but when I went to the fish market this morning, the manager told me she would not have salmon until Monday. Do you have any suggestions?

Your Reply: _____

Caller 4: Can you tell me the difference between crustaceans and mollusks? Also, what shellfish should I use for a clambake?

Your Reply: _____

Study Guide

Beverages

Directions: Read chapter 37, and answer the following questions. Later, you can use this study guide to review.

1. List the benefits of drinking beverages.

(a) _____
(b) _____ 2+ pts

2. Why might tap water be safer than bottled water?

3. Name five different types of bottled water.

(a) _____ (b) _____
(c) _____ (d) _____ (e) _____ 5 pts

4. Why shouldn't you reuse bottled water containers?

5. Why is it better to drink juices rather than juice drinks?

6. What is the difference between juice drinks and fruit-flavored drinks?

juice: _____
fruit-flav.: _____ 2 pts

7. What are coffee beans?

8. Name the most popular coffee roasts.

(a) _____ (b) _____ 2+ pts

9. Describe the two types of instant coffee.

(a) _____
(b) _____ 2 pts

Chapter 37 Study Guide (continued)

10. List the steps you should take when cleaning a coffee carafe and basket. Why should they be cleaned in this manner?

- a _____
- b _____
- c _____

3⁺ pts

11. Where does tea come from and how is it processed?

- a _____
- b _____

2 pts

12. Explain how to brew black or oolong tea.

13. Define herb teas. How are they different from other tea types?

- a _____
- b _____

2 pts

14. List the benefits of smoothies.

- a _____
- b _____

2⁺ pts

15. Describe the difference between hot chocolate and hot cocoa.

choc.: _____
cocoa: _____

2 pts

16. Name three kinds of soft drinks.

- a _____
- b _____
- c _____

3 pts

Activity 1

Beverages

Beating the Beverage Blues

Directions: Each of the following people has a beverage dilemma. On the lines below the statement about each person, describe a good solution to the person's dilemma.

1. Alexis received an expensive flavored coffee for her birthday. After brewing one carafe, she decided to use it only for special occasions, so she folded the package down, closed it, and put it in a cabinet. When she used it again two months later, the coffee had lost most of its flavor and tasted bitter.

2. Art came in feeling hot after his softball game and craved something cold to drink. In the refrigerator was a carafe of cold tap water, a can of fruit-flavored drink, and a can of fruit drink. Which is the best choice and why?

3. As Pierre headed out of the decoration committee meeting for a beverage, he offered to take orders for other members. Zak asked Pierre to bring him back something with fruit juice in it, so he could get one of his daily servings of fruit. When Pierre returned with a can of orange soda that read "10 percent fruit juice" on the label, Zak was disappointed.

4. Rachel enjoys trying new types of tea. Recently, she bought a package of orange cinnamon spice tea. When she got home, she realized that it was loose tea. Rachel made the tea and used cheesecloth to strain out the tea leaves, but it didn't work all that well. The tea was delicious, but some of the tea particles slipped through the cheesecloth into the tea.

Study Guide

Sandwiches & Pizza

Directions: Read chapter 38, and answer the following questions. Later, you can use this study guide to review.

1. Describe a basic sandwich.

2. How do club sandwiches and open-face sandwiches differ from basic sandwiches?

club/open:
basic:

2pts

3. Give four suggestions for sandwich fillings.

a b
c d

4pts

4. What is a "hero" sandwich?

5. What are wraps? Name and describe three types of bread used to make wraps.

a
b
c
d

4pts

7. Describe a barbecue sandwich.

Chapter 38 Study Guide (continued)

8. What is the main difference between the way grilled and broiled sandwiches are made?

grill:
broil:

2 pts

9. Describe some ways to vary the classic grilled cheese sandwich.

a
b

2 pts

10. What is focaccia bread?

11. Describe the appearance and method of preparing of tea sandwiches.

a
b

2 pts

12. Define pizza.

13. What are some types of pizza?

a
b
c

3 pts

Study Guide

Salads & Dressings

Directions: Read chapter 39, and answer the following questions. Later, you can use this study guide to review.

1. Describe salad and list its benefits.

a

b

c

3 pts

2. Define a vegetable salad.

3. List the ingredients that comprise tabbouleh.

a

b

c

3+ pts

4. What is a chopped salad?

5. What ingredients go into a niçoise.

a

b

c

3+ pts

6. What is a molded salad?

7. Explain the physical changes that occur when gelatin dissolves in hot water and reunites when it chills.

a

b

2 pts

Chapter 39 Study Guide (continued)

8. How would you create a layered look in a molded salad?

9. What quality characteristics should you look for when buying salad greens?

(a) _____
(b) _____

2+ pts

10. Explain how to wash and core iceberg lettuce.

Wash: _____
core: _____

2 pts

11. Describe salad dressing and its function.

(a) _____
(b) _____

2 pts

12. List the steps you must follow to make a simple vinaigrette.

(a) _____
(b) _____
:

2+ pts

13. How do you make mayonnaise? What can you do to ensure the safety of this product?

(a) _____
(b) _____

2 pts

14. Name and describe three ways to serve salads. (d to F)

(a) _____ (d) _____
(b) _____ (e) _____
(c) _____ (f) _____

6 pts

Study Guide

Stir-Fries & Casseroles

Directions: Read chapter 40, and answer the following questions. Later, you can use this study guide to review.

1. List the advantages of preparing a stir-fry or a casserole.

(a) _____
(b) _____ 2⁺ pts

2. Name the keys to preparing a stir-fry.

(a) _____ (b) _____ 2⁺ pts

3. At what point should you cook the grain when preparing a stir-fry?

4. Describe how to cut the protein foods for a stir-fry.

5. Explain the function of a stir-fry sauce.

6. Why is a wok a good pan to use when preparing a stir-fry?

7. Why is it best to undercook vegetables in a stir-fry?

8. Explain why casseroles became popular.

Chapter 40 Study Guide (continued)

9. List and describe the types of ingredients found in all casseroles.

(a) _____ (b) _____
_____ _____
(c) _____ (d) _____

4⁺ pts

10. When a casserole is described as "au gratin," what does this mean?

11. Describe the most suitable baking dish for cooking a casserole.

Study Guide

Soups, Stews and Sauces

Directions: Read chapter 41, and answer the following questions. Later, you can use this study guide to review.

1. What do soups, stews, and sauces have in common?

2. List the steps for making broth or stock.

a

b

2+ pts

3. Define bouillon.

4. Name three ways to thicken soups, stews, and sauces.

a

b

c

3 pts

5. Describe how to use flour or cornstarch as a thickener.

6. Explain how to temper eggs before using them as a thickening agent.

7. Define soup.

Chapter 41 Study Guide (continued)

8. Name and describe five soup groups, and give an example of each.

a₁ _____ a₂ _____
a₃ _____ b₂ _____
b₃ _____ c₂ _____
c₁ _____
c₃ _____
d₁ _____ d₂ _____ d₃ _____
e₁ _____ e₂ _____ e₃ _____

15 pts

9. List the steps for making chicken soup.

a _____
b _____
: _____
: _____

2+ pts

10. Name the basic ingredients found in stew.

a _____ b _____ c _____

3+ pts

11. Give three examples of ethnic stews, and tell where they come from.

a₁ _____ a₂ _____ b₁ _____
b₂ _____ c₁ _____ c₂ _____

6 pts

12. What is sauce? How is it used?

a _____ b _____

2 pts

13. List the steps you follow when making a basic white sauce.

a _____
b _____
c _____

3 pts

14. List the ingredients in a stock-based sauce.

a _____
b _____

2+ pts

15. Give examples of oil-and-vinegar sauces.

a _____ b _____

2 pts

16. How long should you store soups and stews?

Activity 1

Soups, Stews and Sauces

Stirring the Pot

Directions: Some of the statements below are true; others are false. Put an X in the space next to the statements that are false and write the correct answer on the lines below.

- _____ 1. Stock is a flavorful liquid made by simmering meat and vegetables in water.

- _____ 2. Adding sugar will thicken a fruit soup.

- _____ 3. In order to thicken a stew with flour, add hot liquid to the flour and pour that mixture into the hot stew.

- _____ 4. When preparing a roux, cook equal parts of fat and liquid.

- _____ 5. Cook mixtures quickly over high heat so the mixture will thicken in the shortest amount of time.

- _____ 6. Consommé is a broth made of puréed ingredients.

- _____ 7. Bisque is a rich soup usually made with shellfish and cream.

- _____ 8. Gazpacho is a well-seasoned, uncooked, cold soup of southern Spain.

Chapter 41 Activity 1 (continued)

_____ 9. Vichyssoise is a classic example of a cold soup that is made from chilled potatoes, garlic, and cream.

_____ 10. Soups and stews can be similar, but stews tend to have less liquid.

_____ 11. Originally, sauces were used to cover up the taste of foods that were going bad.

_____ 12. Soups, stews, and sauces are made using moist heat to cook a mixture of grains, vegetables, and other foods.

Study Guide

Baking Basics

Directions: Read chapter 42, and answer the following questions. Later, you can use this study guide to review.

1. List the basic ingredients used when baking.

(a) _____
 (b) _____ 2 pts

2. Describe gluten. What role does it play in baked goods?

(a) _____
 (b) _____ 2 pts

3. List and describe five types of wheat flour used in baking.

(a) _____	(a ₂) _____	10 pts
(b) _____	(b ₂) _____	
(c) _____	(c ₂) _____	
(d) _____	(d ₂) _____	
(e) _____	(e ₂) _____	

4. Explain why you should store flour in a tightly covered container after the bag is opened.

5. Name the thinnest and thickest mixtures used in baking. Explain the difference between them, and name the type of baked good each mixture is suitable for.

Thin: _____ Thick: _____
 Difference: _____ 5 pts
 Best: thin: _____ Best: thick: _____

6. Define a leavening agent.

7. Explain how steam and yeast make a baked product rise.

Chapter 42 Study Guide (continued)

8. When oil is called for in a recipe, why should you only use oil?

9. What roles do sweeteners play in baked goods? Name four commonly used sweeteners.

(a) _____ (b) _____
(c) _____ (d) _____
(e) _____ (f) _____

6pts

10. Describe why the proper oven temperature and correct pan are important in baking.

temp.: _____
pan: _____

2pts

11. Name three ways to prepare a pan for baking.

(a) _____
(b) _____
(c) _____

3pts

12. Explain why it is advisable to leave spaces between pans while they bake in the oven.

13. In general, what adjustments would you make when using a convection oven rather than a conventional oven?

(a) _____
(b) _____

2pts

14. Explain the benefits of cooling baked goods on a wire rack when they come out of the oven.

(a) _____
(b) _____

2pts

Study Guide

Quick and Yeast Breads

Directions: Read chapter 43, and answer the following questions. Later, you can use this study guide to review.

1. Define quick breads. Explain why they are called "quick."

a _____
b _____

2 pts

2. What happens to muffins if you overmix them?

3. Define kneading.

4. Describe the appearance of biscuits after they have been baked.

5. Name the five basic categories of yeast bread.

a _____ b _____
c _____ d _____ e _____

5 pts

6. Name the five steps involved in making yeast bread.

a _____
b _____
c _____
d _____
e _____

5 pts

7. Liquid and fat should be at what temperature when using the quick-mix method?

Chapter 43 Study Guide (continued)

8. Describe how to "punch down" yeast dough.

a

b

2+ pts

9. What is oven spring?

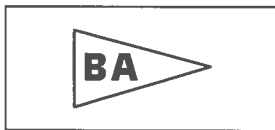
10. Why should yeast bread be cooled away from drafts?

Activity 1

Quick and Yeast Breads

Quick Bread Alert

Directions: Read the situations involving preparation of quick breads. For each situation that shows an incorrect procedure or outcome, draw a “Bread Alert” flag in the box and explain the problem in the space provided. If the procedure or outcome is correct, leave the box blank. The first situation has already been done for you.



1. Ina’s muffin batter contained lots of floury spots as she spooned it into the baking cups.



2. Mary’s muffin batter was somewhat lumpy.



3. Sharon substituted 1½ cups bran for 1½ cups flour to add fiber to her muffins.



4. Mike sifted together the dry ingredients for muffins.



5. The top of the loaf of banana bread cracked during baking.



6. Stu filled the muffin cups ¾ full.



7. Lori spooned the cranberry bread batter into the ungreased loaf pan.

Activity 3

Quick and Yeast Breads

Yeast Breads

Directions: Read the following statements about steps in making yeast breads. Check “Yes” for statements that are correct; check “No” for those that are not correct. Use the space provided to explain why the “No” statements are incorrect.

YES NO

- _____ _____ 1. The microwave oven is useful in several steps of yeast bread making.

- _____ _____ 2. The only way to knead yeast dough is with your hands.

- _____ _____ 3. Yeast bread contains baking powder.

- _____ _____ 4. Salt in yeast bread controls the action of the yeast.

- _____ _____ 5. Bread flour is the only suitable flour for making yeast bread.

- _____ _____ 6. Ingredients for yeast bread should be at room temperature.

- _____ _____ 7. Very hot liquids are necessary to activate yeast.

- _____ _____ 8. Knead yeast dough until it becomes a smooth, dull ball.

- _____ _____ 9. Adding too much extra flour to yeast dough will make the bread tough.

- _____ _____ 10. Some types of flour absorb more liquid than others.

Chapter 43 Activity 3 (continued)

YES NO

- _____ _____ 11. Something is wrong with your yeast dough if air bubbles form while you knead it.

- _____ _____ 12. Allow yeast dough to rise in a lightly greased bowl.

- _____ _____ 13. Do not cover the dough while it is rising.

- _____ _____ 14. Letting the yeast dough rise allows yeast colonies to multiply and flavors to develop.

- _____ _____ 15. If dough is ready for shaping, it will spring back when touched.

- _____ _____ 16. Yeast dough should never be refrigerated before you shape it.

- _____ _____ 17. Yeast loaves cut more easily just after they are removed from the pans.

- _____ _____ 18. The inside texture of the bread is grainy and inconsistently coarse throughout.

Study Guide

Cakes, Cookies and Candies

Directions: Read chapter 44, and answer the following questions. Later, you can use this study guide to review.

1. Describe a shortened cake.

2. Describe two methods for making a shortened cake.

a

b

2 pts

3. Explain how to test a shortened cake for doneness.

4. Define a foam cake, and give at least two examples.

a

b

c

3 pts

5. Explain how to test a foam cake for doneness.

6. Name the six basic types of cookies.

a

d

b

e

c

f

6 pts

Chapter 44 Study Guide (continued)

7. Contrast drop cookies and rolled cookies.

a

b

2 pts

8. How should you store cookies after baking?

9. Explain how you can make cookies from cake mix.

10. How does a candy thermometer help when making candy?

11. Define crystallization.

12. Name at least five different kinds of candy.

a

b

c

d

e

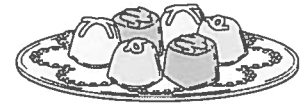
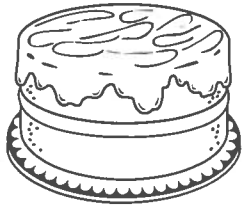
5 pts

Activity 1

Cakes, Cookies, and Candies

Alike and Different

Directions: In some ways, cakes, cookies, and candies each have unique features. At the same time, these baked delicacies share a number of common traits. The statements below consist of both unique and shared features. Read each statement; then write the letter that precedes it in one or more of the boxes beneath the appropriate drawing(s).



Answer Key

- A. These treats are traditionally high in fat, sugar, and calories.
- B. There are two basic types of these—shortened and foam.
- C. These are best stored in a covered container, with waxed paper between layers to keep them from sticking together.
- D. The dough for these is rolled out on a lightly floured surface.
- E. These are baked on flat pans with only one edge.
- F. These baked delicacies take their name from a Dutch word meaning “little cakes.”
- G. You can test these for doneness by lightly touching the top and checking whether it springs back.
- H. These are made by combining sugar, corn syrup, milk or water, and sometimes butter.
- I. A thermometer is most helpful in making these.
- J. During baking, the dough spreads out.
- K. It is a good idea to line the bottom of the pan with parchment paper so that these can be removed easily after they have finished baking.
- L. Some of these are rich and creamy made with chocolate, sugar, butter or cream, and flavoring.
- M. These can be baked in a wide variety of shapes and sizes.
- N. The bar variety of these are done baking when they pull away slightly from the sides of the pan.
- O. These should be stored in a tightly covered container between sheets of waxed paper.

Study Guide

Pies and Tarts

Directions: Read chapter 45, and answer the following questions. Later, you can use this study guide to review.

1. List four types of pies.

(a) _____ (b) _____ (c) _____ (d) _____ 4pts

2. Contrast piecrust made with solid fat and piecrust made with oil.

fat: _____ 2pts
oil: _____

3. Why should you allow the dough to rest after mixing it?

4. Describe how to decorate the edge of a piecrust.

5. How can you prevent the juices from seeping out of a two-crust pie?

6. Explain why you should cut slits in the top crust of a two-crust pie.

7. What is a lattice crust?

8. Name three ways to "dock" a one-crust pie.

(a) _____
(b) _____
(c) _____ 3pts

9. Define a crumb crust.

Name _____ Date _____ Class _____

Chapter 45 Study Guide (continued)

10. Describe a streusel topping for a one-crust pie.

11. Define a tart. How is it served?

a

b

2pts

12. Describe a galette.

13. Explain how to prevent a soggy bottom crust.

14. How can you tell when a two-crust pie is done baking?

Study Guide

Foods of the United States and Canada

Directions: Read chapter 46, and answer the following questions. Later, you can use this study guide to review.

1. Describe the Northeastern region of the United States and some of the foods typical of that region.

a _____
b _____
c _____ 3+ pts

2. Describe the ingredients in Boston cream pie.

a _____ b _____
c _____ 3+ pts

3. Who are the Pennsylvania Dutch, and what foods are important to their culture?

a _____
b _____
c _____ 3 pts

4. What is goulash? Which immigrant group introduced it to America?

a _____
b _____ 2 pts

5. Describe the Southern specialty, grits.

6. Describe the differences between Creole and Cajun cuisines.

Creole: _____
Cajun: _____ 2 pts

7. List the main ingredients found in New Mexican and Texan cuisines. Give two examples of dishes using these ingredients.

ingredients: a _____ b _____
examples a _____ b _____ 3-4 pts

Chapter 46 Study Guide (continued)

8. How should the meat in a true barbecue be seasoned?

9. Why are Oregon, Washington, and Alaska known for their seafood cuisines?

10. Why are the vegetables in Alaska of enormous size?

11. Describe the Hawaiian dish, poke.

12. Explain how the Scottish who immigrated to Canada made bannock, their traditional dish.

13. What foods are typically found in the Canadian Northeast?

a
b

2+ pts

14. List four or five crops that grow in Canada's Midwestern provinces.

a
c

b
d

4+ pts

15. What is potlatch?

Study Guide

Foods of South America, Latin America, & the Caribbean

Directions: Read chapter 47, and answer the following questions. Later, you can use this study guide to review.

1. Name the three native cultures that dominated the early history of Latin America. List foods they enjoyed.

(a) _____ (b) _____ (c) _____
(d) _____

4 pts

2. List three staple foods the Europeans contribute to this cuisine.

(a) _____
(b) _____
(c) _____

3 pts

3. Describe salsa.

4. Explain the differences between chorizo and ceviche.

chorizo _____
ceviche _____

2 pts

5. How is corn used in Mexican cooking? List other frequently used ingredients.

(a) _____
(b) _____
(c) _____

3+ pts

6. What are some of the dishes made from tortillas? What else is in these dishes?

(a) _____ (b) _____
(c) _____

3 pts

7. Describe mole.

Chapter 47 Study Guide (continued)

8. Name at least three foods enjoyed in all Central American countries.

(a) _____

(b) _____

(c) _____

3 pts

9. Name the two main culinary influences on Brazilian cuisine and some typical dishes.

influence: (a) _____

(b) _____

dishes (a) _____

(b) _____

4 pts

10. Describe Argentina's cuisine.

11. What are some of the common foods eaten in the Andean countries?

(a) _____

(b) _____

2+ pts

12. Which cuisines fused with the foods eaten by the indigenous people of the Caribbean Islands?

(a) _____

(b) _____

2+ pts

13. Name four ingredients typical of the Caribbean cuisine.

(a) _____

(b) _____

(c) _____

(d) _____

4 pts

14. List the main cultural influences on dishes in Jamaica, Haiti, and Cuba.

(a) _____

(b) _____

2+ pts

Study Guide A

Foods of Western, Northern, & Southern Europe

Directions: Read chapter 48, and answer the following questions. Later, you can use this study guide to review.

1. What is the national beverage in the United Kingdom and the Republic of Ireland? Describe the two meals that feature this beverage.

a _____
b _____
c _____ 3 pts

2. Describe bangers and mash.

3. Why are Indian curries popular in England?

4. Describe a Scottish stovie.

5. List the foods that comprise a typical Welsh breakfast.

a _____ b _____ 2+ pts

6. Name some of the ingredients used in Irish cooking.

a _____
b _____ 2+ pts

7. Which fats are commonly found in the foods of southern, northern, and eastern France?

a _____
b _____ 2+ pts

8. Contrast French provincial cuisine, haute cuisine, and nouvelle cuisine.

prov. : _____
haute : _____
nouvelle : _____ 3 pts

9. Describe sauerbraten and Black Forest cake.

sauer : _____
cake : _____ 2 pts

Chapter 48 Study Guide (continued)

10. Explain the Indonesian influence on the Dutch dish rijsttafel.

11. Describe roesti when used as a main dish.

12. Describe the famous Austrian sachertorte.

13. Name all the countries of Scandinavia.

(a)
(c)

(b)
(d)

4+ pts

14. Describe smorrebrod, the Danish open-face sandwich.

15. What is unique about Swedish meatballs?

18. List the typical seasonings in Norwegian cabbage rolls.

(a)
(b)

2 pts

19. Describe the Finnish dish kalakukko.

Study Guide B

Foods of Western, Northern, & Southern Europe

Directions: Read chapter 48, and answer the following questions. Later, you can use this study guide to review.

1. Describe the Mediterranean diet.

2. List four or five foods brought by various groups who settled in Spain over the centuries.

a

b

c

d

4+ pts

3. Describe paella and gazpacho.

a

b

2 pts

4. What is the Portuguese linguica? How is it used?

a

b

2 pts

5. Name three common Portuguese dishes other than linguica.

a

b

c

3 pts

6. Describe polenta.

Chapter 48 Study Guide (continued)

7. Describe pizza Margherita. Where did it originate?

a

b

2 pts

8. Name five ingredients found in Greek cuisine.

a

b

c

d

e

5 pts

9. Describe horiatiki.

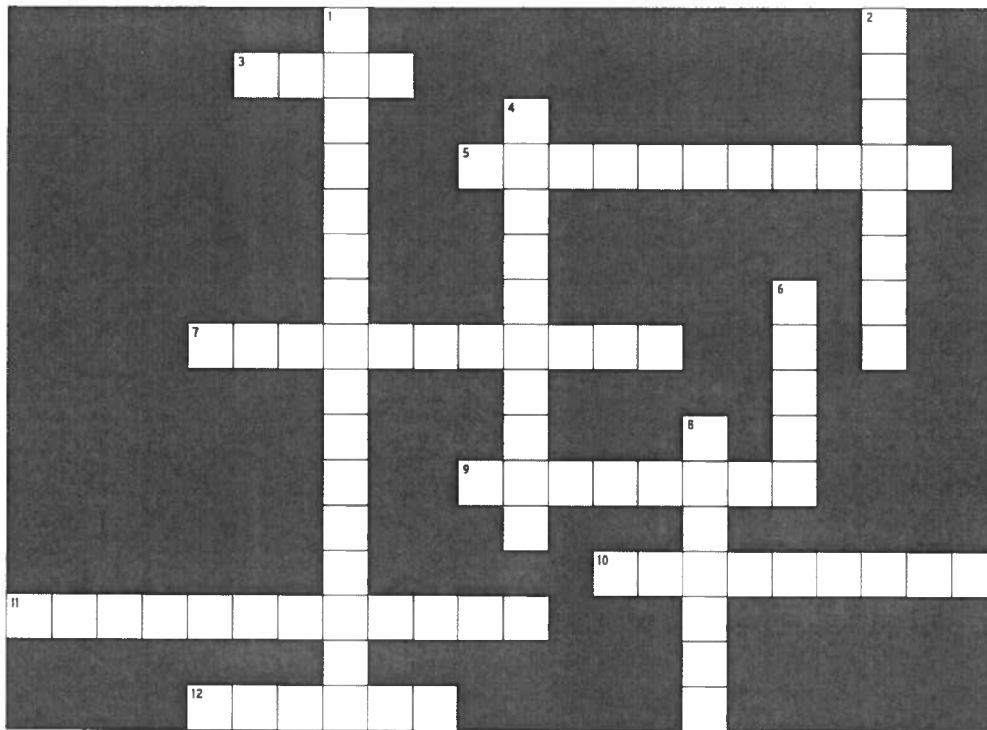
10. What is spanakopita?

Activity 2

Foods of Western, Northern, & Southern Europe

Puzzling Over Foods of Western and Northern Europe

Directions: Complete the crossword puzzle below by placing the answer to each numbered clue in the appropriate space.



Across

- 3. Puréed fruit folded into whipped cream
- 5. Beef roast marinated in vinegar with cloves, bay leaves, and peppercorns
- 7. A buffet laden with cured fish, cold meats, cheeses, salads, and vegetables
- 9. A long, crusty loaf of bread
- 10. Potato mashed with leeks and mixed with chopped, cooked cabbage
- 11. Classic French cuisine known for high-quality ingredients, expertly prepared and artistically presented
- 12. Sheep stomach stuffed with a mixture of oats, organ meats, onions, and beef or lamb

Down

- 1. A popover baked in the hot pan drippings from roast beef
- 2. Dried cod fish soaked in culinary ash and water.
- 4. Processed seaweed
- 6. A rich cake made with a small amount of flour and often with ground nuts or bread crumbs
- 8. Sweet yeast bread filled with dried fruit and topped with confectioner's sugar icing

Study Guide

Foods of Eastern Europe & Russia

Directions: Read chapter 49, and answer the following questions. Later, you can use this study guide to review.

1. What are potatoes called and how are they used in the Baltic countries of Estonia, Latvia, and Lithuania.

a
b _____ 2pts

2. Describe the Latvian fruit dessert, k is elis.

3. Why is the cuisine lighter in the central countries of Poland, the Czech Republic, Slovakia, and Hungary?
Name two examples of the lighter style.

a
b
c _____ 3pts

4. Name four of the Mediterranean elements in the southern Balkan cuisines.

a
b
c
d _____ 4pts

5. What is Romanian mamaliga, and how is it served?

a
b _____ 2pts

6. Describe Russian black bread.

7. What is caviar? How is it served in Russia?

a
b _____ 2pts

Chapter 49 Study Guide (continued)

8. Give two examples of dishes in the Caucasus that show Mediterranean influence.

(a) _____

(b) _____

2 pts

9. What is the most common meat eaten in the Central Asian Republics? Name two ways it is eaten.

(a) _____

(b) _____

(c) _____

3 pts

Study Guide

Foods of South, East, & Southeast Asia

Directions: Read chapter 50, and answer the following questions. Later, you can use this study guide to review.

1. What foods typically grow in the tropical climates of South Asia?

(a) _____
(b) _____ 2 pts

2. Describe garam masala. How is it used?

(a) _____
(b) _____ 2 pts

3. Describe the condiment, raita, and the breads, chapati and naan.

(a) _____
(b) _____
(c) _____ 3 pts

4. Provide two examples of how the foods of Southern India differ from those in the North.

(a) _____
(b) _____ 2 pts

5. Describe the location and cooking style in the Canton region of China.

(a) _____
(b) _____ 2 pts

6. List four foods typically eaten in Northern China.

(a) _____ (b) _____
(c) _____ (d) _____ 4 pts

Chapter 50 Study Guide (continued)

7. Describe a Mongolian Hot Pot.

8. Describe the cooking style on the east coast of China.

9. What is Kobe beef?

10. Explain why the sea is so important to Japanese cuisine.

11. Define Korean bulgogi.

12. Name and describe the most important seasoning in Southeast Asian cuisines.

(a) _____
(b) _____ 2 pts

13. Name and describe the national dish of Laos.

(a) _____
(b) _____ 2 pts

14. List the spices that are native to Indonesia.

(a) _____ (b) _____ (c) _____ 3+ pts

15. Name the two most important ingredients in the cuisine of the Philippines.

(a) _____
(b) _____ 2 pts

16. What are the main vegetables used in the Philippines?

(a) _____
(b) _____ 2+ pts

Study Guide

Foods of Southwest Asia, The Middle East & Africa

Directions: Read chapter 51, and answer the following questions. Later, you can use this study guide to review.

1. Name four of the earliest crops that grew in the valleys of the great rivers of the Middle East.

(a) _____ (b) _____
(c) _____ (d) _____ 4pts

2. List some of the staple foods of Southwest Asian cooking.

(a) _____
(b) _____

_____ 2+pts

3. Describe sumac and saffron, and list at least two other seasonings used in these countries.

(a) _____
(b) _____ (d) _____
(c) _____ 4pts

4. Name two common appetizers in Southwest Asian cuisine.

(a) _____
(b) _____ 2pts

5. Describe a common dish that balances meat with grain.

6. What beverage is the symbol of hospitality in the Arab world? How is this beverage often prepared?

(a) _____ (b) _____ 2pts

7. What foods can be prepared in advance for the Jewish Sabbath?

Chapter 51 Study Guide (continued)

8. How is couscous prepared?

9. Why does Libyan cuisine feature macaroni dishes? What does that say about the way in which cuisines develop?

a

b

2 pts

10. Describe the basic starchy foods in Sub-Saharan African cuisine.

11. Name two foods common to South African cuisine. Who influenced these foods?

a

b

c

3 pts