The Food System

1. _____ Major stages along the food supply chain include:
   a. Ordering, paying, eating       c. Purchasing, preparing, cooking
   b. Production, Processing, Distribution, Retail, Consumption, and Waste
d. Eating, digesting, waste

2. _____ Which of the following are reasons why to study the food system?
   a. To Promote healthier diets; reduce the risk of foodborne illness and other diseases;
   b. To protect human and animal welfare
c. To Conserve natural resources and mitigate climate change
d. All are reasons to study the food system

3. _____ Which of the following was not a method that early humans acquired their food by:
   a. hunting wild animals (including prehistoric megafauna like mammoths, wooly rhinos and giant elk)
b. gathering food from wild plants.
c. Farming
d. Following herds of animals

4. _____ Many components of the industrialized agricultural system can be beneficial and cause harm. Which of the following fall into that category:
   a. Pesticides
c. Industrial Food Animal Production
   b. Fertilizers
d. All of the above

5. _____ Applying science to agriculture has helped ___.
   a. contribute to the pleasure of eating
   b. expand career opportunities in food management
c. increase the food supply
d. make ethnic foods more available in remote locations

6. _____ An environment that contains a community of organisms that interact and depend upon each other is called a(n) ___.
   a. food chain
c. ecosystem
   b. ecogram
d. food pyramid

7. _____ Which of the following is NOT an essential natural resource that ecosystems need to survive?
   a. soil
c. water
   b. wind
d. climate
8. Which of the following statements is NOT true about food production in the United States?
   a. Many small farms have been absorbed into large farm operations.
   b. Interest in local food supplies is growing in many parts of the country.
   c. Farmers markets and similar programs link consumers directly with producers.
   d. Large farms are less efficient than small farms in producing foods.

9. Which of the following does NOT contribute to global hunger?
   a. inefficient farming methods
   b. industrialization
   c. natural disasters
   d. armed conflict

10. Which of the following is NOT a strategy for increasing food supplies?
    a. development of disease- and pest-resistant crops
    b. agroforestry
    c. organic farming
    d. development of alternative fuel sources

11. Achieving economic growth while protecting the environment and promoting human well-being is known as __________.
    a. subsistence living
    b. sustainable living
    c. biodiverse living
    d. holistic living

12. All of the following are examples of the role technology plays in expanding the food supply EXCEPT __________.
    a. organic farming
    b. use of modern machinery
    c. development of manufactured foods
    d. bioengineered foods

13. Advantages linked to genetic engineering include all of the following EXCEPT __________.
    a. improved nutrition
    b. availability to developing countries
    c. greater resistance to spoilage
    d. reduced use of pesticides

14. The term “food science” means the __________.
    a. practical application of scientific knowledge to food preparation
    b. scientific process of modifying and altering foods
    c. application of science and technology to food production
    d. scientific study of food and its preparation

T or F
15. Our current industrial food system can be harmful to the environment
16. The harms and benefits of the food system are equally shared.
17. Agriculture has been practiced sporadically for roughly 10,000 years, but widely established for only 5,000–just 3 percent of the span of human history.
18. All food that we consume can be traced back to the soil in some way.
19. One of the great food challenges that humanity faces globally is the inequality of the global food supply.
20. People today have access to many more types of food than the people of previous generations.
21. Grains have traditionally been one of the most common staple foods worldwide.
22. Plants produce food in their leaves using the sun’s energy.
23. Most foods grow in a range of moderate air temperatures.
24. ___ Farmers in the United States generally produce only enough food for domestic use.
25. ___ Some food distributors specialize in a certain type of cuisine.
26. ___ Most developing countries have a sophisticated and organized food industry that provides people with a varied and nutritious diet.
27. ___ Solutions to global food and water problems will require solutions that suit the land and culture and that are affordable to small food producers.
28. ___ Buying locally grown foods, a type of “green shopping,” helps to promote biodiversity in the ecosystem.
29. ___ Biodiversity increases the risk of a break in the food chain.
30. ___ Modern equipment and methods in farming may be costly and are not always suited to certain crops and conditions.
31. ___ Ancient peoples practiced a simple form of food science when they discovered that certain foods were more edible when cooked over a fire.
32. ___ In earlier centuries, food production depended on a combination of animal power, human labor, and machine-made tools.
33. ___ Food packaging is meant to preserve food quality and safety and to add convenience.
34. ___ Long-term studies have concluded that genetically modified foods pose absolutely no dangers to human health.
35. ___ One potential danger of genetic engineering is the possible creation of super weeds that are resistant to herbicides.
36. ___ A drought is an example of a situation in which renewable resources must be managed carefully.
37. ___ Much of the electricity that runs the appliances in your kitchen comes from nonrenewable resources, including coal, natural gas, and oil.

**Match each item with the correct statement below.**

a. Aquaculture  f. hydroponic farming  
b. Carnivores  g. omnivores  
c. Famine  h. organic farming  
d. food chain  i. shelf life  
e. Herbivores  j. shelf-stable  

1. ___ A cycle or process in which organisms get food from other organisms and the environment.
2. ___ Consumers that eat both plants and animals.
3. ___ Growing plants without soil.
4. ___ Consumers that feed almost entirely on animals.
5. ___ Method of growing food without the use of pesticides or artificial fertilizers.
6. ___ Method of raising seafood in enclosed areas of water.
7. ___ Consumers that eat only plants.
8. ___ Severe shortage of food.
9. **Food Safety**

1. Which of the following situations might lead to a dangerous growth of bacteria spores?
   a. leaving a potato salad made with mayonnaise sitting out in the sun for several hours
   b. quick-freezing raw vegetables after they have been harvested
   c. slow-cooking meat in an oven for a few hours
   d. putting unwashed fresh fruit in the refrigerator

2. All of the following are proper food handling and cooking practices for maintaining food safety EXCEPT ___.
   a. keeping the kitchen and utensils clean
   b. cutting meat and vegetables on the same cutting board
   c. refrigerating food promptly
   d. cooking food thoroughly

3. Which of the following are common sources of cross-contamination of bacteria?
   a. wooden cutting boards
   b. stainless steel knives
   c. ceramic serving bowls
   d. crystal water glasses

4. The “two-hour rule” of food storage applies to ___.
   a. organically grown fruits and vegetables
   b. perishable foods containing meat, poultry, fish, eggs, or dairy products
   c. frozen prepackaged foods
   d. whole-grain foods

5. One of the main responsibilities of the Food Safety and Inspection Service is to ___.
   a. regulate food additives and food packaging
   b. test food products for residues of hormones, antibiotics, and other drugs used to improve an animal’s condition
   c. monitor the use of fertilizers in agriculture
   d. inspect all food products before they reach supermarkets

6. Which of the following is NOT a good guideline for limiting bacteria in the kitchen?
   a. washing the tops of cans before opening them
   b. using separate towels for wiping hands, dishes, and other purposes
   c. washing food surfaces in cold water before preparing food
   d. replacing dishcloths daily

7. One proven method for keeping your hands clean in order to prevent bacterial transfer is the ___.
   a. 15-second scrub
   b. 20-second scrub
   c. 15-second rinse
   d. 20-step sanitizer

T or F
8. Children, pregnant women, older adults, and chronically ill people are most at risk from foodborne illness.

9. When bacteria multiply in food, the look, taste, and smell of the food changes quickly, allowing people to detect easily the presence of the harmful bacteria.
10. Bacteria can travel from food handlers to food by sneezing or coughing.
11. When washing off kitchen work areas and appliances, you should rinse the dishcloth often in hot, sudsy water.
12. Allowing the juices from raw meat or poultry to drip on other foods risks the cross-contamination of bacteria.
13. Refilling a serving dish of food that has been sitting out for awhile may cause cross-contamination.
14. Partially cooking food and waiting to finish the cooking later is a safe way to destroy harmful bacteria.
15. Critics of irradiation are concerned that the process may create harmful byproducts that could lead to cancer and birth defects.
16. Raw meat and poultry should be carried to the range on a clean plate, cooked, and then returned to the plate.
17. Damage to cans or other forms of packaging increase the likelihood that the food inside will be spoiled.

Match each item with the correct statement below.

a. Contaminants  
   1. protected cells that develop into bacteria under certain conditions
   2. poisons that can cause illness
   3. spoilage in high-oil content foods due to a breakdown of fats
   4. substances that make food unfit for use
   5. process of exposing food to high-intensity energy waves to increase shelf life and kill harmful microorganisms
   6. occurs when harmful bacteria spread from one food to another

b. cross-contamination

c. Irradiation

d. Rancidity

e. spores
f. tolerance
g. toxins

Chicken should be cooked to an internal temperature of _______\(^\circ\)F
Pork should be cooked to an internal temperature of _______\(^\circ\)F
Beef should be cooked to an internal temperature of _______\(^\circ\)F

What is the danger zone?

Which populations are most susceptible to food borne illness?

What is the treatment for salmonella poisoning?

Why should foods not be stored at room temperature?

How long should you wash your hands?

What potentially deadly bacteria are often found in ground beef?
Lab Procedures
Listed below are the steps in washing dishes. Put them in the correct order by placing a number from 1 to 10 in front of each step. (You can find them in your Lab Procedures and Penalties packet)
1. _____ place dirty towels and cloths in washer
2. _____ Scrape food particles off dishes
3. _____ Wash in hot, soapy water with cloth or scrub brush
4. _____ Using wash cloth, wipe down sink area, including backsplash.
5. _____ Dry dishes and put them away.
6. _____ Plug sink and fill with hot soapy water
7. _____ When sink is empty, take strainer to trash and dump/wipe out.
8. _____ Using scrub brush, scrub down sinks.
9. _____ Drain sink
10. _____ Rinse the dishes with hot water to remove all soap.

What is the proper method for cleaning counters, tables and surfaces?
- Step 1:
- Step 2:
- Step 3:

Kitchen & Knife Safety: Review Kitchen Safety information from Ch. 21: Preventing Kitchen Accidents
T or F
1. _____ Large pots and other heavy or bulky kitchen tools or utensils should be stored in high cabinets out of reach of children.
2. _____ One way to prevent falls while working in the kitchen is to secure slippery throw rugs with tape.
3. _____ A sharp knife is actually safer when handled properly than a dull knife that needs to be used with extra pressure.
4. _____ Most kitchen fires or burns occur near the oven or range.
5. _____ If an electrical appliance starts to overheat, you should unplug it immediately.
6. _____ Mixing different cleaning products together may cause chemical reactions that release poisonous gases.
7. _____ It is unsafe to leave young children alone in the kitchen, even for a few seconds.
8. _____ When working in the kitchen, one basic safety guideline is to use the right tool for the job.
9. _____ When disconnecting an electrical cord, you should grasp the plug at the electrical outlet rather than tugging on the cord.
10. _____ Because the combination of food, heat, and moisture in kitchens can cause accidents and invite harmful bacteria, all kitchen components should be washable, moisture-proof, and heatproof.
11. _____ When cutting a potato or other rounded food, it is a good idea to first cut a slice from the bottom so that the food will sit flat on the cutting board.
12. _____ You should never turn on an empty microwave oven.

13. _____ When cleaning up after a meal, you should do all of the following EXCEPT ___.
   a. separate sharp knives from other dishes to be washed
   b. presoak pans with stuck-on food
   c. group items to be washed according to their size
   d. rinse dishes thoroughly in hot water
14. _____ Which of the following is NOT a basic guideline for kitchen safety?
   a. Focus on what you are doing.
   b. Dress for safety.
   c. Keep drawers and doors open for easy access to equipment.
   d. Keep clutter under control.

15. _____ All of the following are good suggestions for handling sharp edges EXCEPT __?__.
   a. soaking knives in a dishpan with soapy water and other dishes.
   b. using a cutting board when slicing food with knives
   c. storing knives in a divided drawer, knife block, or knife rack.
   d. drying knives carefully with the blade pointed away from you.

16. _____ You can improve cooktop safety by __?__.
   a. using a pan with a loose handle
   b. turning the handles on pans toward the back or center of the range top
   c. handling hot pots and pans with damp potholders or oven milts
   d. storing aerosol cans near the range top so you can grab them easily

17. _____ Which of the following should you NEVER do when using an electrical appliance?
   a. Pull out the electrical cord from the wall outlet while the appliance is running.
   b. Use an electrical appliance with wet hands.
   c. Turn off and unplug the appliance before putting your fingers inside it.
   d. Choose a heavy duty extension cord designed for appliances if one is needed.

18. _____ Which of the following is NOT a good guideline concerning the use of hazardous household chemicals?
   a. Use the products in a well-ventilated area.
   b. Store the chemical products away from food.
   c. Repackage the products in plastic containers to keep them safer.
   d. Carefully read directions about product use.

19. _____ When sharpening knives with a sharpening steel, you should __?__.
   a. place the point of the sharpening steel in a horizontal position
   b. hold the knife blade at a 20-degree angle against the side of the steel
   c. draw the knife blade upward along the steel
   d. draw the blade along the steel ten or twelve times and then alternate direction

**Cooking Methods**

T or F

1. _____ In a microwave oven, a magnetron tube converts energy into microwaves that are absorbed by molecules of food, causing the molecules to vibrate and produce heat that cooks the food.
2. _____ During conduction, heat moves from one object to another when the two objects are in contact.
3. _____ Although convection relies on rising heat, heat from radiation flows evenly from the source in every direction.
4. _____ The amount of food being cooked has no effect on the cooking time.
5. _____ Moist-heat cooking helps tenderize food and blend flavors.
6. Because fats can be heated to much higher temperatures than liquids, foods cooked in fats develop a crisp crust and acquire a characteristic fried flavor.

7. Fats heated to above the smoking point develop a pleasant smoky flavor.

8. The best method for preserving nutrients in vegetables is microwaving.

9. Covering food in a microwave oven helps the food retain moisture and cook more evenly.

10. The denser a food is, the longer it takes to cook.

11. Simmering is less destructive to the shape, flavor, color, and texture of foods than boiling.

12. Metal is a good material for microwave cookware because it helps to radiate the heat more evenly in a microwave oven.

13. When cooking a beef stew, which of the following cutting techniques would you be most likely to use when preparing the meat?
   a. Cubing
   b. Paring
   c. Scoring
   d. Mincing

14. Which of the following techniques would you use to prepare a chunk of parmesan cheese for use on spaghetti?
   a. Sliver
   b. Grate
   c. Crush
   d. Mince

15. All of the following are coating techniques EXCEPT __?__.
   a. Baste
   b. Dot
   c. Caramelize
   d. Glaze

16. The three main ways in which transfer of heat occurs are __?__.
   a. Conduction, convection, and radiation
   b. Convection, microwaving, and radiation
   c. Conduction, radiation, and arcing
   d. Convection, molecular action, and conduction

17. A piece of chicken cooking in a skillet is cooking as a result of __?__.
   a. Convection
   b. Radiation
   c. Arcing
   d. Conduction

18. Browning is caused by the __?__, a series of chemical reactions between certain sugars and proteins in the food.
   a. Montesquieu reaction
   b. Magnum reaction
   c. Maillard reaction
   d. Microbar reaction

19. All of the following are moist-heat cooking methods EXCEPT __?__.
   a. Simmering
   b. Poaching
   c. Braising
   d. Sautéing

20. Which of the following cooking methods best retains the shape and tenderness of delicate foods, such as fish, fruit, and eggs?
   a. Simmering
   b. Braising
   c. Poaching
   d. Grilling
21. Which of the following is NOT true about microwaving?
   a. The heat generated by microwaves cooks food quickly.
   b. Microwaves cook foods with high water content more quickly than other foods.
   c. Concentrations of fat, sugar, and salt in a food can cause a “hot spot” when the food is microwaved.
   d. Salting foods before microwaving can lead to uneven cooking.

22. Which cooking method results in the greatest loss of nutrients?
   a. boiling  
   b. stewing  
   c. frying  
   d. roasting

23. All of the following are true of food placement in a microwave oven EXCEPT __?__.
   a. You should leave space between foods if possible.
   b. Arranging food in a ring shape is effective.
   c. Food may need to be stirred or turned.
   d. Food at the outer edges of the oven cooks the fastest.

Chapter 26: Cooking Methods Vocabulary (word bank below)

1. Electrical sparks caused by placing anything metallic in a microwave oven.
2. a method of transferring heat by direct contact. Heated molecules pass their heat to neighboring molecules.
3. is the movement of molecules through air or liquid. Warm air is less dense than cool air because the molecules vibrate more quickly, driving them farther apart. Heated air rises and cooler air falls to replace it.
4. the amount of energy a microwave oven uses to generate microwaves. The energy is measured in watts of electricity.
5. Cooking food uncovered without added liquid or fat.
6. the browning effect that occurs when heat provokes a series of chemical reactions between certain sugars and proteins in food.
7. the actual time the food cooks with microwave energy.
8. foods cook from energy in the form of electrical waves.
9. food is cooked in hot liquid, steam or a combination of the two.
10. heat is transferred as waves of energy. Heat flows evenly from the source in every direction.
11. to brown quickly over high heat.
12. Temperature at which fat begins to break down.
13. the time a microwaved dish should set to allow for the built-up heat to complete the cooking process.
14. a special bowl shaped pan. The traditional cookware for stir-frying.

<table>
<thead>
<tr>
<th>Arcing</th>
<th>Cooking Power</th>
<th>Microwave Time</th>
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<tr>
<td>Radiation</td>
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<tr>
<td>Moist-Heat Cooking</td>
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**Kitchen Equipment**

1. _____ A paring knife has a serrated or saw-tooth blade for peeling fruits and vegetables.
2. _____ Instant-read thermometers have probes with a dial or digital display and are used to check the internal temperatures of meats, poultry, and other foods.

**Recipes, Equivalents, Measurements, Abbreviations & Substitutions**

Using Recipes
A _____ is a set of directions for making a _____ or a ________.
A well written recipe should contain the following information:
1. 
2. 
3. 
4. 
5. 
6. 

___________ The most common type of recipe lists the ingredients first, followed by step-by-step directions.
___________ List directions and amounts using action terms.
___________ Steps and ingredients are written in a paragraph, like a narrative story.
___________ are different units of equal measure.

The three units of measure in a recipe:
Changing a recipe yield: DY
RY

1. Divide desired yield (DY) by the Recipe Yield (RY)
2. Multiply each ingredient amount by the result in step 1.
3. Convert the measurements into logical, manageable amounts.
Make any needed adjustments for equipment, temperature and time.

High-Altitude cooking: As altitude gets higher, air pressure gets lower.
Water boils at a _______ temperature at high-altitudes
Liquids may boil _______, but foods simmered in them takes ________ to cook.
You may need to add ______ liquid due to evaporation
Gas bubbles that form in liquids escape more readily from _________. This affects the gases that help baked goods ________.
Ingredients and temperature may have to be ____________.

1. _____ To ensure proper preparation, a well-written recipe must include all of the following EXCEPT ______?
   a. list of ingredients                   c. nutrition analysis
   b. temperature and time                 d. step-by-step directions
2. _____ Which of the following is NOT a correct equivalent?
   a. 1 tablespoon = 3 teaspoons         c.  1 pint = 2 cups
   b. 1 cup = 16 Tablespoons            d.  1 quart = 4 pints

3. _____ The basic reason why recipes may need to be changed at higher altitudes is because __?__.
   a. air is colder at higher altitudes
   b. air pressure decreases as altitude increases
   c. air pressure increases as altitude increases
   d. air pressure and temperature vary at different altitudes

4. _____ Suppose you are reducing a recipe by half. The recipe calls for 1 1/2 teaspoons of salt. How much salt do you need?
   a. 3 teaspoons                                    c.  3/4 teaspoon
   b. 1 teaspoon                                    d.  1/4 teaspoon

5. _____ When measuring liquids, you should do all of the following EXCEPT ____?
   a. hold the measuring cup in your hand when measuring
   b. check the measurement at eye level
   c. pour off any excess
   d. use measuring spoons for small amounts

T or F

6. _____ Ingredients in a recipe are usually given in exact amounts and are listed in the order in which they are used.

7. _____ The most common format for recipes lists the temperature and time first, then the step-by-step directions, and finally the list of ingredients.

8. _____ Cooks must often use equivalents when working with recipes, especially if they want to convert a recipe from one measuring system to another.

9. _____ Changes can be made more easily in recipes where ingredients act independently of each other.

10. _____ When changing the yield of a recipe, it is sometimes necessary to adjust the cooking time as well.

11. _____ In general, recipes have indicated precise measurements for ingredients only for about the last one hundred years.

12. _____ Recipes for baked goods are the most sensitive to substitution.

13. _____ To get the best results from most recipes, you need precise amounts and ratios for ingredients.

14. _____ Liquids, dry ingredients, and fats can all be measured using the same measuring methods.

15. _____ To measure in-between fractions, it is sometimes necessary to use a combination of different standard-size measures, such as cups and tablespoons.

16. _____ To measure small amounts of liquids, it is often better to use measuring spoons instead of measuring cups.

17. _____ Dry measuring cups can also be used to measure ingredients that are not dry, such as yogurt and jam.

18. _____ You should generally level off ingredients in a measuring spoon unless the recipe says “heaping.”

19. _____ The stick method of measuring solid fats, such as butter, simply involves cutting off pre-marked amounts on the wrapper.
20. Coffee cups, soup spoons, juice glasses, and similar tableware can usually be substituted for measuring cups and spoons.

21. A dash or pinch of an ingredient is a small quantity often measured as the amount that can be held between the thumb and finger.

Match each item with the correct statement below.

a. customary
b. Metric
c. volume
d. weight
e. yield

1. number of servings or amount a recipe makes
2. amount of space an ingredient takes up
3. measurement system also known as U.S. standard or English
4. heaviness of an ingredient
5. measurement system based on multiples of ten

Match each item with the correct statement below.

a. blanching
b. Cutting
c. dredging
d. Folding
e. Mixing
f. Paring
g. Taring
h. Coating

1. dividing a food into smaller parts using a tool with a sharp blade
2. subtracting the weight of a container to find the weight of the food alone
3. cutting off a very thin layer of peel with a knife
4. mixing a light, fluffy mixture into a heavier one
5. dipping food briefly in boiling water and then in cold water to stop the cooking process
6. putting a thin layer of one food onto another food
7. coating food heavily with flour, breadcrumbs, or cornmeal
8. combining two or more ingredients thoroughly so they blend
**Match each item with the correct statement below.**

a. Arcing  
b. conduction  
c. convection  
d. radiation  
e. Sear  
f. smoking point  
g. standing time

1. ___ method of transferring heat by direct contact
2. ___ transfer of heat as waves of energy
3. ___ temperature at which fat begins to break down
4. ___ movement of molecules through air or liquid
5. ___ electrical sparks that can damage a microwave oven or start a fire
6. ___ when molecules in food cooked in a microwave continue to vibrate until they lose energy as the food starts to cool

**Developing a Work Plan**

1. ___ Timing is crucial to getting food preparation tasks accomplished and all foods ready to eat at the same time.
2. ___ An important part of planning a meal is to check your supply of ingredients and make sure you have the food and equipment you need.
3. ___ When listing the tasks involved in preparing a recipe, you should consider different cooking methods that might speed and simplify the work.
4. ___ Spending a few minutes washing equipment while waiting for a cake to bake is an example of dovetailing.
5. ___ When working in groups in the foods lab, successfully completing a series of tasks within a limited time period takes teamwork.
6. ___ Humor, respect, and tact are all qualities that can help promote a spirit of cooperation.
7. ___ The successful outcome of any team effort requires each person to take responsibility for doing his or her job.
8. ___ Keeping a dishpan or sink filled with hot, sudsy water in the sink while you slice vegetables will help you dovetail tasks during meal preparation.
9. ___ When working as a team to prepare a meal, it is necessary to decide who will do each task in order to prevent duplication of effort.
10. ___ One advantage of working as a team is that if one person falls behind or makes a mistake, other team members can step in to help.
What are the primary ingredients used in baking?

What is leavening? Give some examples of leaveners:

Where did gingerbread originate?

What ingredients made up the original gingerbread recipe? What did the ingredients change to?

What should you do to create effective gingerbread pieces?

What 2 main ingredients does royal icing consist of?
Match the cooking procedures described in Column A with the correct letter in Column B.

_____1. To cook quickly in a small amount of fat.
_____2. To cook foods by surrounding them in a hot, dry in an oven.
_____3. To cook with radiant heat from above.
_____4. To cook submerged in hot fat.
_____5. To cook partially and very briefly in boiling water or hot fat.
_____6. To cook by simmering or boiling until the quantity of liquid is decreased.
_____7. To cook uncovered in a skillet or sauté pan without fat.
_____8. To cook on an open grid over a heat source.
_____9. To cook in a moderate amount of hot fat in a pan
____10. To cook in water or other liquid that is bubbling gently, about 185-205 degrees F.
____11. To cook in a liquid, uncovered, usually a small amount that is hot but not actually bubbling.
____12. To cook in a liquid, uncovered, usually a small amount that is hot but not actually bubbling.
____13. To cook by direct contact with steam.
____14. To cook in water or other liquid that is bubbling rapidly.
____15. A cooking method that uses both dry and moist heat.

A. Boil
B. Pan-fry
C. Blanch
D. Broil
E. Grill
F. Sauté
G. Steam
H. Deep-fry
I. Reduce
J. Braise
K. Simmer
L. Roast
M. Poach
N. Pan-broil
O. Microwave
1. To beat a food lightly and rapidly in order to incorporate air into the mixture and to increase its volume.

2. To moisten foods during cooking with pan drippings or a sauce in order to add flavor and prevent drying.

3. To cool a food to below room temperature in the refrigerator or freezer, or over ice.

4. To cut food, often fresh herbs, dried fruit, with kitchen shears into very small, uniform pieces using short, quick strokes.

5. To cut into uniform pieces, usually a half inch on all sides.

6. To split foods in the middle without completely separating the halves, then spreading the halves to resemble a butterfly.

7. To work a solid fat such as shortening, margarine or butter into dry ingredients, usually with a pastry blender.

8. To partially cook fruits, vegetables, or nuts in boiling water or steam.

9. “To the tooth”, a term to indicate pasta is cooked just enough to keep a firm texture.

10. A liquid in which food is allowed to stand in order to flavor or tenderize it.

11. A measure equal to 1/16 teaspoon.

12. Chopping food into tiny irregular pieces.

13. To heat an oven or utensil to a temperature before using it.

14. To cut into uniform pieces, usually 1/8 to 1/4 inch on all sides.

15. To cook a food in the vapor given off by boiling water.

16. To cook food in liquid for a long time until tender, usually in a covered pot; also the name of the mixture prepared this way.

17. To work dough with the heels of your hands in a pressing and folding motion until it becomes smooth and elastic.

18. To cut off the skin or outer covering of a fruit or vegetable, using a knife or vegetable peeler.

19. To add visual appeal to a finished dish.

20. To cut narrow grooves or slits partway through the outer surface of a food to tenderize it or to form a decorative pattern.

21. To cut food into thin match like sticks about two inches long.

22. To evenly cover food with crumbs, flour or a batter.

23. To brown a food, usually meat, quickly on all sides using high heat to seal in the juices.

24. To gently swirl one food into another; usually done with light and dark batters for cakes or cookies.
25. To cook a food in liquid that is kept just below the boiling point; a few bubbles will form slowly and burst just before reaching the surface.