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

**PROSTART CHAPTER FIVE**

1. What type equipment is used in the flow of food? (272-298)

|  |  |
| --- | --- |
| Receiving |  |
| Storage |  |
| Pre-preparation |  |
| Food Prep |  |
| Holding and Serving |  |

2. What are the common uses for each of the following knives: (275-276)

|  |  |
| --- | --- |
| Boning |  |
| Chef’s |  |
| Cleaver |  |
| Fillet |  |
| Paring |  |
| Santoku |  |
| Slicer |  |

3. What is a steel and why and how is it used? (278)

What:

Why:

How:

4. What is the difference between the following: (281-283)

1. China cap 2. Chinois

3. Colander 4. Strainer

5. Sieve

5. What is difference between the following: (281-283)

1. Offset spatula 2. Rubber spatula

3. Sandwich spreader 4. Straight spatula

6. What is the difference between pots and pans? (285-286)

7. How do you care for the following types of metal (288)

|  |  |
| --- | --- |
| Aluminum |  |
| Cast iron |  |
| Chrome |  |
| Copper |  |
| Stainless steel |  |
| Nonstick coating |  |

8. What is an immersion blender? (289)

What is a mandolin? (290)

9. What does each mixer attachment do? (291)

|  |  |
| --- | --- |
| Flat beater paddle |  |
| Wire whip |  |
| Wing whip |  |
| Pastry knife |  |
| Dough hook |  |

10. What does a convection oven do that conventional ovens don’t do? What is the outcome? (295)

11. What is the purpose of a bain-marie? (297)

12. What is a chafing dish? (297)

13. What is a speed rack? (298)

14. What is a steam table? (298)

15. Define mise en place. (302)

16. What are the steps to pre-preparation? (303)

1.

2.

3.

4.

17. What is a seasoning? What are the 4 basic types? (306)

1. 2.

3. 4.

18. What is the difference between: (307)

Herbs:

Spices:

19. What is the difference between dry and fresh herbs? (307) When a recipe calls for and herb (assumed dry) how much fresh should you use?

20. How should dry herbs and spices be stored for maximum freshness? (311)

21. What is unique about garlic and onion? (311)

22. How do you: (314-315)

Separate and egg?

Whip egg whites?

23. What is difference between: (320)

|  |  |
| --- | --- |
| Conduction |  |
| Convection |  |
| Radiation |  |

24. Define the following: (321)

Barding:

Marinating:

25. Briefly describe each of the following dry –heat cooking methods. (321-330)

|  |  |
| --- | --- |
| Broiling |  |
| Grilling |  |
| Roasting/baking |  |
| Griddling |  |
| Sautéing |  |
| Stir-Fry |  |
| Pan-Frying |  |
| Deep-Frying |  |

26. Briefly describe each of the following moist–heat cooking methods. (331-333)

|  |  |
| --- | --- |
| Simmering |  |
| Poaching |  |
| Blanching |  |
| Steaming |  |

27. Briefly describe each of the following combination cooking methods. (331-333)

|  |  |
| --- | --- |
| Braising |  |
| Stewing | Bouillabaisse:  Fricassee:  Goulash: |

28. What is plating? (340)

29. What things should be considered when plating? (341)

1.

2.

3.

4.

5.

30. What does RDA stand for? (346)

31. Describe the 4 vegetarian diets. (347)

|  |  |
| --- | --- |
| Vegan |  |
| Lacto-vegetarian |  |
| Ovo-vegetarian |  |
| Lacto-ovo-vegetarian |  |

32. Summarize the 8 dietary guidelines (349-350)

|  |  |
| --- | --- |
| 1. |  |
| 2. |  |
| 3. |  |
| 4. |  |
| 5. |  |
| 6. |  |
| 7. |  |
| 8. |  |

33. MyPlate illustrates 5 food groups, what are they? (352-teacher)

34. What does the FDA require to appear on all food labels? (356)

1. 2.

3. 4.

5. 6.

7. 8.

9.

35. What are some of the factors that contribute to obesity? (358)

36. 22. Exam Prep Questions

1. \_\_\_\_\_ 6. \_\_\_\_\_

2. \_\_\_\_\_ 7. \_\_\_\_\_

3. \_\_\_\_\_ 8. \_\_\_\_\_

4. \_\_\_\_\_ 9. \_\_\_\_\_

5. \_\_\_\_\_ 10. \_\_\_\_\_