# Supplemental Notes Questions

Use your textbook, the ProStart PowerPoint online at Ms. Hadley’s webpage or the Internet to complete the following tasks to finish out our content work from Chapter 5.

1. **What is the purpose of the guiding hand with a knife?**
2. **What is the cooking technique called Sous Vide (Soo veed)? Why would it not be safe for people to do this at home?**
3. **What is carryover cooking? How do you deal with it? What common kind of convenience food has instructions for using carryover cooking? (Think freezer.)**
4. **What range of temperature is safe for refrigerators to operate in?**
5. **Research MyPlate online. (It has replaced MyPyramid.) What recommendations does the government make for people in general?**
6. **Use the textbook to find this question: How many nutrients does the body require for good health, according to the Dietary Guidelines for Americans?**
7. **What is body mass index? What are the BMI numbers for normal weight, overweight and obese?**
8. **What is the Fair Labor Standards Act? What age group and what kinds of equipment and tasks does it cover?**
9. **What is the purpose of parchment paper in a commercial food operation?**
10. **What is the difference between barding and larding in food preparation?**
11. **What are the following foods or food dishes:**
    1. Paupiettes:
    2. Daube:
12. **Make sure you know the function of the following pieces of equipment:** oyster knife, parisienne scoop, China cap and chinois, skimmer, tamis, cheesecloth, zester, peeler, crepe pan, mandolin, flat beater paddle, convection steamer, salamander, rotisserie, rotary oven, combi oven, flat-top, bimetallic stemmed thermometer and rondeau.