Food Basics Review

Safety Reminders

* Pot handles?
* Broken glass?
* Cross Contamination
* Read through safety booklet
* Food Borne Illness – who is susceptible

Canada Food Guide

Meat (Serving Size, Alternatives, Vitamins in meat)

What are the 4 food groups – alternatives, how many servings?

Why is the Food Guide Rainbow shaped that way?

Fats – some are healthier, which ones?

Fat Soluble Vitamins - which ones?

Deficiency Diseases

What are they? What are some symptoms?

Carbohydrates? (what kind of food?)

Fats?(different types)

Proteins (what does this do for our body)

COOKING Terminology (be specific – how do they differ?)

Chop

Yield

Dice

Mince

Simmer

Cube

Cooking Equivalencies

250ml = \_\_\_\_\_\_\_ tbsp = \_\_\_\_\_\_\_\_\_cups

1tbsp = \_\_\_\_\_\_tsp = \_\_\_\_\_\_\_ml