## Foods Basics - Food, Nutrition \& Wellness - p. 266 Name: <br> 1. Name and describe the three types of ovens. (6 marks)

$\qquad$
2. How are saucepans and pots different? (1 mark)
3. What are the two types of measuring cups? (1 mark)

## Equipment Review (15 marks)

4. $\qquad$ To separate solids and liquids such as seeds from fresh squeezed juice
5. $\qquad$ To remove the thin outer layer from vegetables or fruits
6. $\qquad$ To remove skin (pare), cut and slice vegetables
7. $\qquad$ Knife with a serrated or sawtooth edge
8. $\qquad$ To remove food from spoons or sides of bowls.
9. $\qquad$ To blend, whup and lightly beat ingredients faster than you can with a spoon
10. $\qquad$ To measure small amounts of liquids and dry ingredients
11. $\qquad$ To measure liquids
12. $\qquad$ To cut dried fruit and herbs
13. $\qquad$ To drain liquids from foods such as cooked pasta or washed fruit and vegetables
14. $\qquad$ To hold hot foods as it cools
15. $\qquad$ To add flour and other dry ingredients and to remove lumps.
16. $\qquad$ Used to measure dry and solid ingredients
17. $\qquad$ To cut fat into flour when making pastry and biscuit dough.
18. $\qquad$ To cut, slice and chop.
19. Fill in the Measurement Equivalents (11 marks)

| Tsp | Tbsp | Cups | ml |
| :---: | :---: | :---: | :---: |
| $1 / 4 \mathrm{tsp}$ |  |  | 5 ml |
|  |  |  | 7.5 ml |
|  | $1 / 2$ |  | 15 |
|  |  |  |  |
|  |  | $1 / 2$ |  |
|  |  | 4 |  |
|  |  |  |  |

20. Describe how to measure brown sugar. (2 marks)
21. Define the chop cut (1 mark)
22. Define the cube cut (1 mark)
23. Define the dice cut (1 mark)
24. Define the mince cut (1 mark)
