

Name: _____

hour: _____

Culinary Arts I: Final Exam STUDY GUIDE

1. Explain what a nutrient is and what it does for your body. (2)
2. Explain malnourishment. (2)
3. How can foods you eat today affect you later in life? (2)
4. What are processed foods and give two examples. (2)
5. Describe the digestive process. (2)
6. Describe metabolism. (2)
7. Give two examples of how you can prepare foods to help reduce fat, sugars, and sodium. (2)
8. List the 6 essential nutrients and their functions. (3)
9. List the 5 "ChooseMyPlate" categories and two examples of foods that fall in that category. (3)
10. What should you do if you suspect food poisoning? (6)

11. How would you would **prevent and treat** the following injuries that are common in the kitchen? (6)
 - a. Choking
 - b. Chemical Poisoning
 - c. Burns
 - d. Cuts
 - e. Electrical Shock
 - f. Falls
12. Define a foodborne illness. (6)
13. Give an example of a food that can cause the following foodborne illnesses (6)
 - a. Staph
 - b. Botulism
 - c. E. Coli
 - d. Listeria
 - e. Salmonella
14. What causes most foodborne illnesses? (6)
15. Explain the health risks for different groups of people. (6)
16. Explain the safe handling of utensils when using raw and cooked meats. (6)
17. Explain how to store large quantities of food. (6)
18. Explain the safe handling of knives. (6)
19. What is the temperature range for the temperature danger zone? (6)
20. Explain the two types of measuring cups. (10)

21. Explain the characteristics of a quality knife. (10)
22. Explain the uses for the following kitchen utensils. (10)
- a. Wooden spoon
 - b. Colander
 - c. Pastry Blender
 - d. Strainer
 - e. Tongs
 - f. Whisk
 - g. Measuring Spoons
23. Explain the following types of knives. (10)
- a. Serrated
 - b. French or Chef
 - c. Utility
 - d. Paring
24. Explain three advantages and three disadvantages to convenience foods. (11)
25. Explain a product unit price. (12)
26. Explain what an expiration date is. (12)
27. How are ingredients listed on food labels?
28. The _____ item listed under the “nutrition facts” heading on the food label is the serving size.
29. Explain cooking times for finely ground cereals, whole grain cereals, and cracked cereals. (14)

30. Explain the parts and characteristics of a grain. (14)

- a. Bran
- b. Endosperm
- c. Germ

31. Explain the following cereal products (14)

- a. Enriched
- b. Whole grain
- c. Refined
- d. Cornmeal
- e. Pasta
- f. Brown Rice
- g. Whole wheat flour

32. Will grains increase or decrease in volume when cooked?

33. Explain the following vegetable classifications and give an example of each (15)

- a. Bulbs
- b. Flowers
- c. Fruits
- d. Stems
- e. Leaves
- f. Seeds
- g. Tubers

34. Explain the following fruit classifications and give an example of each (16)
- a. Berries
 - b. Drupes
 - c. Pomes
 - d. Citrus
 - e. Melons
 - f. Tropical
35. Explain how to tell when fruits are ripe and can fruits be purchased under ripe? (16)
36. What fruits are subject to enzymatic browning?
37. Explain quick breads and give three examples. (23)
38. Explain the texture and appearance of overmixed muffins (23)
39. What happens when bread has risen for too long? (23)
40. Explain the functions of the following ingredients commonly found in baked products (23)
- a. Flour
 - b. Leavening agents
 - c. Fat
 - d. Sugar
 - e. Eggs
 - f. Flavorings
 - g. Liquids

41. What are the functions of salt and sugar in yeast breads? (23)

42. Explain how a bright, shiny pan will affect a baked product. (24)

43. Explain the following cookies and give an example of each. (24)

a. Rolled

b. Drop

c. Bar

d. Refrigerated

e. Pressed

f. Molded