

# Culinary Arts I - Final Exam

## STUDY GUIDE

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

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

1. Explain what a nutrient does for your body. (2)
2. Explain malnourished. (2)
3. Explain how foods you eat today affect you later in life. (2)
4. What happens to the body when nutritional needs are not met? (2)
5. What are processed foods? (3)
6. Describe the digestive process.(2)
7. Describe metabolism.(2)
8. What are the Dietary Guidelines for Americans? (3)
9. Circle the healthier option. (3)
  - A. mayonnaise / yogurt
  - B. herbs and lemon juice / salt and butter.
  - C. powdered sugar / with frosting.
  - D. evaporated milk / cream.
10. List each of the food groups in MyPlate and give two examples of each.(3)
11. What should you do if you suspect food poisoning? (6)
12. What should you do for minor burns?(6)
13. What do you do for choking?(6)
14. What should you do for minor cuts?(6)

15. What should you do for electric shock?(6)
16. What should you do if a broken bone is suspected?(6)
17. What is food borne illness?(6)
18. Explain the health risks for different groups of people.(6)
19. Explain the safe handling of utensils when using raw and cooked meats.(6)
20. Explain how to store large quantities of food. (6)
21. Explain the safe handling of knives. (6)
22. What is the temperature range for the temperature danger zone? (6)
23. Explain safety precautions for preventing cuts. (6)
24. Explain how to prevent falls in the kitchen. (6)
25. What does dinnerware include? (8)
26. Explain how to place dinnerware in a place setting. (8)
27. Explain and list stemware. (8)
28. Explain the two types of measuring cups. (10)
29. Explain the characteristics of a quality knife. (10)
30. Explain the difference between a kitchen fork and a salad fork. (10)

31. Explain the uses of a heavy metal spoon (10)
32. Explain the uses of a slotted spoon. What does slotted mean? (10)
33. Explain the uses of a measuring spoon. (10)
34. Why would you use a wire whisk? (10)
35. What are tongs used for? (10)
36. For what food would you use a strainer? (10)
37. What is a pastry blender used for? What ingredients does it usually involve? (10)
38. For what foods would you use a colander? (10)
39. Explain a products unit price.(12)
40. What is a chef knife is used for? (10)
41. How are ingredients listed on a food label? (12)
42. Explain what a paring knife looks like and what it is used for.(10)
43. What is the purpose of an expiration date? (12)
44. What does the Better Business Bureau do? (12)
45. Explain refined cereals. (14)
46. What is the affect stirring or agitation has on starch-thickened mixtures. (14)

47. Explain the three parts of a grain and what their characteristics are. (14)
48. Explain enriched cereal products.(14)
49. Explain whole grain cereal products.(14)
50. Explain the differences between short grain, medium grain and long grain rice.(14)
51. Explain what cornstarch is.(14)
52. Explain what pasta is.(14)
53. Give two examples of flowers vegetables.(15)
54. Give two examples of tuber vegetables.(15)
55. Give two examples of fruit vegetables.(15)
56. Give two examples of bulb vegetables.(15)
57. Give two examples of stem vegetables.(15)
58. Give two examples of leaf vegetables.(15)
59. Give two examples of pomes fruits.(16)
60. Give two examples of drupe fruits. (16)
59. Give two examples of berry fruits. (16)
61. Give two examples of citrus fruits. (16)

62. Give two examples of melon fruits. (16)

63. Give two examples of tropical fruits. (16)

64. Explain how to tell when fruits are ripe. (16)

65. What fruits and vegetables go through enzymatic browning? (16)

66. What are examples of quick breads? (23)

67. Explain leavening agents; what there are and how they work. (23)

68. What happens to over mixed muffins.(23)

69. Explain what happens to bread that is allowed to rise too long.(23)

69. Explain what each of the following ingredients do in baked goods. Flour, leavening agents, fat, sugar, eggs, flavorings. (23)

70. Explain each of the 6 groups of cookies and list examples of each.(24)

71. Explain what a bright shiny pan does to baking cookies.(24)

72. Explain what a dark pan does to baking cookies.(24)