Culinary Arts Review Fall 2016

1. How many t/T?

3

1. How many T/c?

16

1. How many c are in a gal?

16

1. How many pt/gal?

8

1. How many oz/cup?

8

1. Your recipe serves 24 cookies. You are hosting a party for 100 people. What is your conversion factor?

Desired Amt. / recipe servings = conversion factor [100/24=4.1] conversion factor is 5 because you can’t make 4.1 of a recipe

1. How many calories/ gram of fat, protein, and carbs?

Fat = 9 Protein = 4 Carbs =4

1. What are the 6 essential nutrients and an example of each?
   1. Protein-mean, beans, nuts, seeds
   2. Water-water
   3. Minerals-fluoride, calcium, zinc
   4. Vitamins-Vitamin A, B, C, D
   5. Fat-oil, butter, animal fat
   6. Carbohydrates-pasta, oats, bread, potatoes, cereal
2. What are the categories of the Choose My Plate Model and an example of each?
   1. Fruit-oranges, bananas, strawberries, apples
   2. Vegetables-carrots, celery, potatoes
   3. Grains-pasta, bread, rice
   4. Protein-meat, beans, nuts, seeds, eggs
   5. Dairy-milk, cheese, yogurt

1. What are the 8 categories of fruits and vegetables and an example of each?
   1. Squash-winter, summer squash
   2. Roots & tubers-carrot, potato
   3. Seeds & pods-corn, peas
   4. Cabbage-Brussel sprouts
   5. Stems, stalks & shoots-celery
   6. Onion-leeks, green onion
   7. Fruit vegetable-tomato
   8. Leafy greens-spinach, kale
   9. Citrus-oranges, grapefruit
   10. Melon-watermelon, honey dew
   11. Berries-strawberry, blueberry
   12. Drupes-peaches, plumbs
   13. Pomes-apples, pears
   14. Grapes-red/green grapes
   15. Tropical-pineapple, kiwi
   16. Exotic-dragon fruit, star fruit
2. What are some examples of TCS foods?
   1. Milk
   2. Cheese
   3. Meat
   4. fish

FATTOM!!!!!!

1. What are the 6 conditions that pathogens need to grow.
   1. Food
   2. acidity
   3. time
   4. temperature
   5. oxygen
   6. moisture

1. What is the difference between being excluded or restricted in a restaurant setting?

Excluded = you cannot come to work AT ALL

Restricted = you cannot work in the kitchen (around food)

1. What is the temperature danger zone?

41 degrees F – 135 degrees F

1. If you have poultry, cake, and ground beef, what order should they be stored in top to bottom?

Top shelf: cake Middle shelf: ground beef Bottom shelf: poultry

1. What is the minimum internal temperature for cooked \_\_\_\_\_\_\_\_\_\_\_?
   1. Poultry–165 degree F for 15 sec
   2. Beef – 155 degrees F for 15 sec
   3. Fish – 145 degrees F for 15 sec.
   4. Pork—145 degrees F for 4 mins.
2. Why shouldn’t a server use a glass to scoop ice?

It could chip. If it chips, you have to throw out all of the ice in the machine, rinse, wash, and sanitize, and wait for the ice machine to refill…ain’t nobody got time fo that!!

1. What does HACCP stand for?

Hazzard Analysis Critical Control Point

1. What are the 5 items needed at a hand washing station?
   1. Sink with hot and cold RUNNING water
   2. Soap
   3. Something to dry hands with
   4. Trash
   5. Signage saying that “employees need to wash hands before returning to work”
2. In what order must the steps for cleaning and sanitizing stationary equipment be completed?
   1. Unplug equipment
   2. Take removable parts off, wash, rinse, and sanitize (or use dishwasher if possible)
   3. Scrape or remove food from equipment surfaces
   4. Rinse equipment surfaces with clean water
   5. Sanitize equipment surfaces
   6. Allow surfaces to air dry