**DIRECTIOINS:** Complete this test REVIEW using your notes from the power points we covered in class and this website [www.porkfoodservice.org](http://www.porkfoodservice.org).

**Define the following vocabulary:**

Braising Butterfly Rub Grill

Broth Caramelize Sauté Marinade

Brine Glaze Stew Roast

Marbling Elastin Aroma Fillets

Cut Pan-frying

Homogenized Pasteurized Scorching Scalding

Chlorophyll Al dente Chiffonade Sautéing

Steaming Stir-Frying Mature Fruit Enzymatic Browning

Coagulation

**Answer the following questions:**

1. What are the advantages and disadvantages of processed meats?

1. List the types of shellfish and finfish.
2. What is the difference between inspection and grading?
3. List the types of variety meats.
4. What does the price on the meat package tell you about the meat?
5. What two factors affect thickness of muscle fibers?
6. Lobsters are \_\_\_\_\_\_\_\_\_\_\_ color when they are removed from the water and become \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ when cooked.
7. Why are all fish naturally tender?
8. List the ways you can cook finfish.
9. What is poultry?
10. Which type of chicken is the most tender and common?
11. How do you measure correctly with a meat thermometer?
12. How do meat, poultry and fish muscles compare in cholesterol content.
13. What is the “nick name” for PORK?
14. What are the three main parts of designing a restaurant menu?
15. What are a couple of factors you want to stay away from when designing a menu, which can make the menu hard to read?
16. What does your menu layout describe about your restaurant?
17. Name the 3 basic etiquette rules to use BEFORE eating.
18. In what way can good table manners be an asset in the working world?
19. What is the average percent a person should tip?

**List the recommended daily amounts and serving sizes for the following:**

21. Dairy-

22. Fruits-

23. Vegetables-

24. Fiber-

25. **List all 8 parts of the plant and an example of each**

1. Bulb-

2.

3.

4.

5.

6.

7.

8.

**How do you shop, store, and cook fruits/vegetables-**

26. Fruit-

27. Vegetable-

28. **List the six fruit groups and give 1 example for each**

1.

2.

3.

4.

5.

6.

29. List the three types of vegetarians and describe their diet.

30. Why should vegetables and fruits **never** be washed with soap or detergent?

31. What vegetable should be scrubbed with a hard brush when being cleaned?

32. What are the 3 food science principles of cooking vegetables?

33. What are the 2 main things that are affected when cooking vegetables?

32. When fresh fruits and vegetables need to ripen after purchasing, how should they be stored?

33. To keep cut pears from turning brown, they should be coated with what? WHY?

34. What cooking method is the best for preparing vegetables to preserve nutrients?

35. Who leads the world in apple production?

36. Queen Anne and Bing are varieties of what FRUIT?

37. How do you store your apples to make them last longer, and stay fresh?

38. What is the **maximum** length of time you should you keep fresh produce?

39. Which of the following contains the most fiber?

1. Beans
2. Oatmeal
3. Red meat
4. Cheese

40. What dairy product is BOTH homogenized and pasteurized?

41. Which manufactured food product contains no milk product, but looks, cooks, and tastes like butter?

42. Describe the three types of concentrated milk products:

Evaporated milk:

Sweetened Condensed milk:

Nonfat dry milk:

43. What is the difference between ripened and un-ripened cheese?

44. List an example of each type of cheese:

Hard cheese:

Un-ripened cheese:

Soft cheese:

Aged cheese:

45. Write the measurement that is abbreviated:

**T t tsp tbsp pt**

**qt lb oz gal c**

46.Please copy these down and write the equivalent measurement for each:

1lb= \_\_\_\_\_\_oz 1qt=\_\_\_\_\_\_pt 1qt=\_\_\_\_\_\_c

1c= \_\_\_\_\_\_oz 1c=\_\_\_\_\_\_T 1pt=\_\_\_\_\_\_c

1gal=\_\_\_\_\_\_qt 1gal=\_\_\_\_\_c 1T=\_\_\_\_\_\_t

1 stick of margarine or butter= \_\_\_\_\_\_\_\_c

(Review your cheese tasting chart, milk comparisons chart, and unusual fruit tasting chart.)