**Foods 1- Unit 2 Vocabulary**

**Please define the following vocabulary:**

Gazpacho

Flank steak

Vinaigrette

Pork butt

1-crust pie

2-crust pie

Avocado

Asparagus

Fennel

Couscous

Grill

Skewer

Lemon Grass

Calorie

Carbohydrate

Fat

Protein

Vitamin

Minerals

Water

Sugar

Starch

Fiber

Amino Acids

Food Label

**“Top Chef D.C.” Episode 3:**

Episode 3 Questions:

1. What was the Quick Fire challenge? How long did they have to make it?

2. Who won the Quick Fire challenge?

3. What were the rules for the Elimination cooking challenge?

Goal:

Time:

4. What were three examples of challenges they faced while trying to grill outside?

5. What was the name of the 3rd chef who was sent home?