

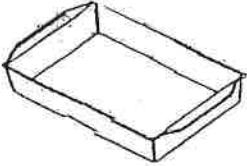
FOOD AND NUTRITION I EQUIPMENT TEST

Name \_\_\_\_\_  
Date \_\_\_\_\_  
Period \_\_\_\_\_

Name the piece of equipment and tell how to use each item

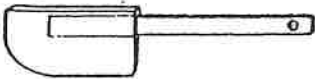
Name

1.



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2



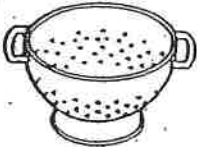
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3



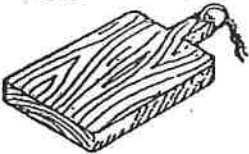
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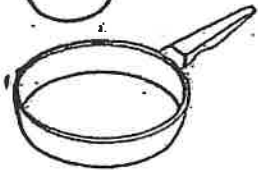
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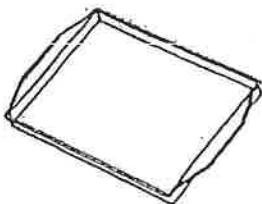
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10



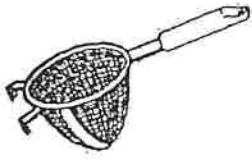
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13



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14



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15



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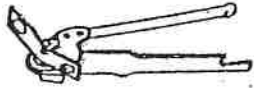
16



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17



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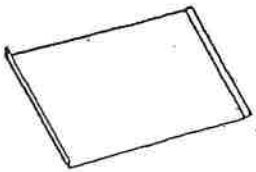
18



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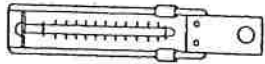
19



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11.



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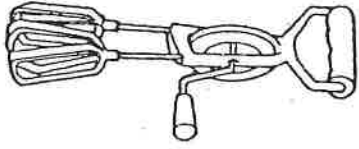
12.



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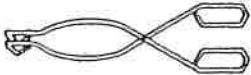
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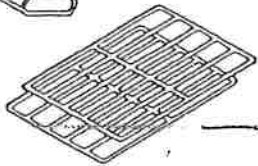
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15



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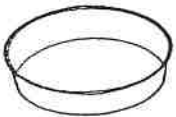
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17



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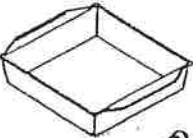
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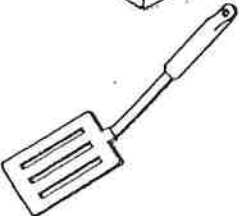
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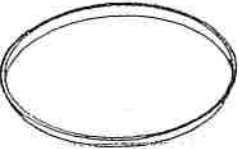
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21

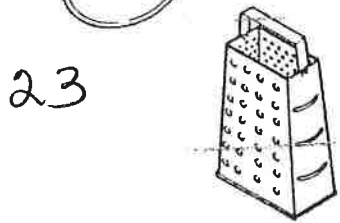


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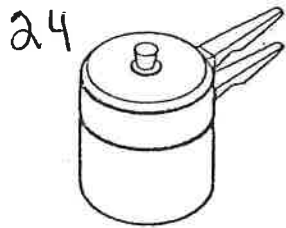
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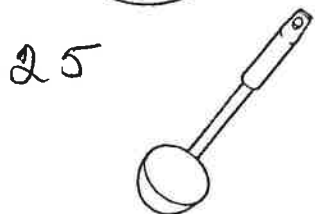
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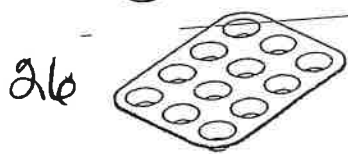
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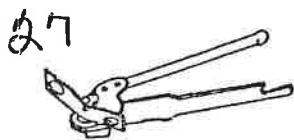
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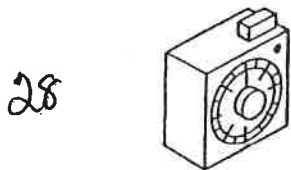
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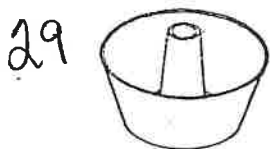
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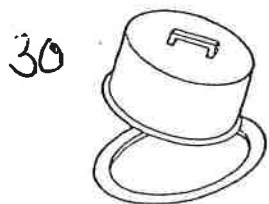
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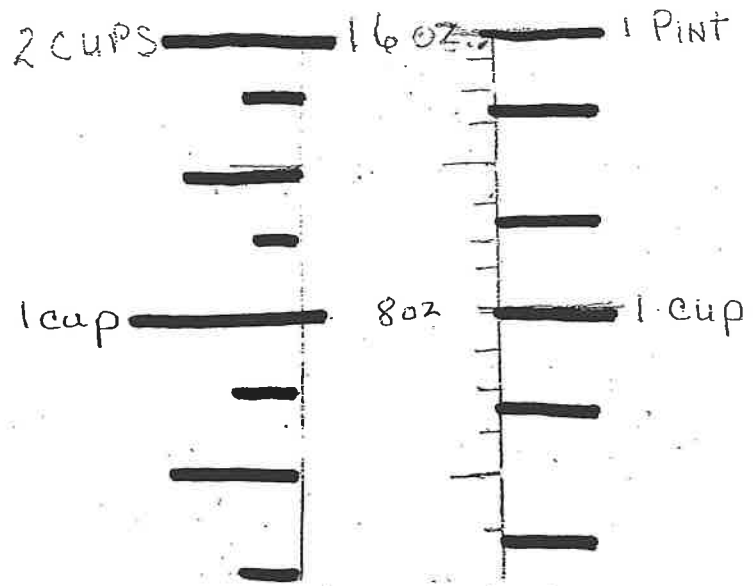
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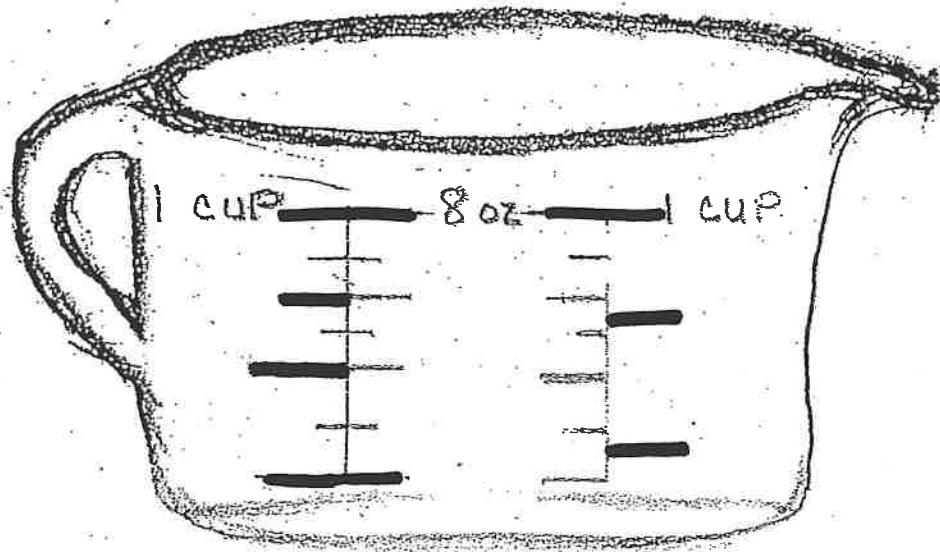
# Liquid Measuring

$\frac{1}{4}$  c      6 oz  
 $1\frac{1}{2}$  c      12 oz  
 1 c      14 oz  
 $1\frac{3}{4}$  c       $\frac{1}{3}$  c  
 $\frac{3}{4}$  c       $\frac{2}{3}$  c  
 $\frac{1}{2}$  c       $1\frac{1}{3}$  c  
 $1\frac{1}{4}$  c       $1\frac{2}{3}$  c  
 16 oz.



8 oz.  
 4 oz.  
 12 oz.

1 c.  
 $\frac{1}{2}$  c.  
 $\frac{1}{4}$  c.  
 $\frac{1}{3}$  c.  
 $\frac{3}{4}$  c.  
 $\frac{2}{3}$  c.  
 8 oz.  
 4 oz.  
 6 oz.

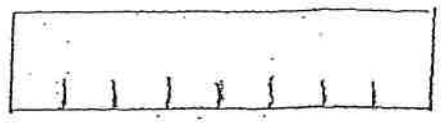


- \_\_\_\_\_ Tablespoon = 1 stick butter
- \_\_\_\_\_ Tablespoon =  $\frac{1}{2}$  cup.
- \_\_\_\_\_ Tablespoon =  $\frac{1}{4}$  cup
- \_\_\_\_\_ Tablespoon =  $\frac{1}{3}$  cup

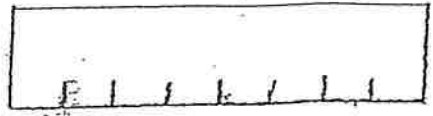
Name \_\_\_\_\_  
Date \_\_\_\_\_

Mark by using a squiggly line where the following measurements should be and:

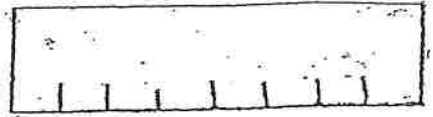
1.  $\frac{1}{2}$  cup



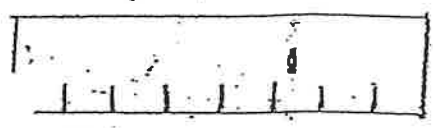
2.  $\frac{1}{4}$  cup



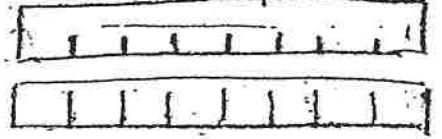
3.  $\frac{3}{4}$  cup



4.  $\frac{1}{3}$  cup



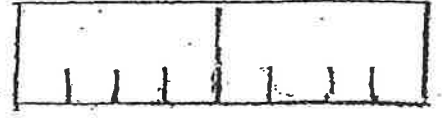
5.  $\frac{4}{4}$  cup



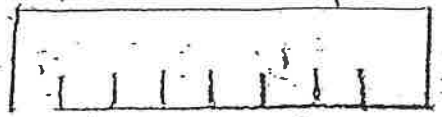
6.  $\frac{1}{2}$  cup



7. 4 Tablespoons



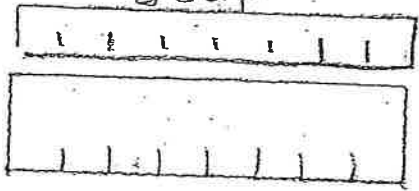
8.  $5\frac{1}{3}$  Tablespoons



Bonus:

2 sticks = \_\_\_\_\_ cup.  
1 stick = \_\_\_\_\_ cup

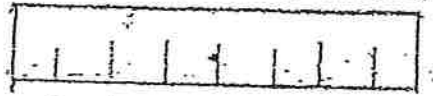
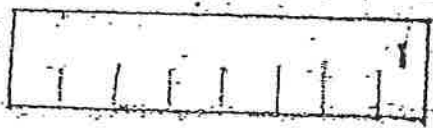
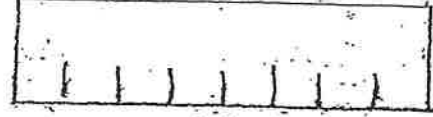
9.  $\frac{2}{3}$  cup



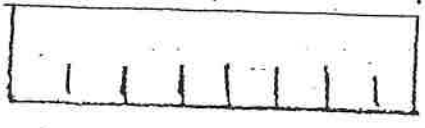
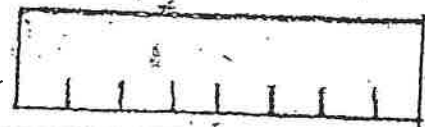
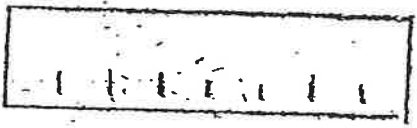
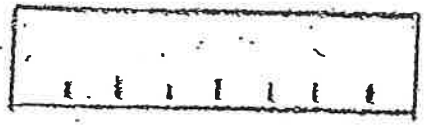
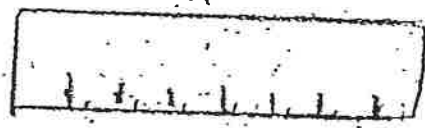
10. 6 Tablespoons



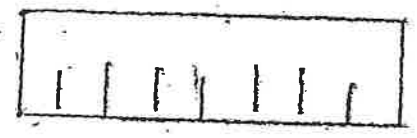
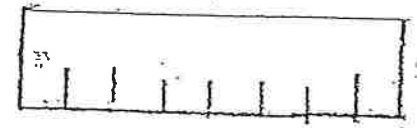
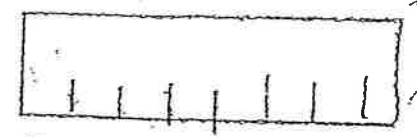
11.  $\frac{2}{3}$  cup + 5 Tablespoons



12.  $1\frac{2}{3}$  cup



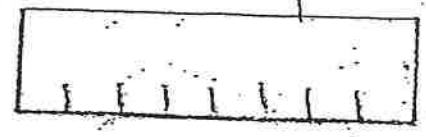
13. 1 cup + 4 Tablespoons



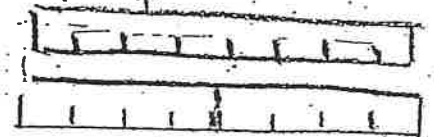
14. 3 Tablespoons



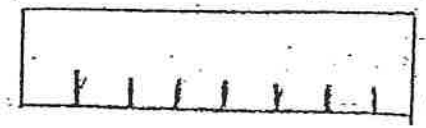
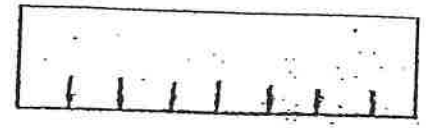
15. 8 Tablespoons



16.  $\frac{3}{4}$  cup



17.  $1\frac{1}{3}$



How many sticks of butter are in 1 package?

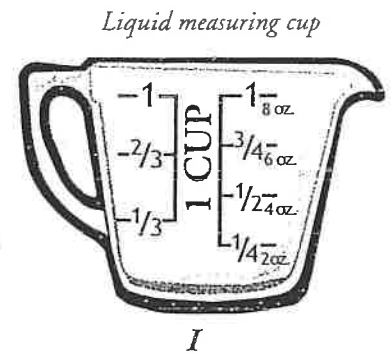
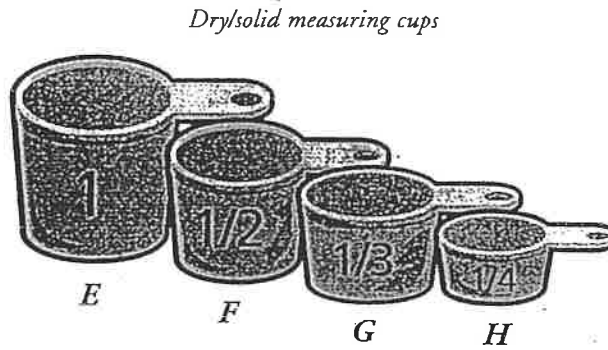
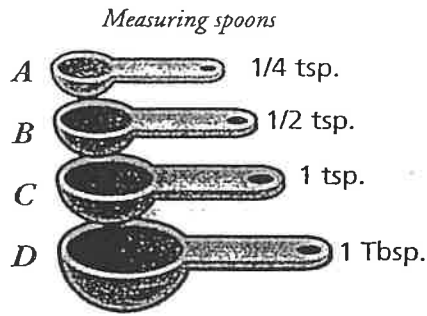
How many cups of butter are in 1 package?

# measuring match-up

## DIRECTIONS:

- Determine the best way to measure each of the following ingredients.
- Identify the correct measuring equipment to use in the left column.
- Identify the correct measuring method in the right column.

## MEASURING EQUIPMENT:



## MEASURING METHODS:

- J. Dip in. Level off.  
 K. Pack firmly, level off.

- L. Pour, view at eye level.

### Measuring Equipment

### Ingredients

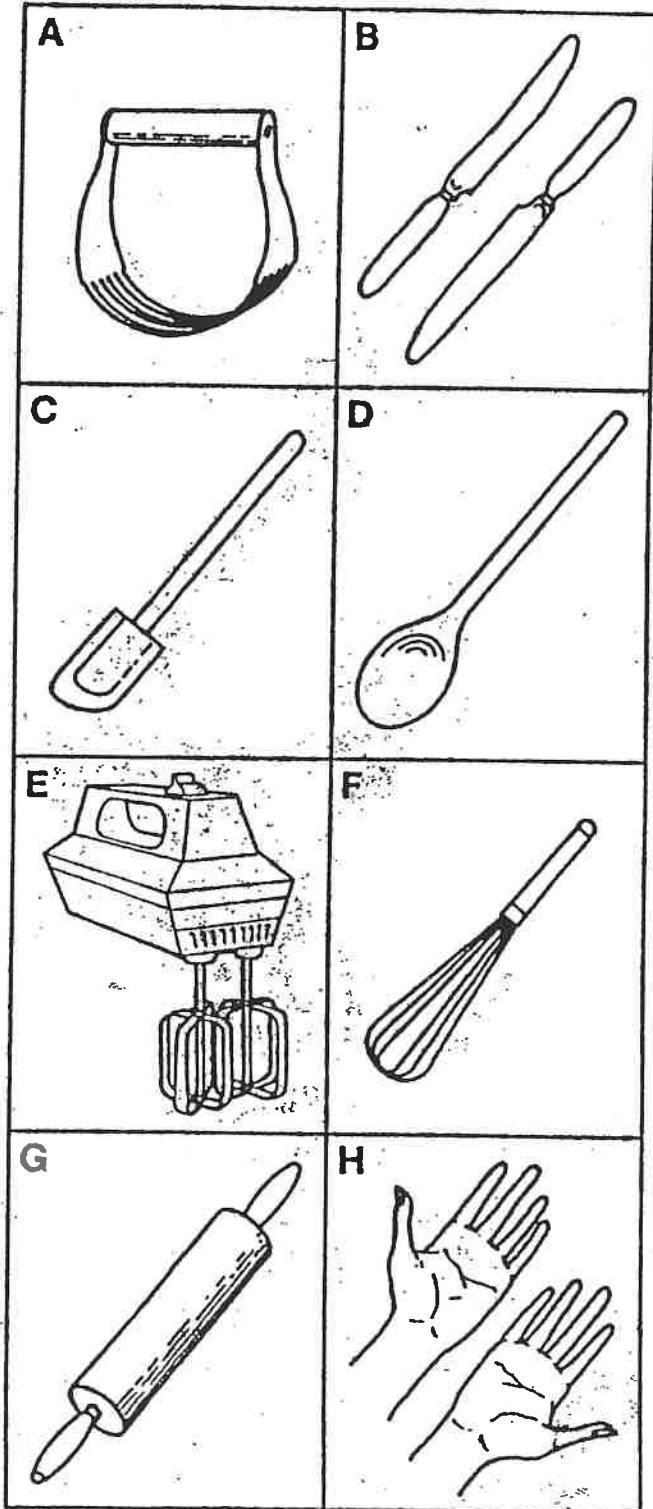
### Measuring Method

_____	3/4 cup milk	_____
_____	1 cup brown sugar	_____
_____	1/2 cup flour	_____
_____	1 teaspoon vanilla	_____
_____	1/4 cup oil	_____
_____	1 cup granulated sugar	_____
_____	2/3 cups oatmeal	_____
_____	1/4 cup peanut butter	_____
_____	1 tablespoon baking soda	_____
_____	1/3 cup shortening	_____
_____	1/4 teaspoon cinnamon	_____

# Choosing Equipment

As you work with recipes, you have to make decisions about what equipment to use. Often you have choices. Illustrated below are some common recipe tools.

For each recipe step listed below, select the equipment you might use. Write the letters of any appropriate tool in the blank next to each step.



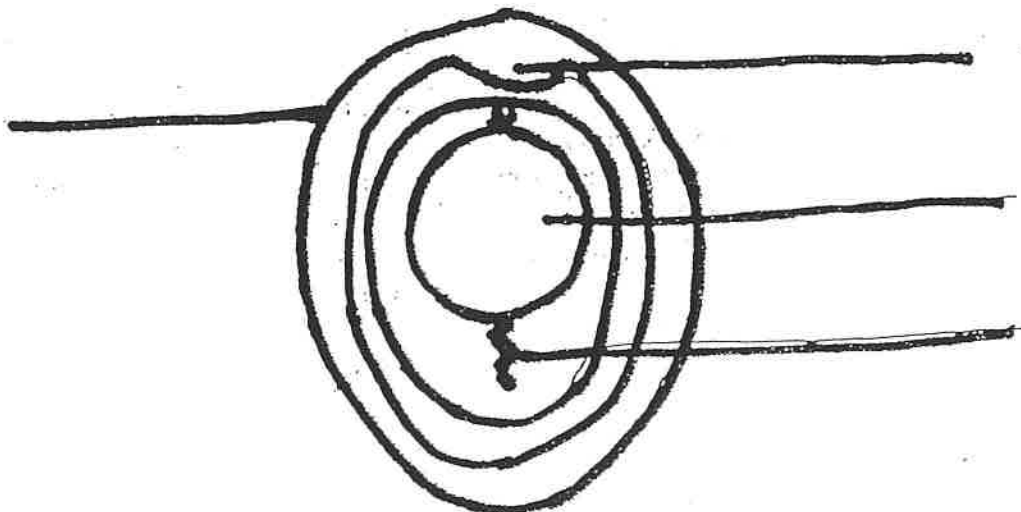
1. Knead dough \_\_\_\_\_
2. Roll out dough \_\_\_\_\_
3. Cream butter and sugar \_\_\_\_\_
4. Cut in shortening \_\_\_\_\_
5. Sprinkle with crumbs \_\_\_\_\_
6. Stir mixture \_\_\_\_\_
7. Fold in egg whites \_\_\_\_\_
8. Beat batter for two minutes \_\_\_\_\_
9. Scrape sides of bowl \_\_\_\_\_
10. Whip egg whites \_\_\_\_\_



# EGGS

Name \_\_\_\_\_  
Period \_\_\_\_\_  
Date \_\_\_\_\_

1. List the 6 sizes of eggs in order? \_\_\_\_\_,  
\_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_,
2. What size of egg do we use in your recipes? \_\_\_\_\_
3. Where should eggs be stored? \_\_\_\_\_
4. Why part of the egg absorbs odor? Shell, White, Yolk
5. What are the three grades of egg? \_\_\_\_\_,  
\_\_\_\_\_, \_\_\_\_\_
6. Which **grade** of egg do I buy for our cooking labs? \_\_\_\_\_
7. What part of the egg is high in cholesterol? \_\_\_\_\_
8. Are eggs protein or carbohydrate? \_\_\_\_\_
9. How many are in a dozen? \_\_\_\_\_
10. Name 3 ways that a egg can be used in a recipe. \_\_\_\_\_,  
\_\_\_\_\_, \_\_\_\_\_
11. Name 3 ways you can cook an egg. \_\_\_\_\_,  
\_\_\_\_\_, \_\_\_\_\_
12. Label the 4 parts of the egg below.



# Abbreviations and Measuring Techniques

## Activity C

### Topic 16-3

Name \_\_\_\_\_

Date \_\_\_\_\_ Period \_\_\_\_\_

Complete the following matching exercises.

Match each abbreviation to its meaning.

\_\_\_\_\_ 1. tsp. or t.

\_\_\_\_\_ 2. tbsp. or T.

\_\_\_\_\_ 3. c. or C.

\_\_\_\_\_ 4. pt.

\_\_\_\_\_ 5. qt.

\_\_\_\_\_ 6. oz.

\_\_\_\_\_ 7. # or lb.

\_\_\_\_\_ 8. gal.

A. ounce

B. quart

C. pound

D. cup

E. tablespoon

F. pint

G. teaspoon

H. gallon

Match each measuring technique to an appropriate ingredient.

\_\_\_\_\_ 1. Pack firmly into a dry measure and level off top with straight edge of metal spatula or knife.

\_\_\_\_\_ 2. Spoon into a dry measure until it is overfilled. Level off the top of the measure with a metal spatula or knife.

\_\_\_\_\_ 3. Stir lightly with a fork or spoon. Spoon lightly into dry measure until it is overflowing. Do not shake or tap measure. Level off top with straight edge of metal spatula or knife.

\_\_\_\_\_ 4. Dip small measure into container and bring it up heaping full. Level off top with straight edge of metal spatula or knife.

\_\_\_\_\_ 5. Pack firmly into a dry measure and level off top with straight edge of metal spatula or knife. Remove with a rubber spatula.

\_\_\_\_\_ 6. Place measure on flat surface. Pour into the measure until it reaches the desired level. View at eye level.

A. granulated sugar

B. liquids

C. solid fats

D. brown sugar

E. baking powder, cornstarch, or spices

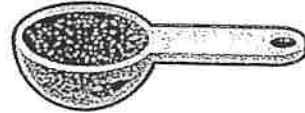
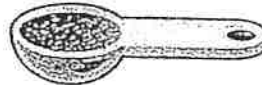
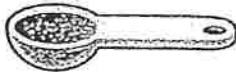
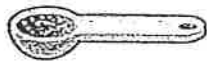
F. flour, powdered sugar, fine meal, or crumbs

# MEASURING TEST

Name \_\_\_\_\_

Date \_\_\_\_\_

1. Write in the four sizes usually combined in a set of measuring spoons.



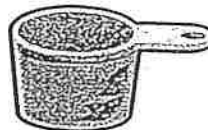
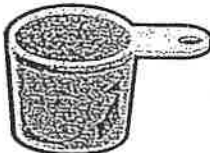
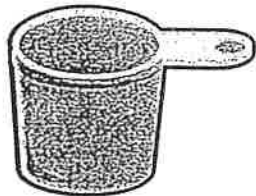
A. \_\_\_\_\_

B. \_\_\_\_\_

C. \_\_\_\_\_

D. \_\_\_\_\_

2. Write the four sizes usually found in a set of dry measuring cups.



E. \_\_\_\_\_

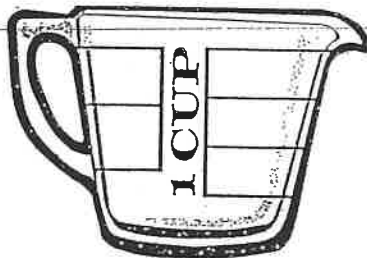
F. \_\_\_\_\_

G. \_\_\_\_\_

H. \_\_\_\_\_

3. Write the cup and ounce equivalents in a liquid measuring cup.

I. \_\_\_\_\_  
J. \_\_\_\_\_



L. \_\_\_\_\_ oz.

4. Circle the largest amount.

a. 1 tablespoon

b. 1 teaspoon

5. Circle the largest amount.

a. 1/4 cup

b. 1/2 cup

c. 3/4 cup

1 cup

6. Circle the largest amount in each set.

a. 3/4 cup

b. 1/4 cup

c. 3/4 cup

1 tsp

1 Tbsp

2/3 cup

7. Circle the smallest amount.

a. 1/3 cup

b. 4 Tbsp

8. Circle the set that are equal.

a. 1/2 cup

b. 1/4 cup

c. 3/4 cup

d. 1/3 cup

8 Tbsp

4 Tbsp

12 Tbsp

4 Tbsp

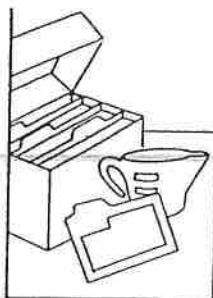
9. Circle the largest amount.

a. 1/4 cup

b. 1/2 cup

c. 6 Tbsp

d. 12 Tbsp



# GETTING READY TO COOK

## UNDERSTANDING RECIPES

Activity A

Name \_\_\_\_\_

Chapter 25

Date \_\_\_\_\_ Period \_\_\_\_\_

Study the recipe below. Then answer the following questions about it.

### CHOCOLATE CHIP COOKIES

1 cup butter or margarine, softened	2 1/2 cups flour
3/4 cup sugar	1 teaspoon baking soda
3/4 cup brown sugar, firmly packed	1/2 teaspoon salt
2 eggs	1 cup chopped nuts
1 teaspoon vanilla flavoring	2 cups chocolate chips

Preheat oven to 375 °F. Cream butter or margarine, sugar, and brown sugar until light and fluffy. Add eggs and vanilla flavoring and mix. Sift together flour, baking soda, and salt. Gradually add sifted dry ingredients to creamed mixture; blend well. Stir in nuts and chocolate chips. Drop dough by teaspoonfuls onto greased cookie sheets. Bake for 8 to 10 minutes, or until light brown. Makes about 6 dozen 2 1/2 inch cookies.

- To what temperature should you preheat the oven?  
\_\_\_\_\_
- Which ingredients are creamed together until light and fluffy?  
\_\_\_\_\_
- Which ingredients are sifted together?  
\_\_\_\_\_
- Which are added first, the eggs and vanilla or the nuts and chocolate chips?  
\_\_\_\_\_
- How much dough is dropped onto ungreased cookie sheets for each cookie?  
\_\_\_\_\_
- How long do you bake the cookies?  
\_\_\_\_\_
- How many cookies does this recipe yield?  
\_\_\_\_\_
- About how much time do you think it would take you to prepare these cookies?  
\_\_\_\_\_
- If you wanted to halve this recipe, how much flour would you need?  
\_\_\_\_\_
- If you wanted to double this recipe, how much brown sugar would you need?  
\_\_\_\_\_