Nutrition/Food Preparation
Unit 5- Chapter 20

1. What are the kitchen safety basics?
2. What are heat and flame sources in the kitchen?
3. In order to prevent fires and burns what should you do?
4. What type of cookware should you use to prevent burns?
5. What are the basic steps to cooktop safety?
6. How can you avoid burns using the ovens?
7. What should you do if a fire starts in the kitchen?
8. How should you handle electricity and chemicals in the kitchen?
9. What are ways to ensure safety while cooking outdoors?
10. What precautions should you take to protect children in the kitchen?
11. How can you assist people with disabilities in the kitchen?
12. How can you be prepared for emergencies?
13. What are Ms. Croley’s rules for the cooking labs?
14. What happens if you do not follow Ms. Croley’s lab rules?
15. When are labs?

Nutrition/Food Preparation
Unit 5-Chapter 21

1. Why is it important to have a well-designed kitchen?
2. What do well-designed work centers provide?
3. What are the three major work centers?
4. What determines a kitchen’s work triangle?
5. For an efficient work flow, what should the work triangle be?
6. Describe the most common floor plans for kitchens.
7. How can you add more work and storage space to a kitchen?
8. What should you consider when selecting kitchen components?
9. What are the components of a kitchen?
10. Describe cabinets.
11. What materials are the cheapest and most costly for countertops?
12. What should the floors and walls in kitchens be?
13. What requires grounded wires in new homes? How can you tell if an outlet is grounded?
14. What does lighting influence in the kitchen?
15. What should you do before buying for the kitchen?
16. What are some common consumer safeguards?
17. What are most large purchases made with?
18. How are interest rates determined?
19. How can you protect your purchase?
20. What are the typically major, or large, appliances found in kitchens?
21. What is a conventional range?
22. What can you purchase most appliances in?
23. Describe gas ranges.
24. Describe electric ranges.
25. How do convection ovens work?
26. Describe the small appliances.

Blender          Toaster          Slow cooker
Food processor   Toaster oven      Broiler/grill
Electric mixer  Electric skillet  Rice cooker/steamer

27. What do cookware, bakeware, and hand tools do?
28. Select THREE advantages & disadvantages, unless there are fewer available, for the following:

<table>
<thead>
<tr>
<th>Material</th>
<th>Advantages</th>
<th>Disadvantages</th>
<th>Use and Care</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aluminum</td>
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<tr>
<td>Anodized aluminum</td>
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<tr>
<td>Stainless steal</td>
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<td>Copper</td>
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<tr>
<td>Cast iron</td>
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</table>
29. Describe the different types of cookware.

<table>
<thead>
<tr>
<th>Material</th>
<th>Skillet</th>
<th>Saucepan</th>
<th>Pot</th>
<th>Double broiler</th>
<th>Dutch oven</th>
<th>Steamer</th>
<th>Pressure cooker</th>
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<tbody>
<tr>
<td>Glass- ceramic</td>
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<tr>
<td>Stoneware</td>
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<td>Enamel</td>
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<td>Microwave-safe plastic</td>
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<tr>
<td>Nonstick finishes</td>
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</tbody>
</table>

30. Describe the varying types of bakeware.

<table>
<thead>
<tr>
<th>Bakeware</th>
<th>Loaf pan</th>
<th>Cookie sheet</th>
<th>Baking sheet</th>
<th>Cake pan</th>
<th>Tube pan</th>
<th>Springform pan</th>
<th>Pie pan</th>
<th>Muffin pan</th>
<th>Roasting pan</th>
<th>Casserole</th>
<th>Aluminum foil pan</th>
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</tbody>
</table>
31. What are handheld tools used for?
32. Describe dry measuring cups.
33. Describe liquid measuring cups.
34. Describe measuring spoons.
35. What is the purpose of kitchen scales?
36. List the items in the kitchen that can be used for cutting.
37. Identify the mixing tools used in the kitchen.

   Wire whisk    Rotary beater    Sifter    Scraper

38. What are the cooking and baking tools used in the kitchen? What are their jobs?
39. List the different types of thermometers.
40. What cleaning supplies should you have for a kitchen?