

**PROSTART**

# Chapter 6

**Nutrition**

## ACTIVITY 6.1

# Puzzle—The ABCs of Nutrition

### Directions

Complete the statements and answer the questions below. Use your answers to complete the following crossword puzzle.

### Clues

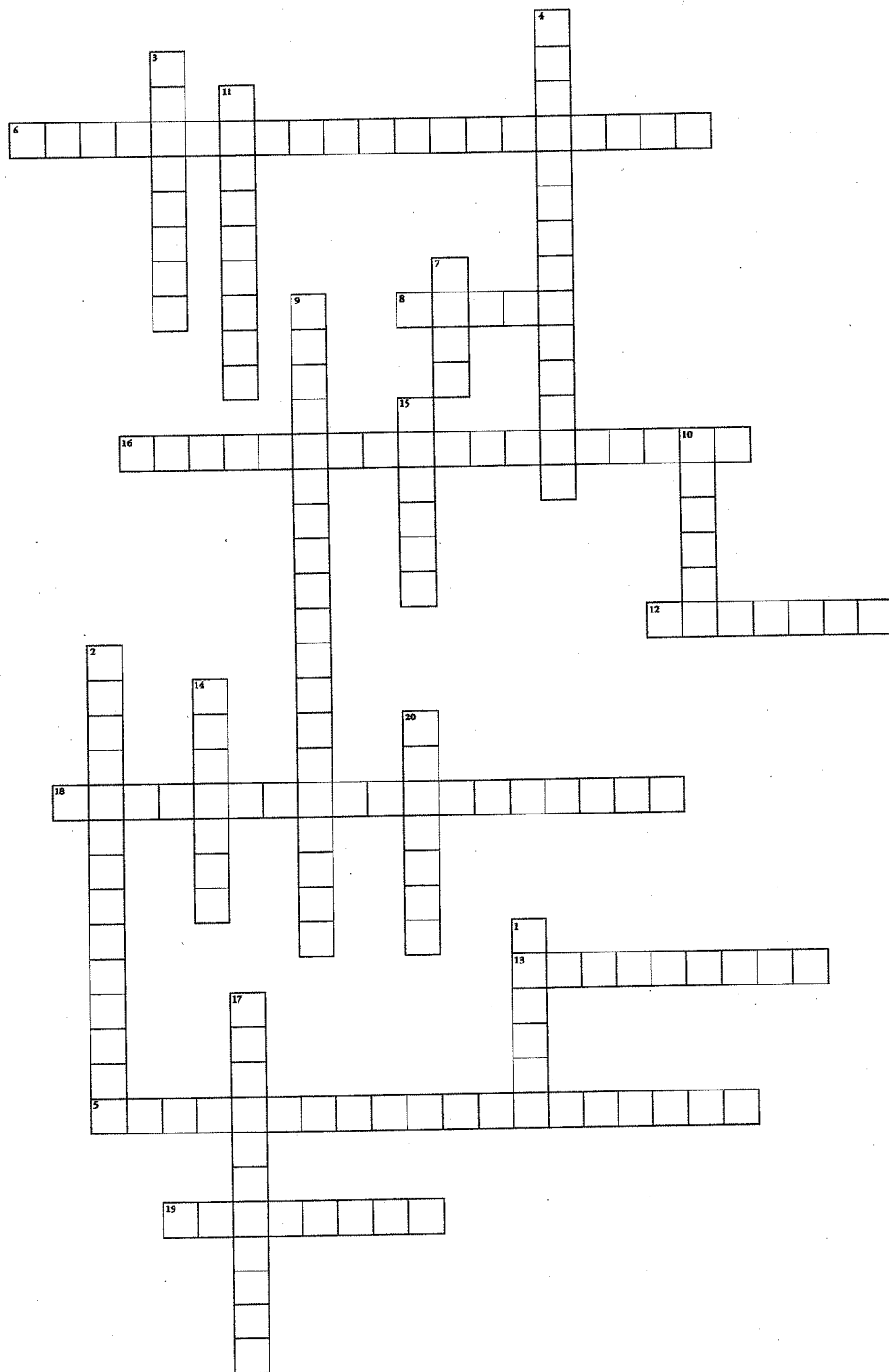
#### Across

5. Sugars are also called \_\_\_\_\_.
6. Potatoes are examples of \_\_\_\_\_.
8. \_\_\_\_\_ is found only in plant foods and is essential for good health.
11. Chemical process that causes unsaturated fats to spoil
12. A very important single sugar that is the body's primary source of energy
13. Without this, it is difficult for your body to function well.
16. Soybean oil is an example of \_\_\_\_\_.
18. Nut oils are examples of \_\_\_\_\_.
19. \_\_\_\_\_ are carried by fats throughout the body.

#### Down

1. The body needs carbohydrates to provide \_\_\_\_\_.
2. Nutrients needed by the body in large quantities are called \_\_\_\_\_.
3. The energy released by some nutrients is measured in \_\_\_\_\_.
4. Nutrients needed by the body in small amounts are called \_\_\_\_\_.
7. \_\_\_\_\_ are liquid at room temperature.
9. These are used to make substances that regulate vital body functions, such as blood pressure.
10. \_\_\_\_\_ fats are generally more saturated than liquid vegetable oils.
14. An example of a high-fiber food
15. Corn is an example of \_\_\_\_\_.
17. Egg yolk is an example of \_\_\_\_\_.
20. Insulin is a very important \_\_\_\_\_.

ACTIVITY 6.1 (continued)



### ACTIVITY 6.2

## Analysis—Nutrition Labels

#### Directions

Examine the nutrition labels provided in class. Answer the following questions based on the information on the nutrition labels.

1. Which food item has the fewest grams of fat per serving?

---

2. Which food item has the highest percentage of fat per serving?

---

3. Which food item has the most milligrams of sodium per serving?

---

4. Which item has the most grams of protein per serving?

---

5. Which three or four items would you group together to make a healthy, balanced meal for an adult (based on the Recommended Dietary Allowances)?

---

---

---

6. Which item(s) would you recommend to a person who has to limit his or her intake of cholesterol?

---

---

---

**ACTIVITY 6.3****Research—Vegetarian Diets****Directions**

Prepare a one-page research presentation on one of the following topics:

- Reasons for selecting a vegetarian diet
- Health benefits of vegetarian diets
- Health concerns of vegetarian diets
- Society perceptions of vegetarian diets
- Common substitutes for meat, dairy, and egg products
- Popularity of vegetarian diets in the U.S.
- Countries whose residents are primarily vegetarian

**Menu Plan**

Plan meals and snacks for an entire day for one of the types of vegetarians described below.

**Types of Vegetarians**

- *Vegans* eat only foods of plant origin.
- *Lacto-vegetarians* eat plant and dairy products.
- *Lacto-ovo-vegetarians* eat plant and dairy products and eggs.
- People who exclude all land animals but eat fish are *not technically* vegetarians.

Use the Food Guide Pyramid's groupings and serving sizes as well as the information you collected during your research to create the meal plan. When planning meals for vegetarians:

- Remember that variety is important and that there are many kinds of vegetables, grains, and legumes available.
- Avoid limiting food choices to dishes using just eggs or dairy products.
- Use complementing proteins such as grains and legumes; legumes and seeds or nuts; and dairy products and grains.

**ACTIVITY 6.3 (continued)**

**Menu**

Type of Vegetarian Diet \_\_\_\_\_

*Breakfast*

*Lunch*

*Snack*

*Dinner*

*Snack*

**ACTIVITY 6.4**

**Video Viewing Guide—*Nutrition and Your Menu***

**Directions**

View the *Nutrition and Your Menu* video in its entirety. Complete the following notes as the information is discussed on the video. Record any questions you might have related to the video presentation—these will be discussed at the end of viewing.

1. \_\_\_\_\_ refers to the nourishing value of food, or the things in the foods we eat that give us the nutrients to make our bodies work.
2. The following nutrients are important in making our bodies work: 1) \_\_\_\_\_, 2) \_\_\_\_\_, 3) \_\_\_\_\_, 4) \_\_\_\_\_, 5) \_\_\_\_\_, 6) \_\_\_\_\_, and 7) \_\_\_\_\_.
3. The following are the main health concerns of customers when eating out: 1) \_\_\_\_\_, 2) \_\_\_\_\_, 3) \_\_\_\_\_, 4) \_\_\_\_\_, 5) \_\_\_\_\_, and 6) \_\_\_\_\_.
4. Under \_\_\_\_\_ laws, terms such as \_\_\_\_\_ and \_\_\_\_\_ must comply with regulated definitions. Servers should use these terms only when advised by their manager or chef.
5. Examples of customers' special dietary concerns include:
  - 1) \_\_\_\_\_
  - 2) \_\_\_\_\_
  - 3) \_\_\_\_\_
  - 4) \_\_\_\_\_

**Notes**

### ACTIVITY 6.5

## Complete the Statements—Nutritious Menus

#### Directions

From the list of terms provided, correctly complete the numbered statements below. All words listed will be used. Some statements will require more than one term in order to be completed. Use Section 6.4 in your textbook for reference.

Arrowroot	Humidity	Skins
Caramelizing	Legumes	Steaming
Chilling	Marinating	Temperature
Cocoa	Oxidation	Tenderloin
Cooking	Portion	Tofu
Cornstarch	Potato starch	Trimming
Desserts	Pounding	Vitamin C
Flavorings	Seasonings	Whipped cream
Grains	Skimming	Yogurt

#### Statements

1. Excessive \_\_\_\_\_ of vegetables can waste nutrients.
2. Cutting produce can cause loss of \_\_\_\_\_.
3. Nutrients are destroyed by \_\_\_\_\_ and \_\_\_\_\_.
4. Try to bake root vegetables in their \_\_\_\_\_.
5. The lower the \_\_\_\_\_ and the shorter the \_\_\_\_\_ period, the less nutrient loss there will be.
6. Be careful not to overwash \_\_\_\_\_.
7. Instead of salt, try using \_\_\_\_\_ and \_\_\_\_\_ to enhance food.
8. One low-fat cooking method that helps retain nutrients is \_\_\_\_\_.
9. \_\_\_\_\_ and \_\_\_\_\_ are two ways to tenderize meat.
10. \_\_\_\_\_ is sometimes used in place of sour cream.
11. \_\_\_\_\_ is a substitute for cheese and is made from soybean curd.

**ACTIVITY 6.5 (continued)**

12. \_\_\_\_\_ is an example of a lean cut of meat.
13. Remove fats from stocks and soups by \_\_\_\_\_ them and \_\_\_\_\_ the solidified layer of fat off the top.
14. \_\_\_\_\_ is one way to intensify the color and flavor of both fruits and vegetables.
15. To make sauces low in fat, thicken them with \_\_\_\_\_, \_\_\_\_\_, or \_\_\_\_\_.
16. Kidney beans and lentils are examples of \_\_\_\_\_.
17. Even \_\_\_\_\_ can be made more nutritious by using elegant, low-fat substitutions.
18. One way to make meals more healthful is to modify \_\_\_\_\_ sizes.
19. One low-fat substitute for chocolate is \_\_\_\_\_.
20. Whipped, chilled, evaporated skim milk is a low-fat alternative for \_\_\_\_\_.

# Cake Mixing Methods

After reading this chapter and successfully answering the following questions, you should be able to:

- Define the two categories of cakes.
- Describe the three cake mixing methods for cakes high in fat.
- Describe the three cake mixing methods for cakes low in fat.
- Understand the three ways to tell whether a cake is done.
- Prepare recipes using the various mixing methods in this chapter.

---

### A Brief Outline of the Chapter

- I. Two categories of cakes
  - A. Cakes high in fat
  - B. Cakes low in fat
- II. Cake batters as emulsions
- III. Mixing methods for cakes high in fat
  - A. The creaming method
  - B. The two-stage method
  - C. The one-stage method
- IV. Knowing which fat to use in high-fat cakes
- V. Mixing methods for cakes low in fat
  - A. The sponge method

- B. The chiffon method
- C. The angel food method
- VI. How to tell when a cake is done

---

## Key Terms

Explain these key terms.

1. angel food method
2. cakes high in fat
3. cakes low in fat
4. chiffon method
5. creaming method
6. egg-foam cakes

7. emulsion
8. emulsifying agent
9. high ratio cake
10. immiscible liquids
11. one-stage method
12. sponge method
13. two-stage method

---

## Fill in the Blanks

Use the most accurate word or phrase to complete each sentence.

14. The two categories of cakes are those \_\_\_\_\_ and those \_\_\_\_\_ in fat.
15. For cakes high in fat, the three mixing methods are the creaming method, the one-stage method, and the \_\_\_\_\_.
16. For cakes low in fat, the three mixing methods are the chiffon method, the angel food method, and the \_\_\_\_\_.
17. A cake that has more sugar than flour is called a \_\_\_\_\_.
18. In the one-stage method, \_\_\_\_\_ is the ideal fat to use.
19. The two types of sponge cake include whole egg foams and \_\_\_\_\_.
20. A \_\_\_\_\_ is a French sponge cake that has a strong structure.

---

## True or False

Identify each statement as true (T) or false (F).

- \_\_\_\_\_ 21. The creaming method is used for cakes high in fat.
- \_\_\_\_\_ 22. Creaming the sugar and fat for too long can cause a coarse texture in the finished cake.
- \_\_\_\_\_ 23. The two-stage method of mixing is used for cakes low in fat.
- \_\_\_\_\_ 24. Eggs can be used as emulsifying agents.
- \_\_\_\_\_ 25. Egg foams can be made only from egg whites.
- \_\_\_\_\_ 26. Chiffon cakes get their leavening from two sources—a solid fat and water.
- \_\_\_\_\_ 27. Angel food cakes generally use whole eggs.

- \_\_\_\_\_ 28. A cake is done if it springs back when gently pressed.
- \_\_\_\_\_ 29. A thin wooden skewer can be used as a cake tester.
- \_\_\_\_\_ 30. To be called a cake, an item must be baked in 8- or 9-inch round pans.

---

## Multiple Choice

Identify the choice (a, b, or c) that most accurately answers the question or completes the statement.

31. Cakes high in fat use solid or liquid fats to keep
- gluten development at a minimum
  - cooking time to a minimum
  - costs to a minimum
32. The tenderizer in cakes low in fat is usually
- gluten
  - milk
  - sugar
33. Egg-foam cakes are different than cakes high in fat in that
- they are generally dryer and more flexible
  - they tend to be moister and denser
  - they tend to have a coarser crumb
34. The natural tendency for fat and water to separate is called
- pH levels
  - surface tension
  - emulsification
35. The creaming method is the method of choice for
- chiffon cakes
  - genoise
  - butter cake
36. In the sponge method, the eggs are warmed to
- reduce the cooking time
  - decrease the volume
  - increase the volume

37. The advantage of shortening over butter in high fat cakes is that
- it has a better flavor
  - it promotes gluten formation
  - it already contains evenly dispersed small air bubbles
38. A good example of a pair of immiscible liquids is
- eggs and milk
  - water and oil
  - milk and water
39. The part of the egg that contains natural emulsifiers is
- the yolk
  - the white
  - the foam
40. Chiffon cakes get their leavening from these two sources:
- air and gluten
  - sugar and butter
  - air and baking powder

---

## Matching

Match each term in column 1 with its definition from column 2.

- |                                |   |
|--------------------------------|---|
| _____ 41. chiffon cake         | a. an example of an emulsifier                |
| _____ 42. genoise              | b. made using the creaming method             |
| _____ 43. egg yolk             | c. usually made with oil                      |
| _____ 44. butter cake          | d. may be used to test for doneness in a cake |
| _____ 45. one-stage method     | e. a chemical leavener                        |
| _____ 46. shortening or butter | f. best fats for the creaming method          |
| _____ 47. a wooden skewer      | g. uses only egg whites                       |
| _____ 48. baking powder        | h. a mixing method for cakes high in fat      |
| _____ 49. egg foams            | i. made by beating eggs with sugar            |
| _____ 50. angel food cake      | j. a French sponge cake                       |



Exam Form # 4511

This Examination is valid through August 2010

## ProStart® Year 1 Final Examination

**IT IS EXTREMELY IMPORTANT THAT YOU FOLLOW THE INSTRUCTIONS FOR ACCURATELY COMPLETING YOUR ANSWER SHEET. IF YOUR ANSWER SHEET IS NOT COMPLETED PROPERLY, IT WILL NOT BE SCORED AND YOU WILL HAVE TO PAY TO RETAKE THE EXAMINATION.**

### Directions for Taking the Examination

This examination is designed to test your knowledge and understanding of basic hospitality industry skills. It contains 80 multiple-choice questions. For each question, choose the response that you believe to be the correct answer. It is to your advantage to answer every question on the examination, even if you have to guess. Skipping a question will reduce your overall examination score. To pass the examination you must answer 56 of the 80 items, or 70 percent, correctly.

Look carefully at your Examination Answer Sheet, and when marking your Answer Sheet, be sure that the row number matches the number of the question you are answering. Make certain to darken the circle completely. If you decide to change an answer, erase the original answer completely. Incomplete erasing, stray marks, or multiple responses on the Examination Answer Sheet could result in incorrect scoring. **The Proctor is not allowed to discuss the contents of the questions with you at any time.**

### Preparing the Examination Answer Sheet

Make sure the side of the Examination Answer Sheet that requires your name and address information is facing up. Print the requested information clearly in the row of appropriate boxes, then, completely darken the circles corresponding to the letter printed in the box. If the entire name is longer than the space provided, please abbreviate. Do not leave space between letters of your name. Multiple darkened responses within a row will be recorded as an error and may result in an incorrect spelling on your Certificate.

• Fill in appropriate boxes by printing neatly, one character per space, provided, being careful not to touch any of the lines.

Correct

JOHN

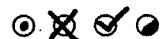
Correct



Incorrect

JOHN

Incorrect



**Note:** Failure to accurately record information on the Examination Answer Sheet will result in errors on your certificate. Twenty dollars (\$20) is charged for corrections or reprints of certificates.

### Examination Scoring and Certificates

- Examinations are scored by National Restaurant Association Solutions. Scores will be available within 10 business days from your examination date.
- You must contact your Proctor for your score; National Restaurant Association Solutions will not provide you with score or class number information. National Restaurant Association Solutions Certificates are sent directly to your Proctor, who then forwards your result/certificate to you.
- By completing and submitting the Examination Answer Sheet, you agree that National Restaurant Association Solutions or its designee may release score information to others that it deems reasonably appropriate. This includes, but is not limited to: your course instructor, examination proctor, class and/or exam sponsor.

**DO NOT BEGIN THIS EXAMINATION UNTIL YOU ARE TOLD TO DO SO BY YOUR PROCTOR**



© 2009 National Restaurant Association Educational Foundation. All rights reserved.

ProStart is a registered trademark of the National Restaurant Association Educational Foundation, and used under license by National Restaurant Association Solutions, LLC, a wholly owned subsidiary of the National Restaurant Association.

1. For a server taking guests' orders, which question would demonstrate the most professional approach?
  - A. "What may I get for you?"
  - B. "Ready?"
  - C. "Figured out the menu yet?"
  - D. "Hungry enough to order?"
  
2. What is the most important factor in a customer's decision to return to an establishment?
  - A. The mission statement
  - B. Customer service
  - C. Suggestive selling
  - D. The promotional campaign
  
3. Hummus is a dip made of
  - A. peppers and onion.
  - B. avocados.
  - C. cream cheese.
  - D. chick peas.
  
4. What is the best way to prevent fresh fruits that have been cut from browning?
  - A. By covering them with a paper bag
  - B. By placing them in the refrigerator
  - C. By coating them with an acid as soon as they are cut
  - D. By covering them with wax paper
  
5. The primary reason for providing good customer service is to
  - A. turn tables faster.
  - B. increase beverage sales as much as possible.
  - C. attract and keep customers.
  - D. get a good performance review.
  
6. Guests who arrive at a restaurant just before closing should be
  - A. given a menu for take out only, since the dining room is closing.
  - B. served quickly and hurried so that staff can go home.
  - C. served, but be told business hours and informed that they will not be served should they visit this late again.
  - D. served as other guests would be since they are entitled to the same service as everyone else.
  
7. Identify the customer with special needs.
  - A. A customer who orders extra fries
  - B. A man and a woman on a first date
  - C. A customer who complains that the cola is flat
  - D. A customer with a young child
  
8. When developing a service plan, the mission statement
  - A. describes an operation's business goals.
  - B. outlines the operation's hiring process.
  - C. describes the layout of the facility.
  - D. gives customers a chance to provide feedback about their visit.
  
9. A customer on the way to the restroom slips and is injured on a wet floor. Who can be held legally responsible for the injury?
  - A. The floor manufacturer
  - B. The establishment
  - C. The customer
  - D. No one

10. The primary function of OSHA is to

- A. create and enforce safety-related standards in the workplace.
- B. approve the quality of foodservice equipment.
- C. outline proper receiving procedures.
- D. determine fair employment standards.

11. What class fire is a grease fire?

- A. Class A
- B. Class B
- C. Class C
- D. Class D

12. The PASS system is a procedure for

- A. storing class A, B, & C fire extinguishers in their proper places.
- B. notifying the National Fire Protection Association (NFPA) if a fire occurs.
- C. evacuating an establishment should a fire occur.
- D. using an extinguisher to put out a fire.

13. Which employee is taking correct measures to prevent burns?

- A. A cook who wears rubber gloves when handling a hot pan
- B. A server who rapidly exits the kitchen without warning others while carrying hot soup
- C. An employee who provides short-handled serving utensils at the hot food buffet
- D. A dishwasher who wears a heat-resistant, knee-length apron

14. Which is listed first in a standardized recipe?

- A. Nutritional information
- B. Ingredients
- C. Equipment needed for preparation
- D. Assembly instructions

15. The primary reason for using herbs and spices is to

- A. add vitamins and minerals to food.
- B. add flavor to food.
- C. preserve the food's color.
- D. shorten cooking time.

16. A 2-quart pitcher is used to measure

- A. liquid ingredients.
- B. dry ingredients.
- C. solid fats.
- D. eggs.

17. Sautéing is considered what type of cooking method?

- A. Dry-heat
- B. Poaching
- C. Combination
- D. Moist-heat

18. Which method is best for cooking meat that is less tender?

- A. Braising
- B. Roasting
- C. Blanching
- D. Deep frying

19. In which pan should scrambled eggs for a breakfast buffet be placed?

- A. Sheet pan
- B. Roasting pan
- C. Sauce pan
- D. Hotel pan

20. A manager needs a dish machine that will pump water harder than most other machines and that can hold large items. Which is the best choice?

- A. Circular dishwasher
- B. Potwashing machine
- C. Flight dishwasher
- D. Single-tank conveyor

21. Pots and pans should be cleaned and sanitized

- A. after every use.
- B. every 8 hours.
- C. after every shift.
- D. at the end of the day.

22. Incomplete proteins

- A. contain all the essential amino acids in the right amount.
- B. are vulnerable to cooking because they are destroyed by heat.
- C. lack one or more of the essential amino acids.
- D. help carbohydrates, fats, and minerals work properly.

23. No more than \_\_\_% of an individual's total calories should come from fat.

- A. 20
- B. 30
- C. 40
- D. 50

24. A customer is on a low cholesterol diet. Which breakfast item should be ordered?

- A. Fruit salad
- B. Scrambled eggs
- C. Sausage
- D. Bacon

25. Which is NOT considered a healthy dietary guideline?

- A. Eat a variety of foods
- B. Maintain a healthy weight
- C. Use salt frequently
- D. Eat plenty of fruits and vegetables

26. On a nutrition label, the percent-daily value is based on a diet of \_\_\_\_\_ calories a day.

- A. 1500
- B. 1800
- C. 2000
- D. 2200

27. The healthiest way to cook zucchini is to \_\_\_\_\_ it.

- A. steam
- B. boil
- C. pan fry
- D. deep fry

28. The club sandwich is an example of what type of sandwich?

- A. Open-faced
- B. Grilled
- C. Multidecker
- D. Deep-fried

29. Which is an unripened cheese?

- A. Mozzarella
- B. Swiss
- C. Havarti
- D. Bleu

**30. The primary way to keep milk products safe and sanitary is to store them**

- A. at the appropriate temperature.
- B. in a dark place.
- C. with other foods such as garlic and onions.
- D. in a loosely covered container.

**31. What is the maximum time that brewed coffee should be held?**

- A. 20 minutes
- B. 30 minutes
- C. 45 minutes
- D. 60 minutes

**32. A chef needs an egg with a high yolk whose white will not spread when the shell is broken. The chef should select grade**

- A. AA.
- B. A.
- C. B.
- D. C.

**33. Which potato dish is made of chopped meat, potatoes, and onions?**

- A. Grits
- B. Hash
- C. Hash browns
- D. Home fries

**34. Orientation is important in order to**

- A. help new employees learn about the establishment.
- B. teach job-related skills.
- C. correct tasks that are not being performed properly.
- D. set performance goals.

**35. A closed-ended question**

- A. can be answered with yes or no.
- B. encourages discussion.
- C. is typically based on a prejudice.
- D. cannot become part of the employee's file.

**36. Managers should evaluate employee performance**

- A. beginning on the first day of work.
- B. only when a mistake is made.
- C. whenever it is convenient.
- D. only before the employee's annual review.

**37. The type of training most similar to high school learning, that encourages group discussion and problem solving, is called**

- A. role play.
- B. group training.
- C. performance training.
- D. on-the-job training.

**38. A negative feeling toward people of a particular ethnic group that is not based on fact is called a**

- A. stereotype.
- B. prejudice.
- C. dialect.
- D. culture.

**39. A salad mixed with a heavy dressing is called a(n)**

- A. bound salad.
- B. separate course salad.
- C. chef's salad.
- D. appetizer salad.

40. When making vinaigrette dressing, the ratio of oil to vinegar is

- A. 1:2.
- B. 2:1.
- C. 3:1.
- D. 1:3.

41. What is the first step in cleaning salad greens?

- A. Tear or cut the greens into bite-size pieces
- B. Remove any tough stems or wilted spots
- C. Plunge the greens in cold water to clean thoroughly
- D. Remove the core

42. How many total ounces result when 7.28 ounces are added to 3.45 ounces?

- A. 3.83 oz
- B. 4.00 oz
- C. 10.73 oz
- D. 11.13 oz

43. If a 16 oz steak is divided into 4 servings, how many ounces will each serving be?

- A. 1 oz
- B. 4 oz
- C. 8 oz
- D. 12 oz

44.  $32^{\circ}\text{F} = \text{ \_\_\_\_ }^{\circ}\text{C}$

- A. -18
- B. 0
- C. 18
- D. 32

45. A chef needs 3 lb trimmed cabbage. Cabbage has an 80% yield percentage. How much untrimmed cabbage is needed?

- A. 2.4 lb
- B. 3.27 lb
- C. 3.75 lb
- D. 24 lb

46. A lemon meringue pie yields 8 servings. If the total cost of the recipe is \$3.86, what is the cost per serving?

- A. \$0.48
- B. \$1.14
- C. \$2.07
- D. \$2.40

47. Fruits characterized by their thick skins, aromatic oils, and segmented flesh are called

- A. melons.
- B. citrus fruits.
- C. bananas.
- D. drupes.

48. Hard, starchy vegetables are best prepared by which method?

- A. Microwaving
- B. Grilling
- C. Stir-frying
- D. Boiling

49. Cabbage is considered a

- A. root vegetable.
- B. flower vegetable.
- C. stem vegetable.
- D. seed vegetable.

50. The four-step cost control process includes creating standard operating procedures, training employees to follow procedures, comparing actual performance to standards, and

- A. keeping accurate records.
- B. limiting employee benefits.
- C. correcting any changes.
- D. reducing portion size.

51. The total variable cost for last month was \$22,890 and 1000 customers were served. Calculate average cover.

- A. \$2.95
- B. \$14.92
- C. \$22.89
- D. \$228.90

52. Which formula is used to calculate food cost percentage?

- A. Sales/cost
- B. Cost/sales
- C. Variable cost/number of customers served
- D. Number of customers served/variable cost

53. Last week, 642 customers ate at the restaurant. Sales for the week totaled \$18,690. Calculate the average sale per customer.

- A. \$27.45
- B. \$29.11
- C. \$33.98
- D. \$45.00

54. At the end of the day the register reads \$1394.76 in gross receipts, contains \$624.80 in change, and has paid out \$316.42. Actual receipts will be

- A. \$308.38.
- B. \$1394.76.
- C. \$1703.14.
- D. \$2019.56.

55. A case of canned corn costs \$38.00 and there are 48 cans in a case. What is the cost per can?

- A. \$0.79
- B. \$1.26
- C. \$2.76
- D. \$1824

56. Potentially hazardous foods are moist and high in

- A. calories.
- B. fiber.
- C. protein.
- D. vitamins.

57. After washing dishes in a three-compartment sink, they should be dried by

- A. using a 100% cotton rag.
- B. using an electric hot-air blower.
- C. using disposable paper towels.
- D. letting them air dry in a rack.

58. The pH level of food is a measure of its

- A. acidity or alkalinity.
- B. age and freshness.
- C. moisture or water content.
- D. temperature and texture.

59. It is very important for foodservice professionals to know what the temperature danger zone is because

- A. the temperature danger zone is an extreme level of heat that ruins the flavor of foods.
- B. the temperature danger zone is the temperature range in which harmful microorganisms grow best.
- C. customers who are allergic to certain foods may have questions about this zone.
- D. the temperature in refrigerator units must always be within this zone.

60. Identify the correct use of the first in, first out (FIFO) method.

- A. Making sure that customers who arrive at 1:00 p.m. are finished eating before customers who arrived at 1:20 p.m. are finished eating
- B. Using food supplies in the order in which they are received so that no goods are used after the expiration date
- C. Promoting employees based on the number of years that they have worked at a restaurant
- D. Making sure that the first employee to arrive each morning is the first employee to leave at the beginning of the dinner shift

61. The type of broiler in which food is placed on a stick and turned over a heat source is called a

- A. charbroiler.
- B. salamander.
- C. countertop.
- D. rotisserie.

62. Explaining important company personnel policies is usually part of what process?

- A. Screening
- B. Orientation
- C. Interviewing
- D. Training

63. A recipe makes two dozen cookies and 120 cookies are needed. What is the conversion factor?

- A. 0.2
- B. 2.4
- C. 5.0
- D. 12.0

64. An example of a fixed cost would be the

- A. prime cost.
- B. salaries for hourly wage employees.
- C. total monthly cost for beer, wine, and soda.
- D. rent on a building.

65. A restaurant purchases carrots for \$63 per case and produces 180 portions per case. What is the standard portion cost?

- A. \$0.28
- B. \$0.35
- C. \$2.85
- D. \$3.50

66. Which is the highest quality grade of fresh fruits?

- A. U.S. No. 1
- B. U.S. No. 2
- C. U.S. No. 3
- D. U.S. Extra Fancy

67. Which term refers to a process of coating baby carrots in honey to give them a glossy appearance?

- A. Glazing
- B. Braising
- C. Sautéing
- D. Blanching

68. A restaurant had an opening inventory of \$33,480, total purchases for the month were \$78,925, and the closing inventory was \$26,311. What was the monthly food cost?

- A. \$19,134
- B. \$59,791
- C. \$71,756
- D. \$86,094

69. If the food cost of a menu item is \$1.80 and the manager wants item to have a food cost percentage of 25%, what should the menu price be?

- A. \$0.45
- B. \$3.60
- C. \$6.40
- D. \$7.20

70. The most important reason employees should not work when they are ill is that they might

- A. create bad morale among fellow employees.
- B. transmit illness-causing microorganisms.
- C. leave work early and cause a staff shortage.
- D. take strong medicine at work.

71. A dishwasher cleans and sanitizes the sinks and work surfaces, scrapes and presoaks the dishes, washes them in clean, hot detergent solution, then rinses them in clear, hot, potable water. The dishes can now be considered

- A. clean.
- B. sanitary.
- C. clean and sanitary.
- D. prewashed.

72. Which is a safe knife handling practice?

- A. Holding a knife carefully by the blade when passing it to another person, so that the other person takes it by the handle
- B. Placing a paper bag under a cutting board to help prevent slipping of the board while cutting
- C. Stopping and placing the knife down on a flat and secure surface when interrupted while cutting
- D. Sharpening knives so that they are neither too sharp nor too dull

73. Which best describes proper handwashing?

- A. Wash with iodine in cool water.
- B. Disinfect with hand sanitizer.
- C. Wash with soap in hot water.
- D. Wash with bar soap in ice water, then rinse with iodine.

74. One ounce in customary U.S. measurement equals what in metric units?

- A. 1 kilogram
- B. 28 grams
- C. 32 liters
- D. 60 milliliters

75. The two greatest threats to food safety are bacteria and

- A. dust.
- B. toxins.
- C. viruses.
- D. physical contamination.

76. Pieces of broken glass, packaging material, and jewelry are examples of what kind of contamination?

- A. Viral
- B. Physical
- C. Bacterial
- D. Chemical

77. When harmful microorganisms are transferred to food by other food, hands, utensils, equipment, or other work surfaces, it is said to have been made unsafe by

- A. viral toxicity.
- B. cross-contamination.
- C. scombroid intoxication.
- D. physical contamination.

78. Which is NOT a step in a HACCP food safety system?

- A. Assessing hazards
- B. Identifying critical control points
- C. Taking corrective action
- D. Contacting the local health department monthly

79. The most common food thermometer is the

- A. digital thermometer.
- B. time-temperature indicator (TTI).
- C. mercury-filled glass thermometer.
- D. bimetallic stemmed thermometer.

80. When a cutting board is brushed so that it is free of visible crumbs it is considered

- A. clean.
- B. sanitary.
- C. both clean and sanitary.
- D. neither clean nor sanitary.

**Junior Final Exam 2009****True/False**

Indicate whether the sentence or statement is true or false.

- \_\_\_ 1. Granulated sugar can be produced from either sugar cane or sugar beets.
- \_\_\_ 2. Fluid ounces and dry ounces are the same.
- \_\_\_ 3. Artisan breads must contain whole wheat flour.
- \_\_\_ 4. Almost all baked items use steam as a leavening agent, usually in conjunction with other forms of leavening.
- \_\_\_ 5. Brown sugar is made by combining granulated sugar and honey.
- \_\_\_ 6. Eggs with air beaten into them are known as egg foams.
- \_\_\_ 7. Yeast is a type of bacteria.
- \_\_\_ 8. A meringue is a type of egg foam.
- \_\_\_ 9. The more fat a recipe contains, the less gluten will develop.
- \_\_\_ 10. Hard and soft wheat flour contain the same amount of protein.
- \_\_\_ 11. Contaminating egg whites with fat will diminish the foaming properties of the proteins.
- \_\_\_ 12. A mixture of egg yolks and sugar is known as a meringue.
- \_\_\_ 13. Wheat is the only grain that can be made into flour.
- \_\_\_ 14. Homogenization refers to the process of heat treating dairy products to destroy bacteria.
- \_\_\_ 15. Injecting steam into the oven keeps the dough soft so that it can expand without the crust forming too quickly.
- \_\_\_ 16. Freshly milled flour makes the best bread.
- \_\_\_ 17. Vegetable shortening has greater plasticity than butter.

**Multiple Choice**

Identify the letter of the choice that best completes the statement or answers the question.

- \_\_\_ 18. Which two proteins combine to form gluten?
  - a. gliadin and glutenin
  - b. gliadin and gluten
  - c. glutenin and protease
  - d. gliadin and glutathione
- \_\_\_ 19. Which Ingredient has the power to slow down fermentation and even kill yeast?
  - a. cream of tartar
  - b. salt
  - c. baking powder
  - d. baking soda
- \_\_\_ 20. What kind of nut is praline paste made from?
  - a. pecans
  - b. almonds
  - c. walnuts
  - d. hazelnuts



- \_\_\_\_\_ 35. Which flour would be the best choice for making baguettes?
- |                |                      |
|----------------|----------------------|
| a. cake flour  | c. all-purpose flour |
| b. bread flour | d. hi-gluten flour   |
- \_\_\_\_\_ 36. Which part of the wheat kernel is used predominately for white flour?
- |              |                     |
|--------------|---------------------|
| a. endosperm | c. the whole kernel |
| b. bran      | d. germ             |
- \_\_\_\_\_ 37. When proteins straighten out and break up, they:
- |              |             |
|--------------|-------------|
| a. denature  | c. curdle   |
| b. coagulate | d. emulsify |
- \_\_\_\_\_ 38. What kind of nut is marzipan made from?
- |               |              |
|---------------|--------------|
| a. almonds    | c. peanuts   |
| b. pistachios | d. hazelnuts |
- \_\_\_\_\_ 39. Scoring the top of the bread before it is put in the oven is true for all of the following reasons except:
- |  |   |
|--|---|
| a. it helps identify the type of bread           | c. it makes it easier for the customer to cut since it is already half-way done |
| b. it allows the bread to expand without tearing | d. it provides a decorative appearance  |

**Completion**

*Complete each sentence or statement.*

40. The tool used to load and unload the bread from the oven is called a \_\_\_\_\_.
41. The process where yeast converts and digest starches, producing alcohol and carbon dioxide is known as \_\_\_\_\_.
42. A custard that is poured into a ramekin and baked in the oven until thickened is called a \_\_\_\_\_.
43. A yeast dough that uses little or no fat or sugar is known as a \_\_\_\_\_.
44. The three parts of the wheat kernel are:
- |          |
|----------|
| a. _____ |
| b. _____ |
| c. _____ |
45. Proteins are chains of \_\_\_\_\_.
46. \_\_\_\_\_ is a stirred custard thickened without starch and used for ice cream base and dessert sauce.
47. A custard that is cooked on top of the stove is called a \_\_\_\_\_.
48. A stirred custard that contains a starch is called \_\_\_\_\_.

**Matching**

Match 2 descriptions with each of the following:

- |                  |                       |
|------------------|-----------------------|
| a. baking soda   | c. ammonium carbonate |
| b. baking powder |                       |

- \_\_\_\_ 49. is used primarily in Europe
- \_\_\_\_ 50. reacts with acidic ingredients like buttermilk, cocoa powder, and brown sugar
- \_\_\_\_ 51. contains an acid that forces a reaction when mixed with water and/or heat
- \_\_\_\_ 52. is best suited for "dry" pastries and cookies because the gas produced needs to be thoroughly baked out of the product
- \_\_\_\_ 53. comes in single, double, or triple acting formulas
- \_\_\_\_ 54. sodium bicarbonate reacts with acids present in the batter

Match each step in the milling process with its description:

- |              |                |
|--------------|----------------|
| a. breaking  | d. sifting     |
| b. purifying | e. classifying |
| c. reducing  |                |

- \_\_\_\_ 55. Flour is sorted according to particle size into different streams
- \_\_\_\_ 56. Separates bran and germ layers from the endosperm
- \_\_\_\_ 57. Removes any remaining bran particles by air blowers
- \_\_\_\_ 58. Groups specific types of flour together depending on the type of wheat
- \_\_\_\_ 59. Smooth rollers finely grind endosperm into flour

Match the mixing tool with the dough it's designed for making:

- |                      |                   |
|----------------------|-------------------|
| a. paddle attachment | d. pastry blender |
| b. whip attachment   | e. rubber spatula |
| c. dough hook        | f. food processor |

- \_\_\_\_ 60. scones
- \_\_\_\_ 61. sponge cake
- \_\_\_\_ 62. pain paysan
- \_\_\_\_ 63. chocolate chip cookies
- \_\_\_\_ 64. streusel
- \_\_\_\_ 65. Swiss meringue

Match the preferment with its description:

- |                   |                  |
|-------------------|------------------|
| a. poolish        | d. altus brat    |
| b. biga           | e. levain-leuvre |
| c. pate fermentee |                  |

- \_\_\_\_ 66. A French preferment; old dough from the previous day
- \_\_\_\_ 67. A French style sponge; typically equal parts flour and water
- \_\_\_\_ 68. A German preferment; old bread rehydrated and allowed to ferment
- \_\_\_\_ 69. A French preferment; like a sourdough levain, but started with commercial yeast
- \_\_\_\_ 70. An Italian style preferment; usually resembling finished dough

Match the following terms with 2 definitions each:

- a. pâte brisée
- b. pâte sucrée
- c. pâte sablée

- \_\_\_\_\_ 71. "broken"
- \_\_\_\_\_ 72. "sandy"
- \_\_\_\_\_ 73. crisp and tender
- \_\_\_\_\_ 74. most tender
- \_\_\_\_\_ 75. flaky
- \_\_\_\_\_ 76. "sugar"

Match the type of meringue/foam with the description that fits best

- a. French meringue
- b. Swiss meringue
- c. Italian meringue
- d. pate a bombe

- \_\_\_\_\_ 77. whole eggs or egg yolks whipped up sugar or sugar syrup
- \_\_\_\_\_ 78. egg whites whipped up with a hot sugar syrup
- \_\_\_\_\_ 79. egg whites and sugar warmed together over a bain marie and then whipped
- \_\_\_\_\_ 80. egg whites and sugar whipped together

**Short Answer**

81. List three ways of controlling gluten formation:

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_

82. List two pastries made using pâte á choux:

- a. \_\_\_\_\_
- b. \_\_\_\_\_

**Junior Final Exam 2009**  
**Answer Section**

**TRUE/FALSE**

1. ANS: T
2. ANS: F
3. ANS: F
4. ANS: T
5. ANS: F
6. ANS: T
7. ANS: F
8. ANS: T
9. ANS: T
10. ANS: F
11. ANS: T
12. ANS: F
13. ANS: F
14. ANS: F
15. ANS: T
16. ANS: F
17. ANS: T

**MULTIPLE CHOICE**

18. ANS: A
19. ANS: B
20. ANS: D
21. ANS: C
22. ANS: B
23. ANS: D
24. ANS: A
25. ANS: B
26. ANS: B
27. ANS: C
28. ANS: B
29. ANS: D
30. ANS: D
31. ANS: C
32. ANS: C
33. ANS: C
34. ANS: C
35. ANS: B
36. ANS: A

- 37. ANS: A
- 38. ANS: A
- 39. ANS: C

**COMPLETION**

- 40. ANS: peel
- 41. ANS: fermentation
- 42. ANS: baked custard
- 43. ANS: lean dough
- 44. ANS: Bran, germ, endosperm
- 45. ANS: Amino acids
- 46. ANS: Creme anglaise
- 47. ANS: stirred custard
- 48. ANS: pastry cream

**MATCHING**

- 49. ANS: C
- 50. ANS: A
- 51. ANS: B
- 52. ANS: C
- 53. ANS: B
- 54. ANS: A
  
- 55. ANS: D
- 56. ANS: A
- 57. ANS: B
- 58. ANS: E
- 59. ANS: C
  
- 60. ANS: D
- 61. ANS: E
- 62. ANS: C
- 63. ANS: A
- 64. ANS: F
- 65. ANS: B
  
- 66. ANS: C
- 67. ANS: A
- 68. ANS: D
- 69. ANS: E
- 70. ANS: B
  
- 71. ANS: A

- 72. ANS: C
- 73. ANS: B
- 74. ANS: C
- 75. ANS: A
- 76. ANS: B
  
- 77. ANS: D
- 78. ANS: C
- 79. ANS: B
- 80. ANS: A

**SHORT ANSWER**

- 81. ANS:
  - choose the right flour
  - add fat
  - control the amount of water
  - add sugar
  - decrease mixing
  - rest the dough
- 82. ANS:
  - eclair, Paris-Brest, swans,