

# FINAL EXAM STUDY GUIDE – CULINARY ARTS 1

YOUR FINAL WILL CONSIST OF THREE PARTS:

**PART 1:** AT HOME: MAKE A FOOD ITEM FROM THE ASSIGNED LIST

**PART 2:** BRING YOUR FOOD IN, WITH YOUR RECIPE AND THE COMPLETED TAKE-HOME FORM . (SEE MAKE-AT-HOME ASSIGNMENT FORM)



**YOUR FOOD & THIS FORM ARE DUE ON MONDAY THE 28<sup>TH</sup> FOR A-DAY**



**& FRIDAY THE 25<sup>TH</sup>-B2** 

**PART 3:** WRITTEN EXAM: YOU WILL BE ASKED QUESTIONS FROM THE FOLLOWING MATERIAL FROM YOUR INFO PACKETS. ALTHOUGH THE EXAM WILL BE AN “OPEN BOOK” EXAM, YOU ARE STRONGLY ENCOURAGED TO HIGHLIGHT THE SUGGESTED MATERIAL DURING OUR PREP CLASS. THIS WILL SAVE YOU A GREAT DEAL OF TIME DURING THE EXAM AND WILL ENSURE YOUR SUCCESS!



**FINAL EXAM – A-1& A-2 TUESDAY, 1/29 ~ 8:35-10:35AM & 11AM-1PM**

**FINAL EXAM – A-4 WEDNESDAY, 1/30 ~ 11AM-1PM**

**FINAL EXAM – B-2 THURSDAY, 1/31 ~ 11AM-1PM**



## MATERIALS COVERED IN EXAM

- **KITCHEN & FOOD SAFETY:** YOU WILL BE EXPECTED TO KNOW PROPER/SAFE HANDWASHING AND FOOD HANDLING PROCEDURES, WHAT THE “TEMPERATURE DANGER ZONE” IS, 3 TYPES OF COMMON KITCHEN ACCIDENTS **AND** HOW TO AVOID THEM, TYPES OF FIRES – THEIR CAUSES, WHAT MATERIAL IS INVOLVED AND THE BEST WAY TO EXTINGUISH THEM, SAFEST WAY TO WORK WITH RAW MEATS. YOU WILL BE ASKED TO NAME A FOODBORNE ILLNESS, LIST its CAUSES AND SYMPTOMS AND DISCUSS PREVENTION - USING THE FDA CHART IN YOUR FOOD SAFETY PACKET.
- **MEASURING:** YOU WILL BE EXPECTED TO KNOW MEASURING BASICS, WHAT TYPES OF MEASURING DEVICES TO USE FOR WHAT INGREDIENTS AND TO BE ABLE TO EXPRESS HOW YOU WOULD MEASURE OUT SPECIFIC AMOUNTS REQUIRED IN A RECIPE. USING THE BASIC EQUIVALENTS CHART IN YOUR PACKET, YOU WILL BE EXPECTED TO ANSWER SEVERAL QUESTIONS INVOLVING CONVERSIONS. (FOR EXAMPLE: “How many squares of chocolate will give you 4 ounces?” – OR – “How many cups will give you 2 quarts of water?”)
- **EGGS:** FROM YOUR EGG PACKET, YOU WILL NEED TO KNOW WHAT TYPE OF FOOD POISONING IS MOST OFTEN TRACED BACK TO EGGS OR EGG PRODUCTS AND AT LEAST 4 WAYS TO PROTECT YOURSELVES FROM THIS FOOD BORNE ILLNESS. YOU MAY BE EXPECTED TO INTERPRET THE EGG NUTRITION LABEL PROVIDED IN YOUR PACKET AND TO DESCRIBE ONE WAY TO PREPARE A HEALTHY EGG DISH.
- **KNIVES & TOOLS OF THE TRADE:** YOU WILL BE ASKED TO IDENTIFY 3 BASIC KNIVES THAT WE USE REGULARLY, HOW TO USE SAFELY AND TO GIVE EXAMPLES OF HOW THEY ARE USED. (FOR EXAMPLE: “What is a long serrated knife used for?” Pictures will be provided) YOU WILL ALSO BE ASKED TO IDENTIFY BASIC KNIFE CUTS LIKE CHOP, DICE, MINCE, SLICE, GRATE AND SHRED. YOU WILL ALSO BE ASKED TO IDENTIFY BETWEEN 6-8 COMMON KITCHEN TOOLS AND DESCRIBE WHAT THEY ARE USED FOR (USING PHOTOS).

- **(NUTRI-PRO) COOKING METHODS:** YOU WILL BE ASKED SEVERAL QUESTIONS ABOUT COOKING METHODS. (FOR EXAMPLE: You will be asked to list moist heat, dry heat and fry cooking methods and to choose the healthiest cooking methods of each category)
- **EATING HEALTHY & MAKING IT HEALTHY TOOLKIT:** YOU WILL BE EXPECTED TO KNOW WHAT “THE BIG THREE” FOUNDATIONS PILLARS OF GOOD NUTRITION ARE, EXAMPLES OF GOOD AND BAD FATS, AND SPECIFIC FOODS THAT ARE GOOD FOR DIFFERENT ASPECTS OF YOUR HEALTH. (FOR EXAMPLE: Please list 3 foods that are good for your heart, sight, skin **and** hair.) YOU WILL ALSO BE ASKED TO LIST THE FIVE TIPS FOR HEALTHY EATING AND DISCUSS HEALTHY AND UNHEALTHY BEVERAGE CHOICES. YOU WILL BE EXPECTED TO BE ABLE TO DESCRIBE A VARIETY OF METHODS (adding ingredients, cutting ingredients and substituting ingredients) THAT YOU CAN USE TO MAKE HEALTHIER FOOD.
- **QUICKBREADS:** YOU WILL BE EXPECTED TO NOW THE DEFINITION OF QUICKBREADS, GIVE EXAMPLES OF QUICKBREADS AND TO KNOW WHAT LEAVENERS ARE USED WHEN MAKING QUICKBREADS. YOU WILL BE ASKED TO DESCRIBE THE PROPERTIES OF THE LEAVENERS USED AND THE RESULTS/PROBLEMS THAT OCCUR WHEN THEY ARE INCORRECTLY USED (i.e.: NOT ENOUGH OR TOO MUCH).
- **THE FIVE TASTES:** YOU WILL BE EXPECTED TO KNOW WHAT THE FIVE TASTES ARE AND TO BE ABLE TO GIVE AT LEAST 1 EXAMPLE OF EACH. YOU WILL BE ASKED TO DESCRIBE HOW IT IS WE IDENTIFY THE FLAVOR OF THE FOODS WE INGEST. YOU WILL NEED TO UNDERSTAND THE CONNECTION BETWEEN SMELL AND TASTE AND TO DESCRIBE THE TASTING LAB WE DID WITH THE UNSWEETENED CHOCOLATE & RAW SUGAR CANE AND ORANGES, LIMES AND LEMONS.
- **SUPERFOODS:** YOU WILL BE EXPECTED TO DEFINE SUPERFOODS, CLEAN FOODS, ORGANIC FOODS AND NATURAL FOODS. YOU WILL BE EXPECTED TO GIVE 3 EXAMPLES OF SUPERFOODS AND TO DESCRIBE THE HEALTH BENEFITS OF AT LEAST 1 OF THEM.
- **RECIPE READING 101:** YOU WILL ASKED SEVERAL QUESTIONS ABOUT A RECIPE
- **“MISE EN PLACE”** – YOU WILL NEED TO DEFINE THIS TERM AND TO EXPLAIN WHY IT IS IMPORTANT.
  - **DIETARY CHOICES**
  - **LOCAVORE:** YOU WILL BE ASKED QUESTIONS ABOUT EATING LOCALLY AND HOW TO EAT LOCALLY WHEN GROWING SEASON IS SO SHORT (PRESERVING THE HARVEST) AND TO LIST SOME LOCAL FARMS OR FARMERS MARKETS