**Semester 1 Culinary 1 FINAL Study Guide:**

1. What is a foodborne illness outbreak?
2. Which 3 populations are most at risk for contracting a food borne illness? Why?
3. What are the components of FAT TOM?
4. What does FAT TOM represent?
5. Which type of cleaner dissolves burnt grease?
6. What is the four step process of cleaning & sanitizing something (be able to put the steps in order)
7. Be able to place the following raw meats on the correct shelf in your fridge (top to bottom): Raw chicken, raw pork, steak, ground beef
8. Know which government agency is responsible for regulating the FOOD guidelines in the foodservice industry
9. Which 3 forms of contamination does the government agency mentioned in the previous question work to prevent (hint: broad categories, not examples of each category)
10. What is the most common way to handle a food substance that has been contaminated in some way?
11. Be able to put all 7 steps of HACCP in order
12. Know what the acronym HACCP stands for
13. Know what HACCP is
14. Know what temperature hot food needs to be held at to prevent time temperature abuse
15. Know what temperature cold food needs to be held at to prevent time temperature abuse
16. Know what temperature items need to be REHEATED to (example: reheating leftover chicken breasts from dinner last night)
17. If ready to eat food that was prepared in house is stored correctly, after what time period should you throw it away( hint: days)
18. Know what FIFO stands for
19. Know the minimum internal temperature for chicken
20. Know the minimum internal temperature for ground meat
21. Know the minimum internal temperature for ground pork
22. How long can food be held in the temperature danger zone before you must dispose of it?
23. What is the term used to mean “free of food and other dirt”?
24. What is the term used to mean “reducing pathogens on a surface to safe levels”?
25. How high off the ground should food be held in a food service establishment?
26. When must food handlers wash their hands at work?
27. Know the cause of the following foodborne illnesses: Campylobacter, botulism, salmonella, staphylococcus aureus, and e.coli
28. Know which foodborne illness has been linked with ready to eat food and shellfish contaminated by sewage
29. Know the definitions of the following foodservice equipment: springform pan, Parisienne scoop, bench scraper, skimmer, hotel broiler, hot box, thermocouple, bain marie, hotel pans, mandolin
30. Know the definition of herbs
31. Know the definition of spices
32. Know the definition of seasonings
33. Know the definition of flavorings
34. Know what 3 things cause herbs and spices to lose their color and flavor more quickly
35. Know what type of foodservice equipment a walk-in refrigerator is (hint: holding, preparation, storage or receiving)
36. Know which knife is used to separate raw meat from the bone
37. Know which knife is used to slice bread and cake
38. Know which cooking method involves cooking an item by gently simmering it in a liquid?
39. Know what the first stop in the flow of food is
40. Know the temperature requirement for fridges
41. Know the temperature requirement for freezers
42. Know the definition of pots
43. Know the definition of pans
44. Know the following cuts and their sizes: julienne, brunoise, chop, batonet , small dice
45. In the US potatoes are marketed by what two things?
46. What is an example of a high starch potato?
47. What is an example of a medium starch potato?
48. What is an example of a low starch potato?
49. What is potato starch made out of?
50. Know what type of special flour is used in pasta dough
51. Know the main categories of types of pasta
52. Be able to define a grain
53. Be able to define a legume
54. Know the average soaking time for most beans
55. Know the French name for soup chef
56. Know the French name for executive chef
57. Know how many teaspoons are in a tablespoon
58. Know how many tablespoons are in a cup
59. Know how many cups are in a gallon
60. Know how to find a conversion factor
61. Know how to calculate EP amounts (edible portion amounts)
62. Know how to calculate menu price using the straight markup method
63. Know how to calculate menu price using the 2/3rds method
64. Know how to calculate menu price using the food cost percentage method
65. Know how to calculate ingredient costs and costs per ounce
66. Be able to match common types of knives with their purpose in the kitchen