CHAPTER 13 KITCHEN BASICS NOTE GUIDE

1. What is a workstation?

2. Workstations keep a kitchen \_\_\_\_\_\_\_\_\_\_\_\_\_smoothly. The number of workstations is

determined by \_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_.

3. What is a work section?

4. Good kitchen design does the following: Fill in blanks.

a.\_\_\_\_\_\_\_\_\_\_\_\_ flow of \_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_

b. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ work \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

c. keep\_\_\_\_\_\_\_\_\_\_ safe

d.\_\_\_\_\_\_\_\_\_\_ preparation and \_\_\_\_\_\_\_\_\_\_\_\_\_ time

5. Hot food section should include 5 areas. Name them

a.\_\_\_\_\_\_\_\_\_\_\_\_\_ station

b.\_\_\_\_\_\_\_\_\_\_\_\_\_ station

c. \_\_\_\_\_\_\_\_\_\_\_\_ station

d.\_\_\_\_\_\_\_\_\_\_\_\_/ \_\_\_\_\_\_\_\_\_\_ station  
 e. \_\_\_\_\_\_\_\_\_\_\_\_\_

6. A garde manger sections includes 4 areas. Name them.

a .\_\_\_\_\_\_\_\_\_\_\_\_\_ preparation

b.\_\_\_\_\_\_-food preparation

c.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ station.

d.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ preparation

7. A baking section has the following 8 areas. Fill in blanks.

a.\_\_\_\_\_\_\_\_\_\_\_ station

b.\_\_\_\_\_\_\_\_\_\_ holding and \_\_\_\_\_\_\_\_\_

c. \_\_\_\_\_\_\_\_\_\_\_rolling and \_\_\_\_\_\_\_\_\_\_

d. \_\_\_\_\_\_\_\_\_\_\_ and cooling

e. finish cake\_\_\_\_\_\_\_\_\_\_\_\_\_

f.\_\_\_\_\_\_\_\_\_\_\_ preparation

g. frozen\_\_\_\_\_\_\_\_\_prepartion

h.\_\_\_\_\_\_\_\_\_\_\_\_ dessert

8. Banquet section includes \_\_\_\_\_\_ cooking and \_\_\_\_\_ heat cooking (\_\_\_\_\_\_\_\_\_\_,\_\_\_\_\_\_\_\_)

9. Short-order section includes the following: Fill in blanks

1. \_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_ station
3. \_\_\_\_\_\_ station
4. \_\_\_\_\_\_\_\_\_ station

10. Beverage section includes 3 areas:

1. \_\_\_\_\_- beverage section
2. \_\_\_\_\_\_- beverage section
3. \_\_\_\_\_\_\_\_\_- beverage section

11. Define a kitchen brigade system? What does each worker do?

12. What does chef do?

13. Name things sous chef does. Fill in blanks

a.\_\_\_\_\_\_\_\_\_\_ chef

b.\_\_\_\_\_\_\_\_\_\_\_\_ personnel

c.\_\_\_\_\_\_\_\_\_\_ chef’s or \_\_\_\_\_\_\_\_\_ chef’s work

d accepts \_\_\_\_\_\_\_\_\_\_

e.\_\_\_\_\_\_\_\_\_\_ to stations

f.\_\_\_\_\_\_\_\_\_\_\_\_ dishes

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14. Station chef does the following:

a.produces \_\_\_\_\_\_\_\_\_\_ items

b.\_\_\_\_\_\_\_\_\_\_\_\_ of chef and sous chef

c.\_\_\_\_\_\_\_\_\_\_ a specific \_\_\_\_\_\_\_\_\_

d.based on\_\_\_\_\_\_\_\_\_\_\_\_ method,\_\_\_\_\_\_\_\_\_\_ or item \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

e.includes \_\_\_\_\_\_\_\_ cooks

15. Pastry chef makes \_\_\_\_\_\_\_\_\_goods, \_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Pastry chef works in a \_\_\_\_\_\_\_\_\_\_\_\_\_ kitchen or \_\_\_\_\_\_\_\_\_\_\_\_\_

16. The Expediter does the following: Fill in blanks.

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ orders
2. \_\_\_\_\_\_\_\_\_\_ that food cooked in \_\_\_\_\_\_\_\_\_\_\_\_\_ order
3. \_\_\_\_\_\_\_\_\_\_\_\_\_ serves food \_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_

17. The dining room manager does the following. Fill in the blanks.

1. \_\_\_\_\_\_\_\_\_\_\_
2. Leads \_\_\_\_\_\_\_\_\_\_-room\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_ all \_\_\_\_\_\_\_\_\_\_\_\_\_ personnel
4. oversees \_\_\_\_\_\_\_\_\_\_\_\_\_ selection
5. develops \_\_\_\_\_\_\_\_\_\_ with \_\_\_\_\_\_\_\_\_\_
6. \_\_\_\_\_\_\_\_\_\_\_\_ seating \_\_\_\_\_\_\_\_\_\_
7. \_\_\_\_\_\_\_\_\_\_\_ guests

18. Wine steward in charge of following: Fill in blanks.

1. \_\_\_\_\_\_\_\_\_\_ service
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ wine
3. \_\_\_\_\_\_\_\_\_\_\_ guests in \_\_\_\_\_\_\_\_\_\_\_\_\_\_ wine
4. \_\_\_\_\_\_\_\_\_\_\_ wine

19. The headwaiter is in charge of \_\_\_\_\_\_\_\_\_\_\_\_ throughout \_\_\_\_\_\_\_\_\_ room or section.

20. The captain is in charge of the following duties: Fill in the blanks.

a.explains \_\_\_\_\_\_\_\_\_ to \_\_\_\_\_\_\_\_\_\_

b.takes \_\_\_\_\_\_\_\_\_\_\_\_

c. \_\_\_\_\_\_\_-side preparations

21. The front waiter is in charge of the following duties: Fill in the blanks.

1. \_\_\_\_\_\_\_\_\_\_ set properly for each \_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_ orders delivered to \_\_\_\_\_\_\_\_\_\_\_\_ tables
3. \_\_\_\_\_\_\_\_\_\_ of \_\_\_\_\_\_\_\_\_\_ met

22. The duties of the back waiter are the following: Fill in blanks

a.\_\_\_\_\_\_\_\_\_\_ plates

b.\_\_\_\_\_\_\_\_ water \_\_\_\_\_\_\_\_\_\_\_

c.other general \_\_\_\_\_\_\_\_\_\_

23. Mise En Place means the following: Fill in blanks.

a.\_\_\_\_\_\_\_\_\_\_\_ ready to \_\_\_\_\_\_\_\_\_

b. French for “\_\_\_ put in \_\_\_\_\_\_\_\_\_”

c. Preparation and assembly of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_,\_\_\_\_\_\_\_\_\_\_,\_\_\_\_\_\_\_\_\_\_\_\_,

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_ pieces

d.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of dish

e.\_\_\_\_\_\_\_\_\_\_\_\_\_ before

f.\_\_\_\_\_\_\_\_\_\_\_\_ while \_\_\_\_\_\_\_\_\_\_\_\_\_

24. Mise En Place solves two problems:

a.\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_ before \_\_\_\_\_\_\_\_\_\_\_so everything \_\_\_\_\_\_\_\_\_ smoothly

b.\_\_\_\_\_\_\_\_\_ items made at \_\_\_\_\_\_\_\_\_ time ensures \_\_\_\_\_\_\_\_\_\_\_ levels are \_\_\_\_\_\_\_\_\_\_\_.

25. Planning ahead involves the following. Fill in blanks.

1. \_\_\_\_\_\_\_\_\_\_\_\_\_ each \_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_
2. write a \_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_ the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_,tools and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. perform \_\_\_\_\_\_\_\_\_\_\_\_ preparation
5. \_\_\_\_\_\_\_\_\_\_\_\_ working quickly and \_\_\_\_\_\_\_\_\_\_-quality \_\_\_\_\_\_\_\_\_\_
6. \_\_\_\_\_\_\_\_\_\_\_\_ station
7. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_?

26. Mise En Place has 4 steps of pre-preparation. Fill in the blanks.

1. assemble \_\_\_\_\_\_\_\_\_\_
2. assemble \_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_,trim, \_\_\_\_\_\_\_\_\_\_ prepare, and \_\_\_\_\_\_\_\_\_\_\_\_\_\_ ingredients
4. prepare \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

27. Name the elements of Mise En Place.

1. \_\_\_\_\_\_\_\_\_\_\_\_ cuts
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_
4. basic \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. building \_\_\_\_\_\_\_\_\_ of \_\_\_\_\_\_\_\_ training
6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_ throughout \_\_\_\_\_\_\_\_\_\_\_

28. Name the 5 things seasoning does for food. Fill in blanks.

1. enhances \_\_\_\_\_\_\_\_\_\_
2. does \_\_\_\_\_\_\_ change \_\_\_\_\_\_\_\_\_\_\_\_\_ of \_\_\_\_\_\_
3. prevent \_\_\_\_\_\_\_\_\_\_\_
4. \_\_\_\_\_\_\_\_\_\_ at the \_\_\_\_\_\_\_\_\_\_\_\_
5. create \_\_\_\_\_\_\_\_\_ of \_\_\_\_\_\_\_\_\_\_\_\_\_\_

29. There are 4 basic seasonings.

1. Salts come in \_\_\_\_\_\_\_\_\_\_ or \_\_\_\_\_\_\_\_\_\_\_\_\_\_ salt
2. Peppers come in \_\_\_\_\_\_\_\_\_\_\_ pepper or \_\_\_\_\_ pepper \_\_\_\_\_\_\_\_\_\_
3. Sugar comes in \_\_\_\_\_\_\_\_\_\_\_\_\_ sugar or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ sugar
4. Acids come in \_\_\_\_\_\_\_\_\_\_\_ or \_\_\_\_\_\_\_\_\_\_\_\_

30. What does flavor mean?

31. What 2 things does flavoring do for food?

a. \_\_\_\_\_\_\_\_\_\_ base \_\_\_\_\_\_\_\_\_\_\_\_

b. \_\_\_\_\_\_\_\_\_\_\_\_ another \_\_\_\_\_\_\_\_\_\_\_ to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

32. Flavoring can also change the taste of food. Name them.

a.\_\_\_\_\_\_\_\_\_\_\_

b.\_\_\_\_\_\_\_\_\_\_

c. \_\_\_\_\_\_\_\_\_

d.\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_

e. \_\_\_\_\_\_\_\_\_\_\_\_\_ liquids

f. \_\_\_\_\_\_\_\_\_\_\_\_ food

33. Herbs and spices are used in food to do what?\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_ flavor

34. Herbs are \_\_\_\_\_\_\_\_,\_\_\_\_\_\_\_\_\_\_\_\_\_\_,or \_\_\_\_\_\_\_\_\_\_\_\_ of \_\_\_\_\_\_\_\_\_\_ plant

35. Spices are \_\_\_\_\_\_,\_\_\_\_\_\_\_\_,\_\_\_\_\_\_\_\_\_\_,\_\_\_\_\_\_\_\_\_\_\_,or \_\_\_\_\_\_\_\_\_\_\_ of plant

36. Fresh Herbs can be \_\_\_\_\_\_\_\_\_\_\_\_\_ at the \_\_\_\_\_\_\_ of cooking and should use

\_\_\_\_\_ to \_\_\_\_\_\_\_\_\_ times more than \_\_\_\_\_\_\_\_\_\_\_\_\_

37. Dried Herbs are much \_\_\_\_\_\_\_\_\_\_\_\_ and can be lightly \_\_\_\_\_\_\_\_\_or \_\_\_\_\_\_\_\_\_\_

to release \_\_\_\_\_\_\_\_\_\_\_\_\_.

38. Spices come in \_\_\_\_\_\_\_\_\_ form or \_\_\_\_\_\_\_\_\_ to be added \_\_\_\_\_\_\_ during cooking.

Spices can be \_\_\_\_\_\_\_ or \_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_ to \_\_\_\_\_\_\_\_\_\_\_\_ flavor and

added \_\_\_\_\_\_\_\_ in cooking.

39. Herbs and spices need to be stored properly. Fill in blanks.

1. Store in \_\_\_\_\_\_\_\_, glass \_\_\_\_\_\_
2. Covered \_\_\_\_\_\_\_ , \_\_\_\_\_\_\_\_ or \_\_\_\_\_\_\_\_
3. Away from \_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_
4. Do not \_\_\_\_\_\_\_ near \_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_, sinks or \_\_\_\_\_\_ ducts.

40. There are 4 herbs and spice that can overpower a dish. Name them.

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ b.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ c.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ d.\_\_\_\_\_\_\_\_\_\_\_

41. Herbs and spices should\_\_\_\_\_\_\_\_\_\_\_ layers of \_\_\_\_\_\_\_\_\_\_\_. You \_\_\_\_\_\_\_\_\_ at

various \_\_\_\_\_\_\_ of cooking. Check \_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_ as final step.

42. Name the 6 Pre-Preparation Techniques.

a.\_\_\_\_\_\_\_\_\_\_\_\_\_\_ butter

b.\_\_\_\_\_\_\_\_\_\_\_\_\_ up \_\_\_\_\_\_\_\_\_\_\_ bath

c.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ eggs

d. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ egg \_\_\_\_\_\_\_\_\_\_

e. \_\_\_\_\_\_\_\_\_\_\_\_\_ paper \_\_\_\_\_\_\_\_\_\_\_

f. \_\_\_\_\_\_\_\_ \_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_

43. Clarified Butter fill in blanks.

1. Removing \_\_\_\_\_\_\_ proteins from \_\_\_\_\_
2. “\_\_\_\_\_\_\_\_\_” fat for \_\_\_\_\_\_
3. \_\_\_\_\_\_ proteins \_\_\_\_\_\_\_\_ when exposed to high \_\_\_\_\_\_\_\_
4. Used for \_\_\_\_\_\_\_\_\_\_\_\_\_
5. Does \_\_\_\_\_\_\_ require \_\_\_\_\_\_ browning

44. How to make Clarified Butter. Fill in blanks.

1. \_\_\_\_\_\_\_\_\_\_\_\_ a \_\_\_\_\_\_\_\_\_\_ of butter in a small \_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_ butter over a \_\_\_\_\_\_\_ flame and do not \_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_ off \_\_\_\_\_\_\_\_\_\_\_\_ liquid \_\_\_\_\_\_\_\_\_\_
4. \_\_\_\_\_\_\_\_\_\_\_\_ milk \_\_\_\_\_\_\_\_\_\_\_\_
5. properly \_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_

45. What is a water bath. Fill in blanks.

1. \_\_\_\_\_\_\_\_\_\_\_\_ cook \_\_\_\_\_\_\_\_\_\_ goods
2. \_\_\_\_\_\_\_\_\_\_ heat \_\_\_\_\_\_\_\_\_\_\_ by \_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_ transferred to \_\_\_\_\_\_\_\_\_\_\_
4. uniform \_\_\_\_\_\_\_\_\_\_\_\_\_ process
5. \_\_\_\_\_\_\_\_\_\_\_\_ hot \_\_\_\_\_\_\_\_\_

46. How to set up a water bath. Fill in blanks.

Step 1 \_\_\_\_\_\_\_\_\_\_\_ item for \_\_\_\_\_\_\_\_\_\_\_\_and \_\_\_\_\_\_\_\_ pan is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Step 2\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_-size \_\_\_\_\_\_\_\_\_\_ pan. Add enough \_\_\_\_\_

\_\_\_\_\_\_side of item’s pan. \_\_\_\_\_\_\_\_ inch space on each side.

Step 3 \_\_\_\_\_\_\_\_ warm water in \_\_\_\_\_\_\_\_\_ pan but do not \_\_\_\_\_\_\_\_\_\_\_.

Step 4 \_\_\_\_\_\_\_\_ water \_\_\_\_\_\_\_\_ and add more \_\_\_\_\_\_\_\_\_ if needed.

Step 5 Be \_\_\_\_\_\_\_\_\_\_\_ removing from \_\_\_\_\_\_\_\_\_

47. Separating eggs. Fill in blanks.

1. You need \_\_\_\_\_ containers and \_\_\_\_\_\_ bowl
2. \_\_\_\_\_\_\_\_ open \_\_\_\_\_ over bowl
3. \_\_\_\_\_\_\_\_ egg \_\_\_\_\_\_\_ and forth and let egg \_\_\_\_\_\_\_\_\_ drop into \_\_\_\_\_\_\_.
4. Place \_\_\_\_\_\_\_\_ in \_\_\_\_\_\_ container
5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_ egg \_\_\_\_\_\_\_\_ and transfer to egg \_\_\_\_\_\_\_\_\_ containter

48. Fill in steps for whipping egg whites.

1. \_\_\_\_\_\_\_\_\_\_\_\_ mixing \_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_ with no \_\_\_\_\_\_\_ residue.
2. \_\_\_\_\_\_\_\_\_\_\_\_ at \_\_\_\_\_\_\_\_\_\_\_ speed
3. When \_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_ speed
4. \_\_\_\_\_\_\_\_\_\_\_ to appropriate \_\_\_\_\_\_\_\_\_\_\_\_ but do not \_\_\_\_\_\_\_\_\_\_\_\_\_ eggs

since over beaten eggs are \_\_\_\_\_\_.

e. For soft peak, \_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_ peak

f. For middle peak, \_\_\_\_\_\_\_\_\_\_\_ surface, \_\_\_\_\_\_\_\_\_\_\_,\_\_\_\_\_\_\_\_\_\_\_ peak

g. For stiff peak, \_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_ peak, \_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_

49. Fill in blanks for making a parchment liner for a round pan.

1. cut \_\_\_\_\_\_\_\_\_\_\_\_ paper \_\_\_\_\_\_\_\_\_\_ than pan’s \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_ in \_\_\_\_\_\_\_\_\_\_\_\_ to form a \_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ folding \_\_\_\_\_\_\_\_\_\_ in \_\_\_\_\_\_\_\_\_\_\_
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ narrow \_\_\_\_\_\_ above \_\_\_\_\_\_\_\_ center
5. cut \_\_\_\_\_\_\_\_\_ that extends \_\_\_\_\_\_\_\_\_\_\_\_ pan’s edge.
6. \_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_ in pan

50. Fill in blanks for peeling and dicing an onion.

1. Hold onion on its \_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_ off \_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_ onion \_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_ in \_\_\_\_\_\_\_ vertically.
3. \_\_\_\_\_\_\_\_\_ each half
4. \_\_\_\_\_\_\_\_\_\_ onion \_\_\_\_\_\_\_\_\_\_\_\_ side up and make \_\_\_\_\_\_\_\_\_\_\_\_\_ cuts and do not

\_\_\_\_\_\_\_\_\_\_ through \_\_\_\_\_\_\_\_\_\_\_

e. Make \_\_\_\_\_\_\_\_\_\_\_\_\_ cuts but do not \_\_\_\_\_\_ through \_\_\_\_\_\_\_\_\_\_

f. \_\_\_\_\_\_\_\_\_ across onion to \_\_\_\_\_\_\_ a \_\_\_\_\_\_\_

51. What does the nutrition label say?

52. What does the nutrition label do for people?

1. \_\_\_\_\_\_\_\_\_\_\_ food \_\_\_\_\_\_\_\_\_\_
2. Plan \_\_\_\_\_\_\_\_\_\_ diets
3. Understand \_\_\_\_\_\_\_\_\_\_ amounts

53. What is a percentage daily value on the nutrition label?

1. Based on a \_\_\_\_\_\_\_ calorie diet
2. \_\_\_\_\_\_\_\_\_\_\_\_ reported as a \_\_\_\_\_\_\_\_\_\_\_\_
3. Certain \_\_\_\_\_\_\_\_\_ content \_\_\_\_\_\_\_\_
4. \_\_\_\_\_\_\_\_\_\_ represents \_\_\_\_\_\_\_\_\_\_\_ of \_\_\_\_\_\_\_\_\_\_ recommendations

54. Fill in the blanks on information found on the nutrition label.

1. Serving size is \_\_\_\_\_\_\_\_\_ for \_\_\_\_\_\_\_\_\_\_ each food’s \_\_\_\_\_\_\_\_\_\_\_ content.
2. \_\_\_\_\_\_\_\_\_\_ of food eaten at \_\_\_\_\_\_\_ time
3. Serving per container is \_\_\_\_\_\_\_\_\_\_\_ within a \_\_\_\_\_\_\_\_\_\_\_
4. \_\_\_\_\_\_\_\_ influences \_\_\_\_\_\_\_\_\_\_ and nutrient \_\_\_\_\_\_\_\_\_\_
5. Total calories is \_\_\_\_\_\_\_\_\_\_ content of \_\_\_\_\_\_ serving
6. Total fat is \_\_\_\_\_\_\_ grams of \_\_\_\_\_\_\_ in \_\_\_\_\_\_\_ serving
7. Saturated fat is \_\_\_\_\_\_\_\_\_ grams of \_\_\_\_\_\_\_\_\_\_\_ fat in \_\_\_\_\_ serving
8. Trans fat is \_\_\_\_\_\_\_\_ grams of \_\_\_\_\_-\_\_\_\_\_\_\_ \_\_\_\_\_\_\_(\_\_\_\_\_\_\_ \_\_\_\_\_) in \_\_\_\_\_ serving. Trans fat has a \_\_\_\_\_\_\_\_ effect on \_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_
9. Cholesterol is \_\_\_\_\_\_\_\_\_\_\_\_\_ of daily \_\_\_\_\_\_\_\_ ------ \_\_\_\_\_\_\_ milligrams
10. Sodium is \_\_\_\_\_\_\_\_\_\_\_ of daily \_\_\_\_\_\_\_\_ ------ \_\_\_\_\_\_\_\_\_\_\_\_ milligrams
11. Protein is total \_\_\_\_\_\_\_ in \_\_\_\_\_\_\_ serving
12. A food’s total carbohydrate content is \_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_
13. Percent of fiber is \_\_\_\_\_\_\_\_\_\_\_ recommendation of \_\_\_\_\_ grams

55. Matching

1. 1 teaspoon baking soda \_\_\_\_\_\_\_ 575 mg sodium
2. ¼ teaspoon salt \_\_\_\_\_\_ 1150 mg sodium
3. 1 teaspoon salt \_\_\_\_\_\_ 1725 mg sodium
4. ½ teaspoon salt \_\_\_\_\_\_ 2300 mg sodium
5. ¾ teaspoon salt \_\_\_\_\_\_ 1000 mg sodium

56. There are 4 things people do not usually get enough of in their diet. Name them.

a.

b.

c.

d.

57. If people do not give enough of the above 4 items, it can cause a \_\_\_\_\_\_\_\_ risk of

\_\_\_\_\_\_\_\_\_\_\_\_\_\_ health \_\_\_\_\_\_\_\_\_\_.