Name:

Class:

What are the three types of ranges?

1. Gas
2. Electric Conventional
3. Electric Convectional

Range

Draw a picture of a range.

Burners

78 Stove

Hot Surface Light

Oven

Heating/ Broil Coil (top)

Oven

Racks

Heating Coil (bottom)

You can bake and Broil in an oven

Bake= Heat from top and bottom (Bake Settings= (170˚F-550˚F) On This Stove=Press: Bake, then #, then start)

Broil= Heat from top only (Broil Setting On this stove=Press: Broil, then choose Hi or LOW, then start)

4 Slice Commercial Toasters

Know how to draw the 4 Slice Commercial Toaster as below:

Toaster Slice

Toaster

Variable Speed Blender

Speeds Vary As Follows:

HI, LOW, Pulse (Pulse: press it, it starts and then let go, it stops)

Capacity 5 ½ Cups

Electric Mixer



Griddle = non-stick

Do not ever touch any part of the cord

Microwave

Microwave

Key pad

Door

Do Not Ever Put Metal in Microwave

Liquid Measuring Cup

-Used to measure liquids in large quantities, examples: milk, oil, water, juices\*1

-How to level: flat, hard surface, bend to eye level, find meniscus: at surface in center of measuring cup

Dry Measuring Cup

-Used to measure dry ingredients in large quantities

-Examples: flour, sugar, brown sugar, ECT.

-How to do it: cut in at middle, go one way (half), and then go all the way through

Measuring Spoons

-Used to measure small amounts of liquid or solid ingredients

-How to do it: cut in at middle, go one way (half), and then go all the way through

Kitchen Sanitation

\*REMEMBER\*

And

\*DO BEFORE\* CLASS

Sanitation Checks:

1. Hair tied back
2. Loose clothing taken off(please wear appropriate clothing, example- sweatshirt)
3. Sleeves above elbows
4. Proper footwear(no sandals)

Do As Soon As You Get To Class:

1. Put on apron
2. Grab towels(as many as needed) and lay them next to sink so you have a sanitary area only
3. Check your kitchen
4. Wash your hands:

* Use only hot water unless getting a drink of water
* Wet your hands
* Create a lather of soap

\*REMEMBER\*

* 1. Palm to palm
* 2. Palm to back of hands
* 3. Fingertips to palms
* 4. Wash your wrists
* Rinse singing the Happy Birthday Song
* Dry with paper towels

How should a sink look after a session of using the sink?

The sink should be rinsed with hot water, dried with a rag, and looking sparkly.

Cooking Terms

Steam- to cook food over, not in, boiling liquid

\*THESE YOU NEED TO WRITE OUT EXACTLY\*

Bake- to cook food in dry heat in a oven, also called roasting

Broil- to cook from direct heat from above

Boil- to heat a liquid until bubbles rise to the surface and break, or to cook food in boiling liquid

Fry- to cook in hot fat or oil

Grill- to cook over an open flame

Sauté- quickly pan-frying a food, such as chopped onions until softened

Cross contamination – The unintentional transfer of one substance to another with harmful affect

Cooking Abbreviations

**\*THESE ARE ALL MATCHING\***

ALSO ON TEST:

Kitchen Math

Cup= C. Milliliter= mL

Tablespoon= T. Quart= qt.

Pound= lb. Gallon= gal.

Ounce= oz. Teaspoon= t.