***Answers Review for End of year Grade 9
Cooking Exam***

1. What are the **4 Canadian Food Groups**?
Meat and alternatives
Dairy Products
Grain Products
Fruits and Vegetables

2. Give an example of one serving for each food group.
*Meat and alternatives: 2 eggs
Dairy Products: 1 cup of milk
Grain Products: 1 slice of bread
Fruits and Vegetables: ½ cup of fresh fruits/veggies*

3. Why is it important to wash your hands before cooking, during and after?
*Your****hands****can easily spread bacteria around the kitchen and onto food. This is why it's****important****to always****wash****your****hands****thoroughly with soap and warm water at each of these times:****before****starting to prepare food. after touching raw food such as meat, poultry and vegetables.*

4. Why should we use hot water when we wash dishes?
*Hot water helps get rid of tough stains and kills bacteria.*

5. **Kitchen equipment:** Name that equipment (Look through your notes)

6**. Cooking Terms:**

1. Grate/shred:
*To shred food by rubbing it against a grater.
Ex: Cheese/Potatoes/carrots*
2. Season: *to add salt, pepper etc to food you are cooking*
3. Sauté: *to cook in a small amount of fat; pan-fry.*
4. Steam: *Steaming can be done on a stovetop, with a pot containing a small amount of liquid that is brought to a simme*r. Ex: Steam asparagus
5. Stir-fry: *Simply toss and turn bite-sized pieces of food in a little hot oil in a wok over high heat, and in five minutes or less, the work is done.*
6. Drain: *Refers to the process of pouring off the excess liquid or fat from food such as draining the water from boiled pasta or potatoes.*
7. Blend: *The process of combining two or more ingredients together so that they lose their individual characteristics and become smooth and uniform. For example, cake batter is the result of dry and liquid ingredients that are blended together in a uniform mixture*
8. Beat: *To smoothen a mixture by briskly whipping or stirring it with a spoon, fork, wire whisk, or electric mixer. Ex: Eggs*
9. Grease: *to put butter, grease etc on a pan etc to prevent food from sticking to it: Grease the pan before you pour the batter in.*
10. Knead: *A method of mixing pliable dough by stretching, folding and pushing in order to form gluten in the flour*
11. Marinate: *The soaking of food, such as meat, vegetables, or fish, in a flavored liquid for the purpose of flavoring and tenderizing foods before cooking.*
12. Mash: *To*[*crush*](http://www.cookingforengineers.com/dictionary/define/crush)*foods (e.g. boiled potatoes) into a smooth, evenly textured mixture.*
13. Simmer: ***Simmering****is a****food****preparation technique in which foods are****cooked****in hot liquids kept just below the boiling point of water*
14. Whisk: *Whisks are used to blend ingredients together quickly or to incorporate air into ingredients such as egg whites or heavy cream in order to increase the volume of the mixture.*
15. Broil: *to cook under direct heat*.

7. **Measuring Liquids/ Dry ingredients and solid fats. P. 133**

Measuring Liquids:
*Place cup on a flat level surface.
Slowly pour the liquid into the cup.
Stoop down to check the measurement at eye level.*

Dry ingredients:
*Pack ingredients firmly in dry measuring cup using the back of a spoon or a rubber scraper or knife.*

Solid Fats: *Butter usually have the measurements written on the wrapper.
If not, you take what you need and pack it in firmly in a dry measuring cup. And then level it off.*

8**. Spices and Herbs:** you must be able to differentiate between a spice and a herb. What is the difference between a spice and a herb?
Spices: ***Spices****are parts of the plant other than the leafy bit such as the root, stem, bulb, bark or seeds.*

Herbs: *come from the leafy and green part of the plant.*

You should be able to differentiate if I give you an example.
Basil
Pepper