Lab Reflection/ Review Packet

Culinary Arts & Nutrition 1

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Teacher: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Class Period: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Introductory (Rice Krispie) Lab Reflection**

Culinary Arts & Nutrition 1

**(18 points)**

1. How do you set up a sanitation bucket? (2)
2. How do you set up your sink? (3)
3. What should you have on/be wearing for lab? (4)
4. Overall, how did the lab go? (4)

* Sanitation
* Following directions (recipe)/procedures (course book)
* Teamwork
* Product outcome

1. Were you stressed? (maybe you should have been a little bit) (1) YES NO

* What made you stressed/what were you stressed about? (1)
* How could you have helped yourself out with this? (1)

1. What information were you comfortable with? (1)
2. What information do you need/want to be successful and efficient in future labs? (1)

**Measuring (No Bake Cookies) Lab Reflection**

Culinary Arts & Nutrition 1

**(18 points)**

1. List the ingredients according to their type (not all will be used): (6)

|  |  |
| --- | --- |
| **DRY** | **LIQUID** |
|  |  |
|  |  |
|  |  |
|  |  |

1. Describe how to GENERALLY measure DRY ingredients. (3)
2. Describe how to GENERALLY measure LIQUID ingredients (using a liquid measuring cup). (3)
3. How many TABLESPOONS of butter did you measure/cut? (1)

\_\_\_\_\_ tablespoons = ¼ c.

1. Explain the difference between measuring flour and marshmallow fluff/peanut butter. (2)

|  |  |
| --- | --- |
| **Flour** | **Marshmallow Fluff/Peanut Butter** |
|  |  |

1. How do you measure using measuring spoons? (3)

|  |  |
| --- | --- |
| **DRY Ingredients** | **LIQUID Ingredients** |
|  |  |

**Cooking Terms (Coffee Cake Muffins) Lab Reflection**

Culinary Arts & Nutrition 1

**(24 points)**

1. Define the following and identify the cooking tool most commonly used to carry it out: (12)

|  |  |  |
| --- | --- | --- |
| **Cooking Term** | **Definition** | **Tool Used to Carry it Out** |
| Cream |  |  |
| Cut-In |  |  |
| Fold |  |  |
| Sift |  |  |
| Stir |  |  |
| Wisk |  |  |

1. What cooking method was used in the lab? Define it, including the kitchen equipment needed to carry it out. (3)

|  |  |  |
| --- | --- | --- |
| **Cooking Method** | **Definition** | **Kitchen Equipment Needed** |
|  |  |  |

1. Where would you look to find additional information needed for the lab? (1)
2. Where would you find kitchen items that you may need that are NOT located in your kitchen? (1)
3. List 3 ways in which your group was successful. (3)
4. List 2 ways in which your group could improve for the next lab. Explain why you need to improve in these areas. (4)

**Knife Skills (Fruit Cutting) “Lab” Reflection**

**Culinary Arts & Nutrition 1**

**(18 points)**

1. How do you properly set up a cutting board for PRODUCE? (3)
2. Which knife cut was supposed to be used for each of the fruits and the cheese?

|  |  |
| --- | --- |
| **Fruit/Cheese** | **Knife Cut + Definition** |
| Banana | Knife Cut:  Definition: |
| Apple | Knife Cut:  Definition: |
| Strawberries | Knife Cut:  Definition: |
| Grapes | Knife Cut:  Definition: |
| Cheese | Knife Cut:  Definition: |

1. List the THREE main things your instructor is looking for when you’re cutting (aside from knife cuts/size). (3)
2. List ONE thing you’re good at/comfortable with when cutting. (1)
3. List ONE thing you need to work on/help with when cutting. (1)

**This vs. That (MyPlate/Homemade/Healthier) Lab Reflection**

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**(20 points)**

**Directions:** Taste each of the homemade/ “healthier” items. Write the flavor and texture of each using proper terminology (not gross, disgusting, decent, yummy, etc.)

Mark if you would eat them again.

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Berry Pop Tarts** | **Granola Bars** | **Cheese-Its** |
| Flavor |  |  |  |
| Texture |  |  |  |
| Would Eat Again?  (Yes or No) |  |  |  |

**Directions:** For each of the taste tests, mark if you like the homemade version or the pre-packaged store-bought version better. Then write why you chose the one that you did.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Homemade | Store Bought |  | Why? |
| **Berry Pop Tarts** |  |  |  |  |
| **Granola Bars** |  |  |  |  |
| **Cheese-Its** |  |  |  |  |

* Which Homemade/ “Healthier” item did you like BEST? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Why? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Do you think you would make this at home versus buying the packaged version? \_\_\_\_\_\_\_\_\_\_
* Why or why not? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Grains (Whole Wheat Pancakes and Fried Rice) Lab Reflection**

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**(13 points)**

1. List the 2 different types of grains that were prepared during the grains unit. (2 points)

1)

2)

1. Which is whole grain? Which is not a whole grain? (2 points)

|  |  |
| --- | --- |
| **Whole Grain** | **NOT Whole Grain** |
|  |  |

1. List (2) cooking methods you used in the unit. Define each cooking method. (4 points)
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Explain why you should NOT stir rice when cooking it. (1 point)
2. What texture should you look for to know that grains/pasta have been cooked thoroughly? Explain what this means. (2 points)

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. List 2 benefits of incorporating WHOLE grains (vs. non whole grains) into your diet. (2 points)

**Fruit Tasting**

Culinary Arts & Nutrition 1

**(20 points)**

**Directions:** List the names of each fruit presented in class. List one word describing the taste and one word describing the texture. Note whether you liked or disliked the fruit.

|  |  |  |  |
| --- | --- | --- | --- |
| **Name of Fruit** | **Taste** | **Texture** | **Like or Dislike?**  **Circle one for each.** |
|  |  |  | Like or Dislike |
|  |  |  | Like or Dislike |
|  |  |  | Like or Dislike |
|  |  |  | Like or Dislike |
|  |  |  | Like or Dislike |

**Fruit Lab (HCB Sandwiches and Apple Crisp) Reflection**

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**(13 points)**

1. WHY is it important to wash apples before cutting, eating, or preparing them? (1 point)
2. Some fruits and vegetables, such as apples, bananas, and potatoes brown when cut.

WHAT is this called? (1 point)

1. WHY does this occur? (1 point)
2. HOW can it be prevented? (2 points)
3. The bananas and apples were supposed to be prepared/cut the same way. HOW were they supposed to be cut? Define this knife cut. (2 points)

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. List AND define two (2) cooking METHODS used in the fruit lab. (4 points)

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. What was your favorite recipe from this lab? Why? (2 points)

**Vegetable (Fajitas) & Dairy (Macaroni and Cheese) Lab Reflection**

Culinary Arts & Nutrition 1

**(14 points)**

**Vegetable Preparation (3 points)**

1. What should you have done to the vegetables BEFORE cutting them?
2. Describe how this should have been done (2 points):

|  |  |
| --- | --- |
| Water Temperature: |  |
| Handling: |  |

**Describe/define how the following vegetables should have been cut (5 points).**

1. Broccoli: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Onion AND Red Pepper: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. When steaming vegetables, what are two (2) general conditions to look for to know they are done?
4. Why is it important to include a variety of colors of produce—fruits and vegetables—in your diet, or within your meals, such as the vegetable fajitas?

**Dairy (6 points)**

1. When you melted your butter, even with the garlic cooked in, and added your flour mixture to create a paste-like substance, what is this called?
2. What do you need to do to your white sauce in order for it to be called a béchamel?
3. At what heat should you use when cooking with dairy?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. WHY? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. When cooked at too high of a heat, what can happen to:
   1. Milk: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   2. Cheese: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Cheese Tasting**

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**(20 points)**

**Directions:** List the names of each cheese presented in class. List one word describing the taste and one word describing the texture. Note whether you liked or disliked the cheese.

|  |  |  |  |
| --- | --- | --- | --- |
| **Name of Cheese** | **Taste** | **Texture** | **Like or Dislike?**  **Circle one for each.** |
|  |  |  | Like or Dislike |
|  |  |  | Like or Dislike |
|  |  |  | Like or Dislike |
|  |  |  | Like or Dislike |
|  |  |  | Like or Dislike |

**Egg Lab Reflection**

**Hard-Boiled/Deviled, Overnight Baked French Toast, and Omelets**

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**(17 points)**

1. What two things does the yolk of an egg contain that could be considered unhealthy if consumed in large amounts? (2 points)
2. What science term is occurring when the yolk of an egg keeps oil and water from separating, for example when baking brownies? (1 point)
3. What cooking METHOD was used to cook the hard-boiled eggs (instructor demonstration)? (1 point)
4. What cooking METHOD did you use to cook your French toast? (1 point)
5. What was the role of the eggs in the French toast dish? DEFINE this term. (2 points)
6. HOW did your French toast turn out? EXPLAIN. (2 points)
7. How could you have made it BETTER? (1 point)
8. What science term occurred when you cooked your omelet and the egg went from a liquid state to a solid one? (1 point)
9. In general, at what temperatures should you cook eggs in order to cook them evenly? (1 point)
10. What could happen, besides burning, if you use a HIGH heat? (1 point)

**Poultry (Chicken Parmesan) and Meat (Sausage Spinach Pockets and Beef Stroganoff) Combo Lab Reflection**

Culinary Arts & Nutrition 1

**(13 points)**

**Chicken Parmesan:**

1. You used 3 cooking methods in these labs. List and define each. (6 points)

|  |  |
| --- | --- |
| Cooking Method | Definition |
|  |  |
|  |  |
|  |  |

1. The recipe stated to mince the garlic. Define mince. (1 point)
2. The recipe stated to cook the noodles until al dente. What does this mean? If you did not know, how could you find this answer? (2 points)

**Poultry AND Meat**

1. The onion was to be diced in all recipes. Define dice. (1 point)
2. List three ways to know that poultry and/or meat has been thoroughly cooked and is safe to eat. (3 points)

**Muffins (Banana Crumb and Chocolate Chip) Lab Reflection/Review**

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**(17 points)**

1. What is the role of flour in the baking process? (1 point)
2. What ingredient aided in the browning of your muffins? (1 point)
3. What effect does each of the following fats have on baked products? (1 point each)
   1. Solid Fat (butter, margarine):
   2. Oil:
4. What role do leavening agents play in the baking process? (1 point)
5. List 2 reasons why eggs are important when baking. (2 points)
6. Why are “quick breads” called this? (1 point)
7. Explain how to mix using the MUFFIN method of mixing. (1 point)
8. What can happen if you OVER-MIX muffin batter? (1 point)
9. Muffin Method of Mixing VS. Biscuit Method of Mixing. Place a check next to the method of mixing that the description fits. (7 points)

|  |  |  |
| --- | --- | --- |
|  | Biscuit Method | Muffin Method |
| Mix all DRY ingredients together |  |  |
| Mix all WET ingredients together |  |  |
| Cut solid FAT into DRY ingredients |  |  |
| Make a WELL |  |  |
| Knead |  |  |
| Mix just until combined. |  |  |

**Dough (Homemade Biscuits & Mini Apple Pie) Lab Reflection**

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**(12 points)**

1. Explain how to mix using the BISCUIT method of mixing.
2. When making dough, what is the role/function of the flour?
3. What role does sugar play in the baking process?
4. When making dough, why should the BUTTER or SHORTENING be COLD?
5. Why should you limit the handling of the dough (excess kneading, rolling, etc.)?
6. Why should you poke holes in the PIE dough before baking (during the pre-baking stage)?
7. When baking PIES, what is the purpose of wrapping tinfoil around the edges of the crust?
8. How did your pie turn out? Explain. (2 points)
9. If you were to make this pie recipe again, how would you improve it?
10. Is it easier working in a group of four (4) or in pairs? Explain your answer. (2 points)