Wisconsin FCCLA
2010 STAR Events

Basic Food Production, Terminology & Mathematics Test
*(plus basic sanitation, utensils, and food storage for 2010)*

**Study Guide**

This study guide is being provided to chapters, via state website, for participants to use in preparation for event. Information provided on study guide is representative of what will appear on test – study guide is not an all inclusive list of content covered on test. The same study guide will be used to prepare for regional and state level competitions. On the final page there is a list of resources members may use during their preparations. The test will be worth 100 points – one point per question.

**Terminology (worth 30 pts. on test)**

<table>
<thead>
<tr>
<th>Chop</th>
<th>Core</th>
<th>Cube</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cut</td>
<td>Dice</td>
<td>Flake</td>
</tr>
<tr>
<td>Grate</td>
<td>Grind</td>
<td>Hull</td>
</tr>
<tr>
<td>Julienne</td>
<td>Mash</td>
<td>Mince</td>
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<tr>
<td>Pare</td>
<td>Peel</td>
<td>Pit</td>
</tr>
<tr>
<td>Puree</td>
<td>Quarter</td>
<td>Score</td>
</tr>
<tr>
<td>Sliver</td>
<td>Snip</td>
<td>Scrape</td>
</tr>
<tr>
<td>Section</td>
<td>Shred</td>
<td>Slice</td>
</tr>
<tr>
<td>Wedge</td>
<td>Yield</td>
<td>Beat</td>
</tr>
<tr>
<td>Blend</td>
<td>Cream</td>
<td>Cut in</td>
</tr>
<tr>
<td>Fold/Fold in</td>
<td>Knead</td>
<td>Mix</td>
</tr>
<tr>
<td>Sift</td>
<td>Stir</td>
<td>Toss</td>
</tr>
<tr>
<td>Whip</td>
<td>Bake</td>
<td>Broil</td>
</tr>
<tr>
<td>Boil</td>
<td>Simmer</td>
<td>Steam</td>
</tr>
<tr>
<td>Stir-fry</td>
<td>Sauté</td>
<td>Pan-fry</td>
</tr>
<tr>
<td>Deep-fat fry</td>
<td>Baste</td>
<td>Blanch</td>
</tr>
<tr>
<td>Bread</td>
<td>Brown</td>
<td>Brush</td>
</tr>
<tr>
<td>Chill</td>
<td>Drain</td>
<td>Dust</td>
</tr>
<tr>
<td>Garnish</td>
<td>Grease</td>
<td>Marinate</td>
</tr>
<tr>
<td>Preheat</td>
<td>Reduce</td>
<td>Roll</td>
</tr>
<tr>
<td>Sear</td>
<td>Skim</td>
<td>Strain</td>
</tr>
<tr>
<td>Toast</td>
<td>Dovetail</td>
<td>Standing time</td>
</tr>
<tr>
<td>Garnish</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
**Mathematics (worth 40 pts. on test)**

Equivalents
- # teaspoons in tablespoon
- # tablespoons in cup
- # tablespoons in fluid ounce
- # tablespoons in cup
- # tablespoons in fraction of cup
- # ounces in pound
- # cups in pint
- # cups in quart
- # quarts in gallon
- # ounces in gallon

What is a dash or pinch of ingredient?

Changing yield of recipe
- increasing
- decreasing

Sorting measurements in order
- largest to smallest amount
- smallest to largest amount

Abbreviations common in recipes
- oz.
- lb.
- tsp.
- Tbsp.
- c.
- pt.
- qt.
- Gal.

**Sanitation (worth 10 pts. on test)**

What are microorganisms?

How is food contaminated?

What is the Danger Zone?

What are symptoms of food borne illness?

Who is at risk for food borne illness?

What should you do if you think you have a food borne illness?

How can food borne illness be prevented?

What are possible sources, symptoms, and timing of these bacteria?
- E. Coli
- Salmonella
- Clostridium Botulinum
- Staphylococcus Aureus

Define sanitation

Describe how cross-contamination occurs

Describe how to wash hands prior to food preparation

When do you need to wash your hands during food prep?
Personal cleanliness during food prep
What are food prep practices to use that avoid cross-contamination?
How is food thawed safely?
When is food done? (internal temperatures)
  Fresh Beef, Veal, Lamb, and Pork
  Poultry
  Fish
  Eggs
  Ham
  Leftovers (reheating)
Identify types of meat thermometers
What rules ought to be followed when serving food safely?

Utensils (worth 10 pts. on test)
Identification of food prep utensils
Selection of appropriate utensil for recipe step
Boning Knife    Bread Knife
Chef’s Knife    Paring Knife
Serrated Edge   Slicing Knife
Utility Knife   Cutting Board
Grater          Kitchen Shears
Peeler          Pastry Blender
Rotary Beater   Sifter
Wire Whisk      Mixing Spoon
Mixing Bowl     Utility Fork
Meat Thermometer Tongs
Rubber Scraper  Rolling Pin
Pastry Brush    Slotted Spoon
Basting Spoon   Ladle
Colander        Straight-edge Spatula
Turner          Wire Racks

Food Storage (worth 10 pts. on test)
Freshness Date
Freezer Burn
Dry Storage – what it means
  What to store here
Refrigerator Storage – proper temperatures
  What to store here
Freezer Storage – proper temperatures
  What to store here
Storage tips (i.e. wipe up spills immediately in refrigerator)
How long will commonly used foods keep in refrigerator?
   Milk
   Eggs
   Ground Meat, fresh
   Poultry, fresh
   Leftovers, cooked
   Mayonnaise, opened

How do you know whether food should be thrown away?
When does one discard food without tasting?
When mold appears on hard cheeses what can be safely done?
What ought to happen to moldy food (other than hard cheeses)?

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Resources for Basics Foods Study Guide

Duyff, Roberta Larson
   Food Preparation Handbook (back of text)
   Part I  Preparing Food Safely
   Part II  Kitchen Equipment
   Part III  Skills for Preparing Food

Johnson & Wales University
   Chapters 10, 13, 15

Kowtaluk, Helen
   Chapters 20, 22, 25, 26

Largen, Velda L. and Bence, Deborah L.
   Chapters 10, 13

West, Dorothy F.
   Chapter 20