

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)

Chop	Core	Cube
Cut	Dice	Flake
Grate	Grind	Hull
Julienne	Mash	Mince
Pare	Peel	Pit
Puree	Quarter	Score
Sliver	Snip	Scrape
Section	Shred	Slice
Wedge	Yield	Beat
Blend	Cream	Cut in
Fold / Fold in	Knead	Mix
Sift	Stir	Toss
Whip	Bake	Broil
Boil	Simmer	Steam
Stir-fry	Sauté	Pan-fry
Deep-fat fry	Baste	Blanch
Bread	Brown	Brush
Chill	Drain	Dust
Garnish	Grease	Marinate
Preheat	Reduce	Roll
Sear	Skim	Strain
Toast	Dovetail	Standing time
Garnish		

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)?

Resources for Basics Foods Study Guide

Duyff, Roberta Larson

Nutrition & Wellness, McGraw Hill / Glencoe: Chicago, 2004.

[Food Preparation Handbook \(back of text\)](#)

[Part I Preparing Food Safely](#)

[Part II Kitchen Equipment](#)

[Part III Skills for Preparing Food](#)

Johnson & Wales University

Culinary Essentials, McGraw Hill / Glencoe: Chicago, 2006.

[Chapters 10, 13, 15](#)

Kowtaluk, Helen

Food for Today, McGraw Hill / Glencoe: Chicago, 2006.

[Chapters 20, 22, 25, 26](#)

Largen, Velda L. and Bence, Deborah L.

Guide to Good Food, Goodheart-Willcox: Tinley Park, IL, 2008.

[Chapters 10, 13](#)

West, Dorothy F.

Nutrition, Food & Fitness, Goodheart-Willcox: Tinley Park, IL, 2006.

[Chapter 20](#)