

# Foods Ten Unit 1 Exam Review

- overall basic kitchen safety
- hypertension & scurvy
- fat soluble vitamins
- macromolecules and their purpose in the body
- types of sugar in fruit
- lack of nutrients in your diet...why happens?
- alternatives to protein in your diet
- healthy fat vs unhealthy fat examples
- components of our red blood cells
- Canadian Food Guide: what foods do you find in each category and recommended servings for each group for someone YOUR age!

## KITCHEN TERMINOLOGY FROM YOUR LABS

- boiling & other terms used in your recipes that we have cooked so far this year, be familiar with what each term is and be able to describe it
- how to accurately measure different ingredients
- kitchen tools used in recipes this unit
- tool used to make pastry
- sauté define with examples
- chopping techniques that we used in class
- healthy substitutes for fat in a recipe such as muffins

## CONVERSIONS

- know the basic measuring tools in your kitchen, liquid vs dry and the amounts associated with each measuring spoon in your kitchen
- convert between the following measurements
- tbsp-mL
- 1c-mL
- 1/2c-mL
- 1/4c-mL