Review for Unit 1

Food Department

The test will be multiple choice, true and false (correct the false), fill in the blank, and very short answer.

Topics to know

1. Canada’s Food Guide: differences and similiarites between new and old
2. Nutrition Label/table: parts and meanings
3. Food label: information provided: ingredients, food claims
4. Food budgeting: factors which affect how much you spend, ways to save,
5. # of servings in common foods: bread, milk, eggs, cheddar cheese
6. # Food groups per meal; breakfast, snack, lunch, dinner
7. Food poisoning: types bacteria, causes, prevention
8. All the important temperatures/zones for food storage. Be able to label a thermometer; speed of bacteria growth
9. All safety topics for the kitchen: chemical, knives, electrical, chemicals, children, stove & oven
10. How to use small appliances: uses, safety concerns