Study Guide

Final ICA Fall ‘16

1. What is the proper cutting direction?

2. What is the proper procedure of cleaning a piece of electrical equipment?

3. Whom should you not do the Heimlich maneuver on?

4. What is FATTOM?

5. What is E. Coli?

6. When must a foodborne illness be reported to the heath department?

7. How should chemicals be stored?

8. What is the procedure for cleaning kitchen surfaces?

9. How often should you change your gloves when handling food?

10. When should you wash your hands? How long should you wash them for?

11. What is HACCP? What is its purpose?

12. How often should you check the internal temperature of held food?

13. What is a Critical Control Point(HACCP)?

14. What is the temperature danger zone? Why is it important?

15. What is FIFO?

16. What is work simplification?

17. When receiving food What steps should be taken?

18. How long frozen food be stored?

19. What is a Bain Marie? Is it used in Production of Service?

20. What is the most common tool used in the kitchen?

21. How should you hold a knife? Should you place your index finger on the top of the knife while cutting?

22. What are the sizes of Julienne and batonnet knife cuts? Which is bigger?

23. What are handheld items known as in the kitchen?

24. What are slotted spoons used for?

25. What is a colander? What is it used for?

26. What is a portion scale?

27. What must each standardized recipe go through?

28. What is Cooking time? Is it used to cost out a recipe?

29. When should you convert a recipe?

30. What type of math is used when you increase a recipe/decrease a recipe?

31. What are some effects of a recipe when you convert it?

32. What is a convection oven? How does it affect cooking time?

33. What does saute’ cooking use to generate heat?

34. What effect does cooking have on nutrients?

35. What is smoking? What is Sauting?

36. At what temp does water boil F?

37. What is the main ingredients of Pasta?

38. How long before service should fresh pasta be cooked?

39. What does Al’ dente mean?

40. When making filled pasta(Ravioli, manicotti) what should be done to the filling?

41. Which type of rice contains the most starch? Long, medium or short grain rice?

42. Which rice takes longer to cook? White or Brown?

43. Is there a difference between steaming rice and vegetables?

44. What is the risotto method? Is it creamy?

45. Do quick breads contain yeast?

46. What is the blending method? Blending method? Creaming method?

47. When baking muffins, how full should the muffins pan be? What should you use to prevent them from sticking?

48. How long can leavening agents be held?

49. When baking muffins, can ingredients be mixed ahead of time?

50. What safety issues should you tell a supervisor about?

51. What is a physical hazard?

52. If you feel sick at work, what should you do?

53. What are some health hazards of food handling?

54. What do you if you find a problem at a HACCP control point?

55. What type of kitchen equipment can grind, puree, emulsify and crush foods?

56. What is the most used knife in the kitchen?

57. What knife is used to to trim or peel skin from fruit and vegetables?

58. What is a food mill?

59. What is a bench scraper?

60. What are the parts of a recipe? What are their uses?

61. What scale gives the most accurate readout?

62. What is a Wok used for?

63. What type of pasta is short to medium tube cut diagonally?

64. What type of pasta is stuffed and then baked?

65. What type of grain is high in Protein?