

Name: \_\_\_\_\_

Grade: \_\_\_\_\_

Subject: Food & Nutrition \_\_\_\_\_

Date: \_\_\_\_\_

**Types of Frying Assignment**

1) What is Frying? (2pts.)

\_\_\_\_\_  
\_\_\_\_\_

2) State the Four (4) types of Frying you learnt about in class. (4 pts.)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3) Another name for Shallow Frying is? (1 pt.) \_\_\_\_\_

4) What are the differences between Shallow Fat Fry & Drying Frying? (4 pts.)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

5) What are the differences Stir Frying & Deep Fat Frying?

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\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

6) State three reasons why coating foods are important when Deep Fat Frying? (3 pts.)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

7) Identify the tools listed below. (3 pts.)



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_

- 8) State if the statement is **TRUE** or **FALSE**. (6 pts.)
- a) When frying always use clean oil. \_\_\_\_\_
  - b) Never leave a frying pot unattended. \_\_\_\_\_
  - c) Ensure that the fat is hot enough before putting food into it. \_\_\_\_\_
  - d) One should not dry food with a paper towel before putting it into the hot fat.  
\_\_\_\_\_
  - e) You can throw the food into the hot fat when frying. \_\_\_\_\_
  - f) A paper towel cannot be used to drain fat from foods after frying. \_\_\_\_\_