

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

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

Subject: Food & Nutrition

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

### **Types of Frying Assignment**

- 1) What is Frying? (2pts.)

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

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

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

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- 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.)

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



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- 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. \_\_\_\_\_