

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?

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. _____