



Student's name: _____ Self- evaluation score: _____

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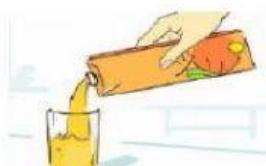
General Instructions: Read each part of the test, then, answer them correctly.

PART I. COOKING VERBS.

Match the pictures to the verbs.



FRY



BOIL



CUT

BAKE

MIX

POUR

GRATE



Choose the correct verb.

To make tea you need to boil / bake water first.

To make pancakes you have to grate / mix flour, egg and milk together.

My grandma often bakes / boils cookies.

The pasta is ready. Can you cut / grate some cheese, please?

We always cut / pour a pizza into 6 pieces.

Can I mix / pour you some more juice?

It's not very healthy to fry / grate food.

PART II. COOKING METHODS. JOIN THE DEFINITIONS WITH THE CORRECT COOKING METHOD.

BAKE	is a way to make tougher cuts of meats palatable and tender. It's also a way to retain the maximum nutritional value of the food you cook.
ROST	is a method of cooking that requires moist heat.
GRILL	this method of cooking has been used since ancient times, is also a versatile method of home cooking used in kitchens everywhere to achieve crispy, golden brown dishes
FRY	is the method of cooking food over direct heat. The food is exposed to the flames and the heat comes from the coals underneath the grate.
STEAM	simply means cooking food items (usually uncovered) in an oven using dry heat.
STEWED	This method is similar to baking as it involves the use of an oven to cook the food.

DRAG AND DROP THE COOKING METHODS ACCORDING TO THE DEFINITIONS.

Raw	Roasted	Prickled	Grilled	Barbecued
Boiled	Baked	Stir-fried	Smoked	Steamed

1. To cook inside an oven, without using added liquid or fat: _____.
2. Not cooked. In its natural state: _____.
3. To cook pieces of meat or vegetables quickly in very hot oil, moving them around all the time: _____.
4. Preserved using smoke from burning wood: _____.
5. To cook something with the vapor generated from boiling water, without submerging it on said water: _____.
6. Cooked in water that is boiling hot: _____.
7. To cook over fire or hot coals, usually on a cage-like metal frame: _____.
8. Food preserved in a brine (salt or salty water) or an acid like vinegar or lemon juice: _____.
9. To cook meat or other food by dry heat in an oven or over a fire: _____.
10. To cook food on a grill, usually using a special kind of sauce: _____.

PART III. HOTS AND COLDS KITCHEN. READ THE SENTENCES AND WRITE IF IT IS A COLD OR HOT KITCHEN.

Dessert, salads and cake are examples of: _____

Chillers, freezer and over iced tables are used in: _____

Is where raw materials are prepared and cook: _____

Baked, roasted, boiled and steamed are examples of: _____

PART IV. WRITE 5 TYPES OF SALAD THAT YOU REMEMBER AND CLASSIFY THEM. LOOK AT THE GIVEN EXAMPLE.

Salad	Simple	Mixed	Composed	Classical	Contemporary	Warm
Coleslaw salad			✓	✓		

PART V. WRITE THE FOUR COMPONENTS OF A SALAD IN A LOGICAL ORDER.

1. _____

2. _____

3. _____

4. _____

PART VI. TYPES OF SALADS. WRITE THE 5 DIFFERENT TYPE OF SALAD CLASSIFICATION.

1. _____

2. _____

3. _____

4. _____

EVANGELIZING WITH MARY AT THE EUCHARISTIC LIGHT.