Moist Cooking Methods & Sandwich Making

Unit Test

Name: _____ Grade: _____Date: _____

Instructions: Answer ALL questions in the spaces provided on this worksheet. Read each question carefully before responding. Marks awarded are shown in brackets ( ).

1. Name two moist cooking methods. (2)

   _____ _____

2. Which of the following is NOT a reason why we cook food? (1)

   a. Improve or add flavour.

   b. To provide the body with nutrients.

   c. Preserve them from natural decay.

3. Read each statement and determine if the statement is true or false.

   a. Stewing is suitable for tender cuts of meat. **True** **False**

   b. Boiling requires little supervision. **True** **False**

   c. There is a local and scientific way of steaming foods. **True** **False**

   d. Sandwiches can be prepared ahead of time. **True** **False**

   e. Lettuce is a popular sandwich filling. **True** **False**

   f. A multi-decker sandwiches has two slices of bread. **True** **False** (6)

4. The parts of a sandwich are _____, _____ and _____. (3)

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5. Why is cheese, vegetables, meats, etc. called fillings? (2)

_____

6. Give two suitable choices for breads to be used in sandwich making. (2)

_____ _____

7. A small cold open faced sandwich is known as _____. (1)

8. A deep fried sandwich is an example of a _____ sandwich. (1)

9. This open faced sandwich is a popular lunch item. _____ (1)

10. Small sandwiches as suitable for use as _____. (1)

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