

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 & Deep 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. _____