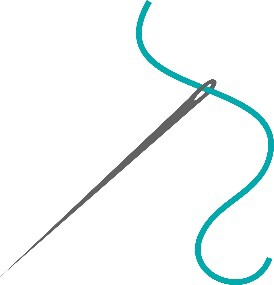
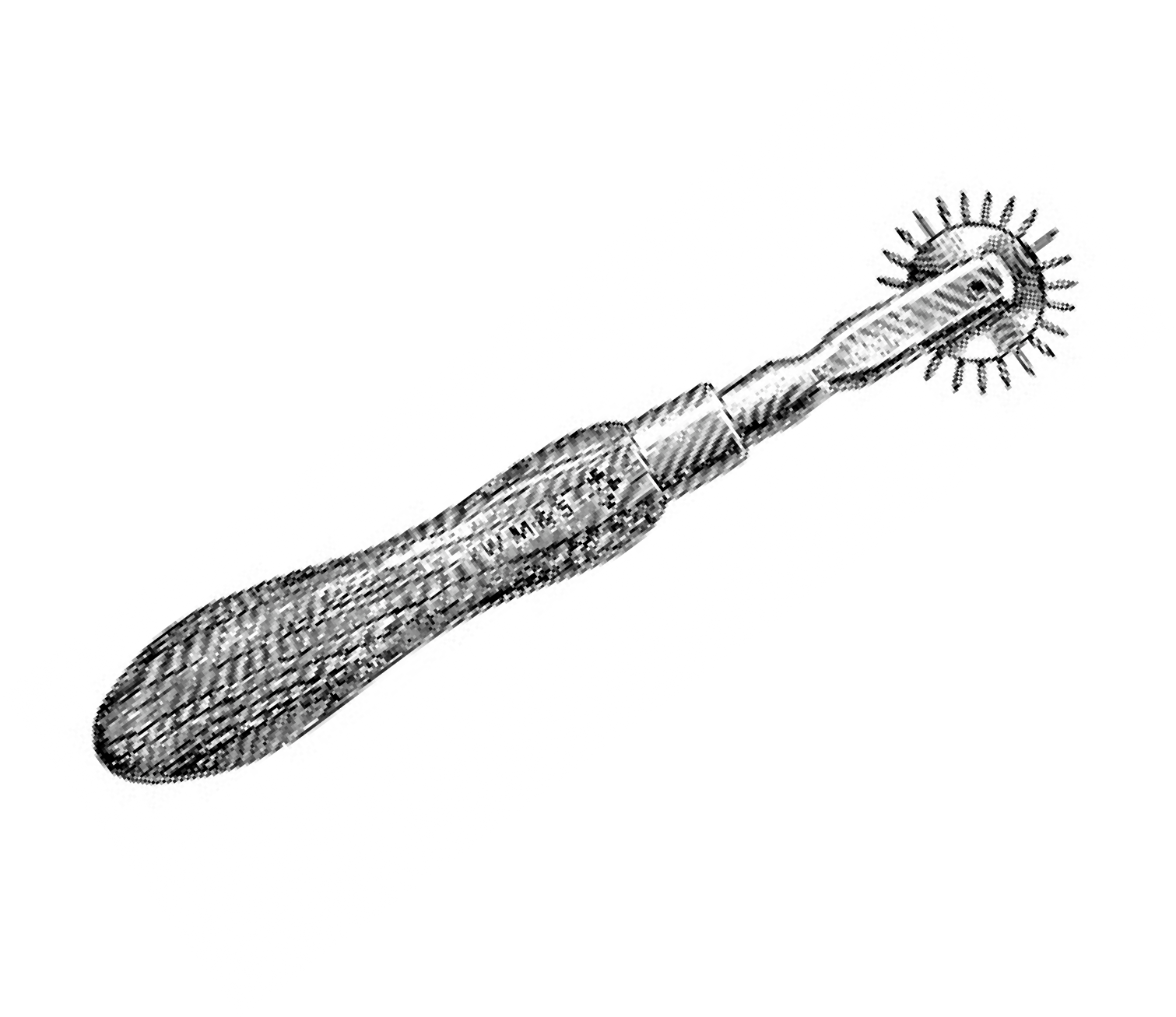
Name Period

FACS7- Final Review Packet Date

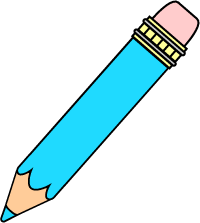
Directions: In the blanks provided, identify each piece of equipment shown below. Then briefly explain how each item of equipment is used.

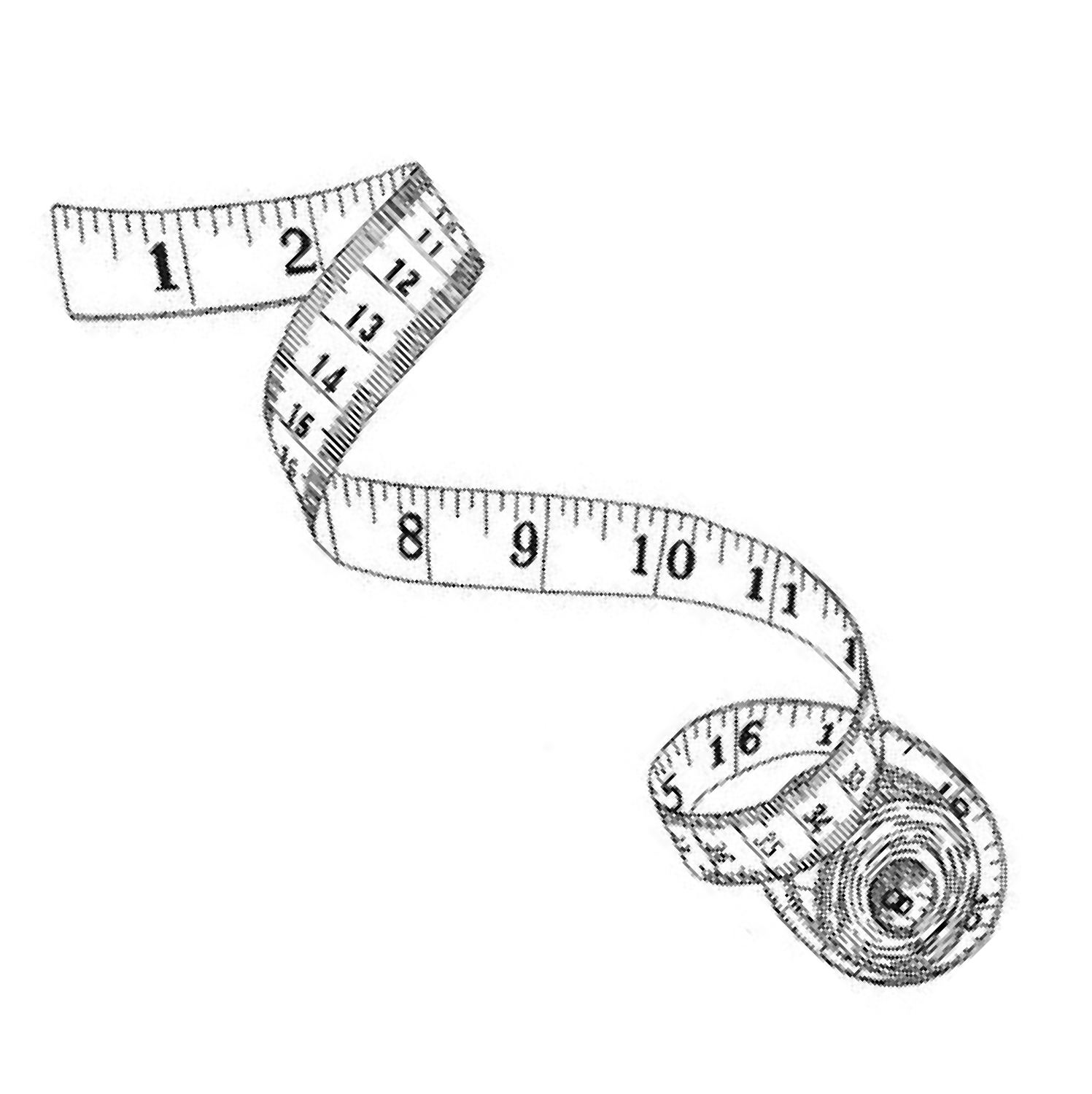
http://sewingschool.org/wp-content/uploads/2010/09/sewinggauge.gif1. 2.



3.

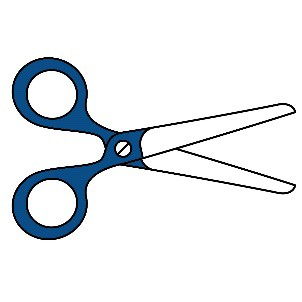
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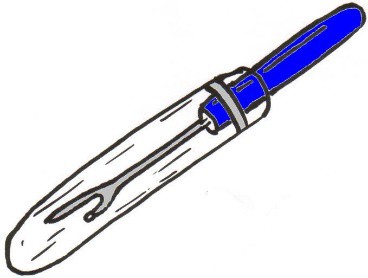
4.



5.

9.

8. 10.



7.

c.

|  |  |
| --- | --- |
| Name of Tool | Definition |
| 1. Straight Pins | used to hold two pieces of fabric together & patterns to fabri |
| 2. Sewing Guage | 6 inch long ruler, used to measure small amounts. |
| 3. Tracing Wheel | makes temporary marks on fabric, used with tracing paper. |
| 4. Marking Pencil | makes temporary marks on fabric. |
| 5. Shears | used for cutting fabric and thread. |
| 6. Hand Sewing Needle | used for hand sewing. |
| 7. Seam Ripper | removes sewing mistakes. |
| 8. Tape Measure | 60 inches long, used for taking body measurements |
| 9. Tracing Paper | makes temporary makrs on fabric, used with tracing wheel. |
| 10. Scissors | used for cutting paper. |

Directions: Match the part of the sewing machine with the correct function.

1. L

Needle plate

1. CFeed dog teeth
2. D Presser foot
   1. Makes stiches longer or shorter.
   2. Holds the spool of thread in place.
   3. Small teeth that move fabric to needle as you sew.

# M

Reverse button

1. Holds the fabric in place as you sew.
2. B Spool pin and cap
3. NTension Control
4. F Presser foot lever
5. ETake-up lever
6. Moves up and down guiding the upper thread to the needle.
7. Raises and lowers the presser foot.
8. Keeps the thread where it needs to be to prevent tangles.
9. Holds the needle in place.
10. Controls how wide a stitch is.

# K

1. J
2. I

Foot pedal Hand wheel

Stitch Width

1. Used to manually raise and lower the needle.
2. Controls the speed of the needle.
3. Marked with guides for sewing straight seams.
4. Allows the machine to stitch backwards.

12.\_A Stitch Length

1. Controls the tightness or looseness of the upper thread.

# O

Stitch Selection

1. Selects the stitch you want to use.

# G

Thread Guide

1. H

Needle Clamp

**Directions**: Below are five sewing construction techniques. The steps are not listed in the correct order. Put the steps in the proper order by placing the step number in the blank- using “1” for the first step, “2” for the second step, and so on.

### Sewing A Seam

1. 5 Finish raw edges, if needed.
2. 3 Put right sides of fabric together; match notches; pin.
3. 2 Sew on scrap to check tension of the machine.
4. 4 Stitch in correct direction; secure stitching at the beginning and end.
5. 1 Thread the machine.

**Directions**: Answer the following questions:

* 1. A standard seam allowance is 5/\_8 .
  2. When you make a seam, place r\_ig h\_t sides together.
  3. Which direction should pins go when pinning two pieces of fabric together?

pe\_r\_p en\_d i\_c\_u l\_a\_r\_

* 1. Where and Why do we backstitch? a\_t th e\_\_b\_e g\_i\_n n\_i\_n\_g an\_d\_\_a t\_t\_h e e\_n d

of a se\_m . It i\_s t\_o\_ s\_e c\_u r\_e \_th e\_ s\_t\_i\_t\_c\_h .

* 1. Which way do we turn the hand wheel? t\_o\_w ar\_d\_s yo\_u
  2. Sewing Kit Comes with what two important pieces of information? pa\_t\_t\_e\_r\_n an\_d d\_i\_re c\_t\_i\_o\_n s

Directions: Examine the pattern pieces below. Identify each of the numbered symbols by writing in the correct term in the space provided.

1. gr\_a\_i\_n li\_n e

2. n\_o t\_c\_h

1. c\_u\_t\_t\_in g\_\_l\_in e
2. sti\_t\_c\_h\_i\_n g li\_n\_e
3. pla c\_e on f\_o\_l\_d l\_in e
4. d\_o t
5. no\_t\_c\_h

## do\_t

1. s\_e\_a m \_a\_l\_lo wa\_n c\_e
2. s\_t\_i\_t\_c\_h i\_n\_g\_ l\_in e

**Cooking Terms**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Knead** | **Beat** | **Cube** | **Mince** | **Baste** |
| **Boil** | **Cream** | **Dice** | **Fry** | **Chop** |

**Directions**: Use the word bank above to define the cooking terms below.

1. cu\_b e To cut food into half inch pieces.
2. \_c\_r\_e am To blend butter/margarine with sugars.
3. di\_c\_e\_ To cut food into quarter inch pieces.
4. mi\_n\_c e To cut food into pieces as small as possible.
5. bo\_i\_l\_ To heat a liquid till rapid bubbles occur.
6. c\_h op To cut food into small irregular pieces.
7. f\_r\_y To cook in hot oil.
8. b\_a ste To moisten meat with melted fats or liquids.
9. kn\_e ad To mix by folding and pressing dough.
10. b\_e at\_ To mix quickly.

**Directions:** Answer the following questions

1. Describe the method for measuring flour using standard dry measuring cups.

s\_p o\_o n in t\_o\_\_t\_h e\_ d\_r\_y m eas\_u r\_in g \_c\_u p\_\_a nd l\_e v\_e l o\_f\_f w i\_th a\_ m et\_a\_l s\_p at\_u\_l\_a .\_

1. Describe the correct way to measure brown sugar.

pac\_k i\_n t\_o t\_h e dr\_y mea\_s ur\_in g cup and l\_e v\_e l\_o f\_f\_\_w it\_h a meta l\_\_s\_p atu l\_a\_.

\_

**Equipment is No Puzzle**

**Directions:** Find the words listed below in the word search puzzle. Circle the words in the puzzle. Then write each word in the appropriate column below to indicate whether it is a utensil, small appliance, or large appliance.

|  |  |  |  |
| --- | --- | --- | --- |
| **Freezer** | **Refrigerator** | **Range** | **Broiler** |
| **Oven** | **Sifter** | **Mixing Bowls** | **Wire Whisks** |
| **Knives** | **Shears** | **Colander** | **Strainer** |
| **Spatula** | **Ladle** | **Saucepan** | **Cake Pan** |
| **Mixer** | **Toaster** | **Blender** | **Microwave** |

## R R O T A R E G I R F E R S S R B E E M K M E U V E C R R P S U E R T D D G N S L N A J A A E H L X O F N F N E I I D D W T K S E U I I

I A U T E A V U A U O I E A Z M L S L C Z R L Y E L L U R F R C E E G O C T L T B A S G F R C S U G R U C S D V N R E T S A O T I N L Y S A U C E P A N N N J L G I M X O W H I S K S R E G P B I X W I R E F K I M W A V E V A B I S L W O B H R I K V O S V N N M Z R Q A Q L

|  |  |  |
| --- | --- | --- |
| **Utensils** | **Small Appliances** | **Large Appliances** |
| knives colander | mixer | freezer |
| spatula saucepan | toaster | oven |
| sifter whisk | blender | refrigerator |
| shears strainer | broiler | range |
| ladle cake pan | microwave |  |
| mixing bowl |  |  |

### Equipment Match

**Directions:** Match each description in the left-hand column with the correct term from the right hand column. Write the letter of the term in the space provided. Do not use any term more than once. Some terms will not be used.

### Descriptions Terms

H1. Used to remove peel from fruits and vegetables. A. Chef’s Knife

D 2. You can rub cheese or vegetables on its rough surface to shred them. B. Colander

A 3. Used to cut vegetables. C. Food Processor

O4. Especially good utensil for beating egg white mixtures and stirring sauces. D. Grater

K 5. Has wide, flexible blade. E. Hand Mixer

E 6. Appliance used for making cake batter and mashing potatoes. F. Kitchen Shears

N 7. Grasping instrument used to remove ears of corn from hot water. G. Ladle

L 8. Used to level off dry ingredients in measuring cups. H. Paring Knife

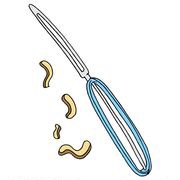
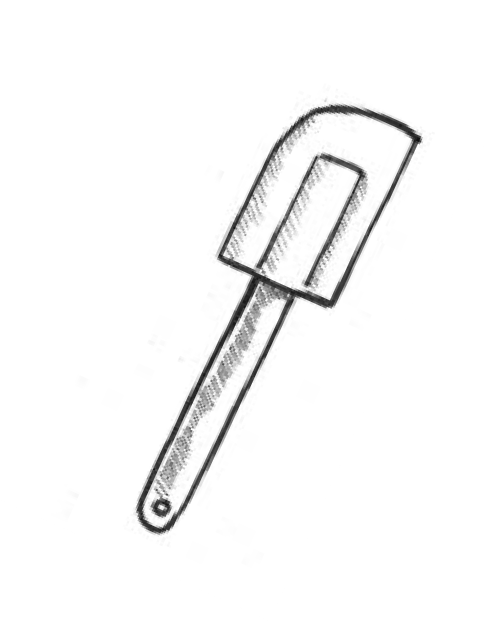
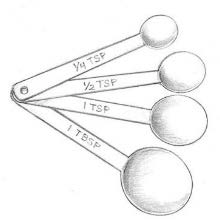
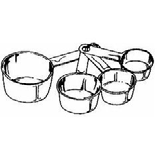
I 9. Used to mix shortening and flour for biscuits. I. Pastry Blender

B10. Bowl with large holes and mounted on a base or on small legs. J. Rotary Beater

1. Rubber Scraper
2. Spatula
3. Strainer
4. Tongs
5. Wire Whisk

**Directions:** Identify the kitchen equipment and explain how the utensil is used when cooking.

Name of Utensil How is the utensil used in cooking?



|  |  |  |
| --- | --- | --- |
| Image result for liquid measuring cup | Liquid Measuring Cup | used to measure liquid ingredients. |
|  | Dry Measuring Cups | used to measure dry ingredients. |
|  | Measuring Spoons | used to measure smaller amounts of liquid and dry ingredients. |
|  | Rubber Scraper | used to scrape sides of bowl clean. |
|  | Peeler | used to remove skins from fruits and vegetables. |
|  | Wooden Spoon | used to stir ingredients together. |
| http://cdn.xl.thumbs.canstockphoto.com/canstock36032311.jpg | Tongs | used to pick up and turn foods over. |
| https://www.freeclipartnow.com/d/26479-1/Cheese-Grater-1.jpg | Grater | used to shred or grate foods. |

**Check Yourself: The Parts of a Recipe**

* 1. Most reicpes have these main parts. Draw a line from each part to its meaning.
     1. Directions

(B)

* + - 1. the number of servings the recipe makes.
    1. ingredients (D)

1. the steps you follow to make the recipe.
   * 1. yield

(A)

1. what the recipe is called
   * 1. name (C) d. the different foods you put together.
   1. Read the recipe on the right. Follow the directions below and answer the questions.
      1. Think up a name for the recipe. Write it on the line in the recipe.

Name of recipe:

(Makes 4 or 5 servings)

3-pound chicken, cut into pieces

½ cup flour Pinch of pepper

¼ teaspoon sage

¼ teaspoon salt

1P.ut the flour, salt, sage, and pepper into a paper bag.2Shake the bag to mix the ingredients.3Place the chicken

pieces (only two at a time) into the bag. 4Shake the bag so that the chicken is coated with the flour mixture.5Place

the chicken peeces in a baking pan. H6eat the oven to 325°. 7Bake the chicken 45 minutes.8Then baste the chicken with its juices.9Bake for 15

minutes.

* + 1. Draw a circle around the yield. How many people can you serve?

\_4 \_- 5\_

* + 1. Put a √ in front of each ingredient. Which ingredient must you prepare before you do the steps?

The\_\_c h\_i\_c\_k en\_.

* + 1. Number the steps in the order that you would do them. How many steps altogether are in the directions?

9\_ s\_t\_e ps\_.\_

**Vegetable Noodle Soup**

1. lb. dry noodles 10 oz. box of frozen mixed vegetables
2. qt. cold water 2 c. chopped potatoes

1 tsp. salt 6 oz. can of kernel corn

¾ c. chopped onion 8-oz. can of tomatoes

½ c. chopped celery 1 pt. hot chicken stock

1 T oil pinch of pepper

Here are the ingredients for vegetable noodle soup. Read them carefully. How much of each ingredient do you need? Put an X next to the right amount.

1. Dry noodles 5. Chopped onion 9. Can of tomoates

\_ 1 tablespoon \_ ¾ kilogram \_ 8 ounces

\_ 1 pound \_ ¾ cup \_ 8 grams

\_ 1 liter \_ ¾ can \_ 8 quarts

1. Cold water 6. Oil 10. Chicken stock

\_ 2 cups \_ 1 teaspoon \_ 1 ounce

\_ 2 kilograms \_ 1 tablespoon 1 pot

\_ 2 quarts \_ 1 taste \_ 1 pint

1. Salt 7. Chopped potatoes 11. pepper

\_ 1 teaspoon \_ 2 cartons \_ a pinch

\_ 1 tablespoon \_ 2 pounds \_ a gross

\_ 1 millimeter \_ 2 cups \_ a pound

1. Chopped celery 8. Frozen mixed vegetables 12. Kernel corn

\_ ½ can \_ 10 ounces \_ 6 cans

\_ ½ cup \_ 10 pounds \_ 6 cups

\_ ½ carton \_ 10 grams \_ 6 ounces

**Following Directions**

In order for a recipe to turn out right, you must understand its directions. Read the recipe below. Look closely at its directions. Then answer the questions.

**Mini Cheesecakes**

**I ng r e d ie nt s :**

1/3 cup graham cracker crumbs 1/4 cup white sugar

1 tablespoon white sugar 1 1/2 teaspoons lemon juice

1 tablespoon margarine, melted 1/2 teaspoon grated lemon zest 1 (8 ounce) package cream cheese, softened 1/4 teaspoon vanilla extract

1 egg

**D ir e c t io ns :**

Preheat oven to 325 degrees Fahrenheit. Grease a 6 cup muffin pan. In a medium bowl, mix together the graham cracker crumbs, sugar and margarine with a fork until combined. Measure a rounded tablespoon of the mixture into the bottom of each muffin cup, pressing firmly. Bake in the pre-heated oven for 5 minutes, then remove to cool. Keep the oven on. Beat together the cream cheese, sugar, lemon juice, lemon zest and vanilla until fluffy. Mix in the egg. Pour the cream cheese mixture into the muffin cups, filling each until 3/4 full. Bake at 325 degrees Fahrenheit for 25 minutes. Cool completely in pan before removing. Refrigerate until ready to serve.

What coking terms are used in the recipe? Write the cooking term and then write the correct definition. (Example:

*Simmer* means *to cook very slowly*.)

**Words Meanings**

\_p r\_e he\_a t\_ to\_ war\_m t\_h e\_\_o v\_e n \_u\_p\_ ah\_e ad of\_\_ti\_m e\_.\_

mi\_x t\_o com bine\_ in gr\_e\_d i\_e\_n t\_s t\_o ge\_t\_h e\_r\_.\_

b\_a ke \_t\_o co\_o k \_s\_o met\_h\_i\_n g\_\_i\_n a\_n\_ o\_v en\_.

bea\_t \_a\_n \_o\_v er\_\_a\_n d und\_e r\_\_m o\_t\_i\_o\_n us\_i\_ng\_\_a \_w h\_i\_s k\_\_o r h\_a nd mix e\_r.\_

gr\_e\_a s\_e\_ t\_o pu\_t a soli\_d f\_a t\_\_o\_n\_ a pan t\_o p\_r\_e ve\_n t s\_t\_i\_c\_k ing.

c\_o o\_l\_ t\_o\_\_l\_e t\_f\_o od get\_t\_o w ar\_m \_t\_e\_m pe\_r\_a t\_ur\_e\_.\_

What cooking equipment do you need to for this recipe? \_d\_r\_y\_ m eas\_u r\_in g\_ c\_u ps\_, met\_a\_l s\_p at\_u\_l\_a ,\_g r\_a t\_e\_r\_,

c\_u s\_t\_a r\_d cup\_s , m ea\_s ur\_in g spo\_o ns\_,\_\_m i\_x in g b\_o wl\_,\_w o\_o de\_n\_ s\_p oo\_n ,\_\_f\_o\_r\_k ,\_\_m uf\_fi\_n p\_a n,\_h an\_d mi\_x e\_r\_,\_\_c o\_o l\_in g ra\_cks

**Check Yourself: Cooking Equipment**

**Raw Apple Cake**

4 cups apples, peeled and diced

¾ teaspoon cinnamon

2 cups sugar

2 eggs

2 cups flour

1 ½ sticks butter, melted

1 ½ teaspoons baking soda

2 teaspoons vanilla

1 teaspoon salt

1 c nuts

In a large bowl, mix the apples and sugar. In another bowl, sift together the flour, baking soda, salt and cinnamon. Combine the flour mixture and the apple mixture. Add the eggs, melted butter, vanilla and nuts. Mix well with a wooden spoon. Pour the batter into two 8-inch round cake pans. Bake at 350 degrees for 45 minutes.

Yield: 2- 8 inch round layers

**Directions:** Answer the questions about the recipe.

1. What utensils would you need to prepare the apples? k\_n if\_e ,\_\_c\_u t\_t\_in g boa\_rd, pe\_e\_l\_e r
2. What utensil would you need to measure the flour, sugar, and nuts? dr\_y mea\_s ur\_in g cup\_s a\_n d\_ m et\_a\_l\_\_s\_p at\_u\_l\_a
3. Which measuring spoons would you use to measure each of these ingredients?

3- 1/4 t or

**Baking soda** 1\_t an\_d \_1 /2\_ t

**Cinnamon** \_1 /\_4\_t an\_d\_ 1/2 t \_ **Salt**  1 t

**Vanilla**  2-\_\_1\_t \_

1. What equipment would you need to melt the butter: a bowl or a saucepan?

bow l\_ \_

1. What utensil would you need to mix the dry ingredients: a sifter or a wire whisk? sif\_t\_e r
2. What equipment would you need to mix the ingredients in? How many would you need?

on\_e \_w oo\_d en\_\_s po\_o n\_ \_

1. What equipment would you need to bake the batter in? How many would you need?

2 8-\_i\_n\_c h\_\_r\_o un\_d\_ c\_a ke pan\_s \_

### Changing the Yield of a Recipe

**Directions:** In the left-hand column, give the correct measurement for each ingredient if you were only making half the recipe. In the right-hand column, give the correct measurement of each ingredient for a doubled recipe. Then answer the questions at the bottom of the page.

### Peach Cobbler

|  |  |  |
| --- | --- | --- |
| **Half Measurement** | **Recipe** | **Double Measurement** |
| 3/4 c | 1 ½ C flour | 3 c |
| 1 1/2 t | 3 tsp. baking powder | 6 t or 2T |
| 1/4 t | ½ tsp. salt | 1 t |
| 1/8 t | ¼ tsp. baking soda | 1/2 t |
| 1/8 c | 1/3 c butter | 2/3 c |
| 1/2 c | 1 c chopped pecans | 2 c |
| 1 | 2 eggs | 4 |
| 1/4 c and 1/8 c or 1/3 c | ¾ c milk | 1 1/2 c |
| 2 - 3 | 4 -5 fresh peaches, sliced and sweetened | 8 - 10 |
| 1/2 c | 1 c sour cream | 2 c |
| 1/4 c | ½ c brown sugar | 1 c |

**Equivalents and Substitutions**

**Directions:** In Section I, write the correct abbreviation for each measurement in the space provided. In Section II, write the equivalent of each amount in the space provided.

### Sections I: Abbreviations

Teaspoon \_t\_o\_r t\_s\_p\_.\_\_ Tablespoon \_T o\_r tb s\_p. Cup c\_

Ounce o\_z Pint p\_t

### Sections II: Equivalents

Pound lb . Quart q\_t\_.

Gallon g\_a\_l

Draw the gallon man below to help with some the equivalents.

|  |  |  |
| --- | --- | --- |
| 3 teaspoons = 1 tablespoon | 1\_6\_ tablespoons = 1 cup | 4 tablespoons = ½ stick of butter |
| 4 tablespoons = ¼ cup | 2 cups = 1 pint | 1\_/\_2\_ cup = 4 ounces |
| 12 tablespoons = ¾ cup | 1 gallon = 4 quarts | 4 cup = 1 quart |
| 2 pints = 1 quart | 8 tablespoons = ½ cup | 8 tablespoons = ½ cup |

Food and Kitchen Safety

Label the thermometer using the definitions in the box to the right.



212 B 1.

140

C

2.

40

32

D

3.

0 A 4.

°F

A. **Freezing temperatures**- bacteria is sleeping but is still alive.

B. **Boiling temperature**- destroyed.

most

bacteria is

1. **Danger Zone**- bacteria multiples rapidly.
2. **Refrigerator temperature**- bacteria grows at a slow rate.

**Food Safety and Sanitation:** Using the word bank below, choose the correct vocabulary word that matches the definition.

Sanitation Bacteria Cross Contamination Danger Zone Food Borne Illness

* 1. f\_o o\_d bo\_r\_n e\_\_il\_l\_n\_e s\_s - sickness caused from eating contaminated food; sometimes called food poisoning.
  2. d\_a n\_g e\_r z\_o n\_e - the range of temperatures at which most bacteria multiply rapidly between 40° - 140°.
  3. b\_a c\_t\_e\_r\_i\_a - living organisms that can only be seen with a microscope.
  4. c\_r\_o\_ss c\_on\_t\_a\_mina\_t\_ion

- when bacteria is spread from one food to another.

* 1. s\_a n\_i\_t\_a\_t\_io n\_ - keeping an area clean and free from harmful bacteria.

**Substitution Situations**

You are making chocolate chip cookies at home but…

1. You don’t have dry measuring cups. But you do have all the measuring spoons. How can you measure

¼ cup of shortening? u\_s e t\_h e 1 ta ble s\_o on f\_o u\_r t\_i\_m es\_.

1. You don’t have a 1-teaspoon measuring spoon. But you have all the other spoons. How can you measure 1 ½ teaspoons of baking powder? u\_s e 1/\_2 a ta ble po\_o n or a 1/\_2 t\_e\_a sp\_o o\_n t\_h\_r\_ee t\_i\_m es\_.
2. You don’t have a 1- tablespoon measuring spoon. But you have all the other measuring spoons. How can you measure 1 tablespoon of cinnamon? us\_e t\_h e 1 t\_e\_a s\_p oo\_n th r\_e e t\_i\_m es\_.
3. Finish these sentences. Use the words listed below.

**Less Pack Sift Level Past Two**

* 1. You p\_a c\_k brown sugar by pressing it into the measuring cup.
  2. Sometimes you s\_i\_f\_t flour before you measure it.
  3. You use a straight utensil to l\_e v\_e l off dry ingredients.
  4. When you measure sugar, you fill the cup pas\_t the top.
  5. To get 2/3 cup of brown sugar, you would measure 1/3 cup tw o times.
  6. 1 cup of sifted flour is le s\_s than 1 cup of unsifted flour.

**Label the following dry measuring cups.**

a. 1/\_4 cup b. 1/3 cup c. 1\_/\_2 cup d. 1 cup

**Label the following measuring spoons.**

a. 1 Tablespoon b. 1 teaspoon c. 1/\_2 teaspoon d. 1/\_4 teaspoon