

Study Guide A

Directions: Answer each question with the information you learned in Chapter 18. Write your answers in complete sentences on the lines provided.

1. Identify two tips to follow when creating a shopping list.

2. List two ways to stretch a food budget.

3. What are two techniques that stores use to encourage a person to buy items?

4. How can a person learn more about what is in a food item?

5. How do store brands compare to national brands?

6. When food shopping, why is it helpful to know the unit price of a product?

(Continued on next page)

Chapter 18 Food Shopping, Storage, and Sanitation *Continued*

7. What is food product dating?

8. Explain the difference between a “sell by” date and a “packed on” date.

9. What is the difference between a “use by” date and an expiration date?

10. Identify four tips to help you recognize signs of quality that will help you buy fresh produce.

11. What does it mean if a food is highly perishable?

12. Identify three points to consider when selecting highly perishable protein foods.

13. List two tips to follow when buying produce.

14. What characteristics should you look for when buying beef or when buying fish?

15. List three tips for selecting grains.

16. What are three storage tips to retain foods’ freshness and prevent it from spoiling?

Food Shopping, Storage, and Sanitation

CHAPTER

18

Study Guide B

Directions: Answer each question with the information you learned in Chapter 18. Write your answers in complete sentences on the lines provided.

1. Define foodborne illness.

2. How do bacteria contribute to cross-contamination?

3. What is the first step in preventing foodborne illness?

4. Name at least four ways to maintain sanitation in the kitchen.

5. List three tips to remember regarding clean hands and preparing to work in a kitchen.

6. What are the steps necessary to wash produce thoroughly?

7. Describe how to thaw food safely.

(Continued on next page)

Chapter 18 Food Shopping, Storage, and Sanitation *Continued*

8. At what temperature should meats be cooked? What is the best way to check for doneness?

9. What are five tips for serving food safely?

10. What are marinades?

11. Explain how to put out a grease fire.

12. List three tips to stay injury free at the range or oven.

13. What is superheating, and how can a person prevent it?

14. What are three results that can occur if people become careless with small appliances?

15. What is important to remember about cooking with young children in the kitchen?

16. Name at least six guidelines to follow to store food safely.

Food Shopping, Storage, and Sanitation

Plan and Organize a Food-Shopping Trip

Directions: Use current grocery store ads to plan a meal that is both nutritious and cost-effective. Follow the budget guidelines and consider the information below as you plan your meal and write your shopping list.

My budget: \$20.00 **Number of people I will feed:** 4

Items presently in my cupboard:

Canned green beans	Chocolate sandwich cookies	Tomato soup
Croutons	Jar of spaghetti sauce	Hamburger skillet kit
Biscuit mix	Crackers	1 package of gelatin

Available coupons:

<p>MANUFACTURER'S COUPON</p> <p>50¢ OFF</p> <p>pasta</p> <p>Limit One Coupon Per Purchase</p>	<p>MANUFACTURER'S COUPON</p> <p>25¢ OFF</p> <p>1 canned vegetable</p> <p>Limit One Coupon Per Purchase</p>	<p>MANUFACTURER'S COUPON</p> <p>25¢ OFF</p> <p>garlic bread item</p> <p>Limit One Coupon Per Purchase</p>
<p>MANUFACTURER'S COUPON</p> <p>25¢ OFF</p> <p>paper towels</p> <p>Limit One Coupon Per Purchase</p>	<p>MANUFACTURER'S COUPON</p> <p>75¢ OFF</p> <p>ground beef</p> <p>Limit One Coupon Per Purchase</p>	<p>MANUFACTURER'S COUPON</p> <p>25¢ OFF</p> <p>a soda product</p> <p>Limit One Coupon Per Purchase</p>
<p>MANUFACTURER'S COUPON</p> <p>50¢ OFF</p> <p>1 canned fruit</p> <p>Limit One Coupon Per Purchase</p>	<p>MANUFACTURER'S COUPON</p> <p>BUY 1, GET 1 FREE</p> <p>individual yogurt</p> <p>Limit One Coupon Per Purchase</p>	<p>MANUFACTURER'S COUPON</p> <p>50¢ OFF</p> <p>1/2 gallon ice cream</p> <p>Limit One Coupon Per Purchase</p>

Step 1. Plan the meal. Consider nutritional needs when determining the menu.

Meal Requirements	Your Menu
Main Dish	
Vegetable or Fruit	
Salad	
Bread Item	
Dessert	
Beverage	

Step 2. Make a shopping list. This means you need to:

- A. _____
- B. _____
- C. _____
- D. _____

Chapter 18 Food Shopping, Storage, and Sanitation *Continued*

Your Shopping List

Store at which you plan to shop: _____

Total cost for foods on menu: _____



Step 3. Evaluate your success.

Total cost for foods on menu: _____

Did you achieve the goal of planning a meal within your budget? YES NO

What could you do differently next time to be more efficient when you plan a grocery shopping list that meets your budget demands?

Food Shopping, Storage, and Sanitation

Selecting the Best Buys

Directions: Use your knowledge of comparison shopping and quality food identification to determine whether Choice A or Choice B is the better buy. For each pair of choices below, circle which is the better buy. In the column on the right, explain the reason for your selection.

Choice A	Choice B	Your Reason for Your Selection
National brand ketchup at full price	Store brand ketchup on sale	
National brand cookies on sale with use by date that is 6 months away	Bakery cookies on sale with use by date that is two days away	
Lower-priced bananas with many brown bruise spots	Higher-priced bananas that are not bruised and can ripen more before they are bruised	
Sell-by date on a gallon of milk at a discount is tomorrow	Sell-by date on a gallon of milk at full price is two weeks' away	
Packed on date on a loaf of bakery bread is today	Packed on date on a loaf of bread is last Friday	
Generic brand peanut butter in a one-pound jar at 8¢ per ounce	National brand peanut butter on sale in a 12 ounce jar at 12¢ per ounce	
Bulk 3-pound bag potatoes with sprouts at 10¢ a pound for a potato salad	Hand-picked potatoes with no sprouts at 16¢ a pound for potato salad	
Three pounds of ground beef at \$1.50 a pound, but you have limited storage space	One pound of ground beef at \$2.25 a pound, which you can use right away	

Careful Food Selection and Storage

Part I. Directions: In the chart below, explain why you should not buy the items listed.

Unsafe Food Item	Reason for Not Buying
A package of ground beef from the meat department has a tear in the plastic; liquid is dripping out.	
The safety seal on an applesauce jar is broken.	
A cookie package has a tear; the hole has been covered with clear plastic tape.	
A can of chicken soup in the clearance bin has bulging ends and a big dent in the side.	

Part II. Directions: In the chart below, describe the proper ways to store the foods listed in the left column.

Food Item	Storage Steps
Ground beef	
Frozen waffles	
Six cans of vegetables	
Lettuce	
Bacon	
Bulk cereal	
Crackers	

Food Shopping, Storage, and Sanitation

CHAPTER

18

Personal Cleanliness

Directions: Read the scenarios below. Decide which employee is doing a better job with personal cleanliness and identify what the employee is doing well. Then give advice to the employee who is not practicing personal cleanliness.

Employee A	Employee B
<p>Employee A just started a job at the Hot Dog Haven at the mall. The boss, Mr. Ross, noticed that, when Employee A came to work, the first thing this employee did after putting on an apron was to tie long hair back with a rubber band. Then Employee A went to the hand-washing sink in the kitchen and washed with lots of soap for at least 20 seconds. Mr. Ross appreciated that Employee A's uniform was clean and pressed, and he asked Employee A to work the register. When taking a break, Employee A took the food and drink and ate in the break room, and went to the hand-washing sink again before returning to work.</p>	<p>Employee B just started a job at the bowling alley café. The boss, Mr. Morris, noticed that when Employee B came to work, Employee B's fingernails and hands were dirty. By their greasiness it looked like Employee B had been working on a car and had not washed up. Employee B also had a large exposed cut on the palm of one hand. Employee B had no head covering or apron, and Employee B's T-shirt looked wrinkled and dirty, too. Mr. Morris did not appreciate that Employee B sneezed several times over the grill, so he asked Employee B to mop floors. When Employee B took a break, Employee B ate in the kitchen, taking fries from the fry warmer. Employee B did not wash hands before returning to work.</p>

- Which employee is doing a better job with personal cleanliness at the workplace kitchen?

- Describe what this employee is doing well.

- One employee is doing an inappropriate job with personal cleanliness—who is it?

- Tell this employee what steps to take in order to improve personal cleanliness in the kitchen:

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Food Shopping, Storage, and Sanitation

CHAPTER

18

Handling Food Safely

Directions: In addition to personal cleanliness, safely preparing and serving can protect against foodborne illness. Place the tips in the following list in the correct category of food handling safety. In the right column, explain how to act out that tip.

- Use sauces carefully.
- Keep temperature consistent.
- Wash produce thoroughly.
- Thaw foods safely.
- Serve food in time.
- Keep cold items cold.
- Finish cooking once you start.
- Cook food until done.
- Clean serving plates.
- Heat leftovers properly.
- Wait before tasting.
- Store food in cool, dry places.
- Keep foods separated from hazardous household materials.

Safety Category	Tips	Explanation
Safe Food Preparation		
Serve Food Safely		
Store Food Safely		