

Enhancing Food

Directions: Fill in the blanks as you read the section in the textbook or listen to lectures and view demonstrations.

Seasonings and Flavorings

1. Seasonings: _____

2. Flavor Enhancers: _____

3. Flavorings: _____

4. Extracts: _____

5. Salt: _____

a) _____ c) _____

b) _____ d) _____

6. Pepper: _____

a) _____ d) _____

b) _____ e) _____

c) _____

7. Onions: _____

8. Lemon: _____

9. Monosodium Glutamate: _____

10. Herbs and Spices: _____

When to Season and Add Flavor

1. _____

2. _____

Herbs and Spices

Directions: Fill in the blanks as you read the section in the textbook or listen to lectures and view demonstrations.

Herbs

1. _____

2. Used: _____

Spices

1. _____

2. Used: _____

3. Available: _____

Using Herbs

1. Cold Foods: _____

2. Hot Foods: _____

3. Sachet: _____

4. Bouquet Garni: _____

Storing Herbs

1. Fresh: _____

2. Dried: _____

Using Spices

1. Whole Spices: _____

2. Cold Foods: _____

Storing Spices

1. _____

2. _____

Condiments, Nuts and Seeds

Directions: Fill in the blanks as you read the section in the textbook or listen to lectures and view demonstrations.

Varieties of Condiments

1. Condiments: _____

2. Varieties include:

a) _____

e) _____

b) _____

f) _____

c) _____

g) _____

d) _____

h) _____

Storing Condiments

1. Unopened: _____

2. Opened: _____

Nuts and Seeds

1. Nuts can be used:

a) _____

c) _____

b) _____

d) _____

2. Seeds can be used:

a) _____

b) _____

3. Nuts and seeds add:

a) _____

c) _____

b) _____

4. Nuts and Seeds provide: _____

Storing Nuts and Seeds

1. _____

2. _____

Sensory Perception

Directions: Fill in the blanks as you read the section in the textbook or listen to lectures and view demonstrations.

Sensory Properties of Food

1. Sensory properties:

a) _____

c) _____

b) _____

d) _____

2. Sense organs that detect sensory properties:

a) _____

c) _____

b) _____

d) _____

3. Receptors: _____

4. Basic tastes:

a) _____

d) _____

b) _____

e) _____

c) _____

Sensory Evaluation

1. Sensory Evaluation: _____

2. Factors influencing the characteristics of a food product:

a) _____

d) _____

b) _____

e) _____

c) _____

f) _____

3. Plate composition presents contrasts in:

a) _____

e) _____

b) _____

f) _____

c) _____

g) _____

d) _____