



# **CULINARY ARTS WORKBOOK**

**CHEF RYAN JAY BINONGO**



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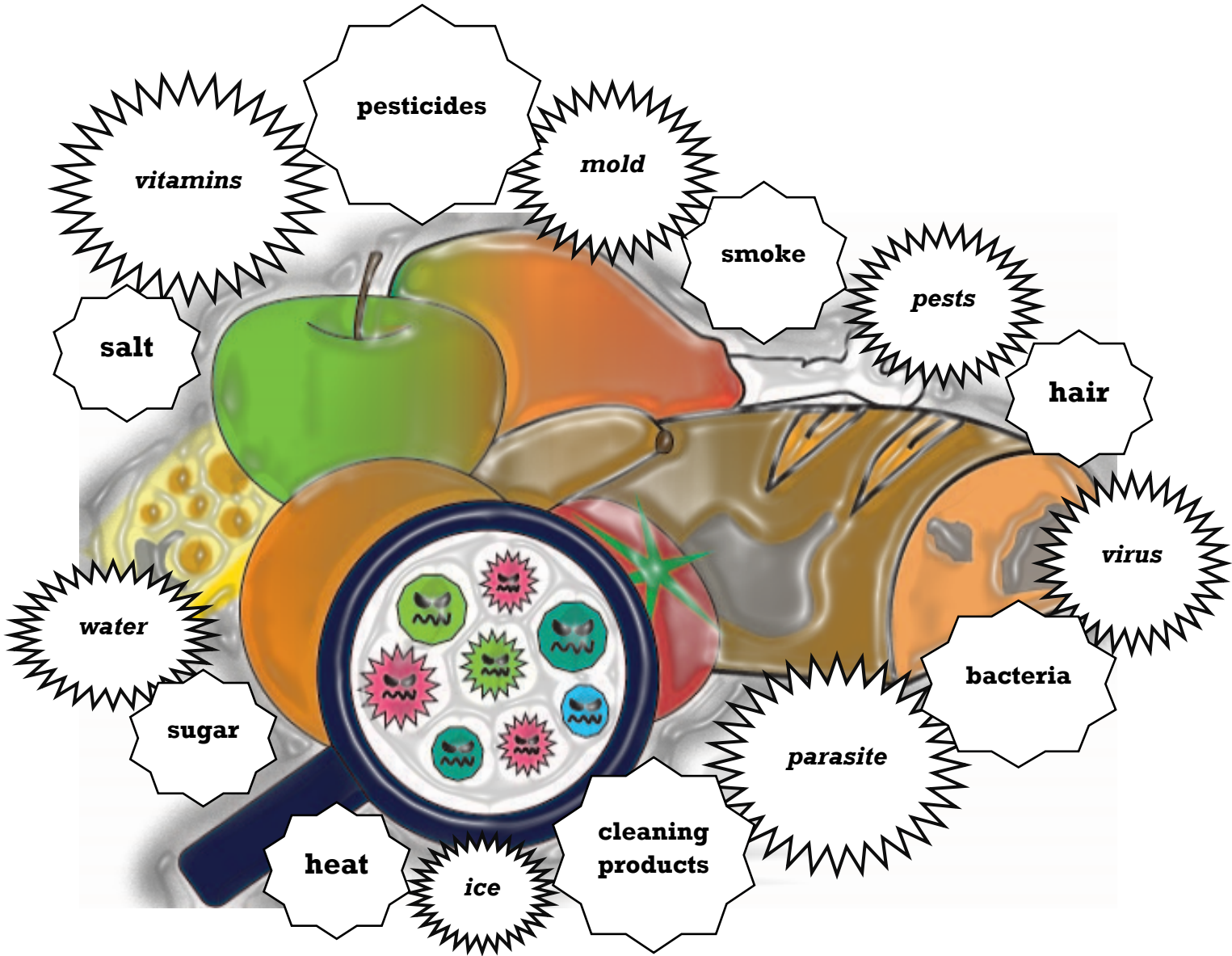
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**WHAT CAUSES FOODBORNE ILLNESS?**

**Learn with your teacher about foodborne illness. This will be a great way to know how people can get sick from unsafe food handling practices. COLOR the words in the shape that you think may cause foodborne illness.**







WHAT IS FATTOM?

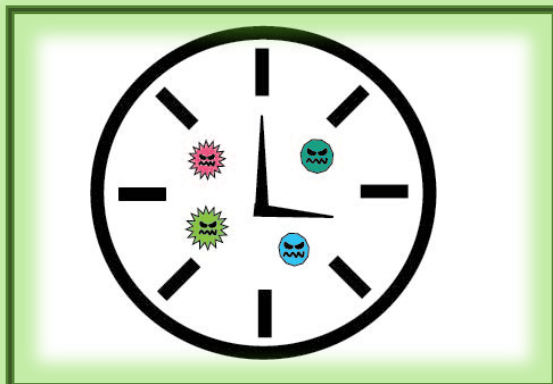
What causes pathogens to grow? Write on the box what each letter stand for.



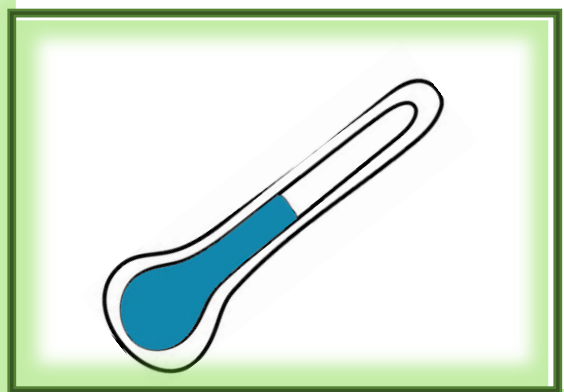
**F**



**A**



**T**



**T**



**O**



**M**



**LET'S TEST YOUR KNOWLEDGE!**

Complete the statements below after learning from your teacher about foodborne illness and answer the assessment that follows.

## FOODBORNE ILLNESS

**An illness caused by contaminated foods or beverages.**

When there are two or more cases of similar illnesses from a common food or beverage

Four Diseases Causing Microorganisms:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

## HIGH RISK POPULATIONS

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_



## FOODBORNE ILLNESS ASSESSMENT

1. What is a foodborne illness?
  - a. Disease in the air.
  - b. An illness caused by contaminated foods.
  - c. A food allergy.
  - d. When everyone in a restaurant gets sick.
  
2. What are the four high risk populations?
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  - d. \_\_\_\_\_
  
3. What does FATTOM stand for?

|            |            |
|------------|------------|
| <b>F</b> - | <b>T</b> - |
| <b>A</b> - | <b>O</b> - |
| <b>T</b> - | <b>M</b> - |
  
4. Which of the following is not a disease causing microorganism?
  - a. parasites
  - b. viruses
  - c. metals
  - d. fungi
  
5. What is the temperature danger zone? (Give the range and definition).  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_.

## KITCHEN SANITATION AND SAFETY

6. This foodborne illness can be prevented by good hand washing and covering wounds on hands and arms. \_\_\_\_\_.
7. This foodborne illness can cause a miscarriage. \_\_\_\_\_.
8. What is one way to prevent Botulism? \_\_\_\_\_.
9. What is one way to prevent Salmonellosis? \_\_\_\_\_.

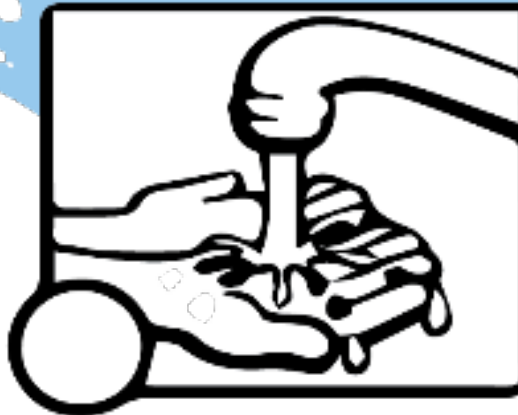
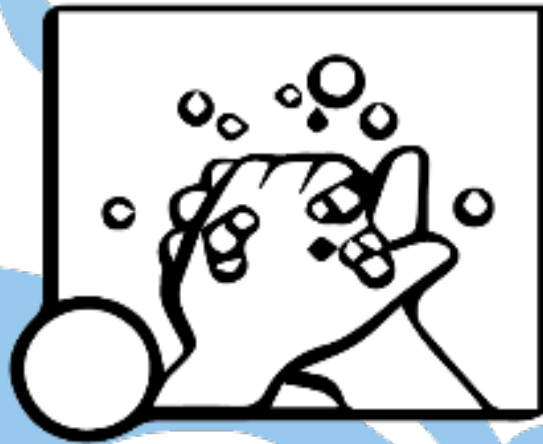
### Match the foodborne illness to the commonly associated foods.

- |                              |                                    |
|------------------------------|------------------------------------|
| 10. Staphylococcal           | A. Beverages                       |
| 11. Typhoid Fever            | B. Deli meat & unpasteurized dairy |
| 12. Ciguatera Fish Poisoning | C. Tuna, Mahi-Mahi & Mackerel      |
| 13. E coli                   | D. Ground Beef                     |
| 14. Salmonellosis            | E. Contaminated shellfish          |
| 15. Listeriosis              | F. Poultry                         |
| 16. Scombrotoxin Poisoning   | G. Tuna & Chicken salads           |
| 17. Hepatitis A              | H. Predatory tropical reef fish    |
| 18. Botulism                 | I. Temperature abused veggies      |



**HOW TO WASH YOUR HANDS?**


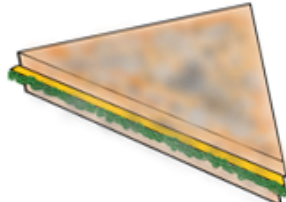
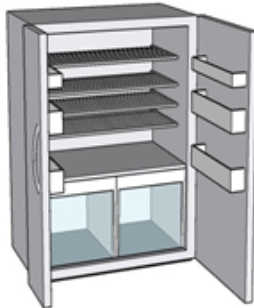




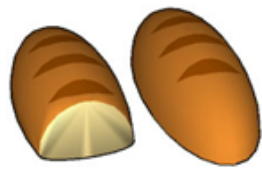
**Color the pictures and number each one from 1 – 5 so that they are in the right order.**





**FOOD SAFETY FUN**

**Draw a line to match the correct pairs of pictures together.**

|   |   |   |   |
|---|---|---|---|
|    | • | • |     |
|   | • | • |   |
|  | • | • |   |
|  | • | • |  |

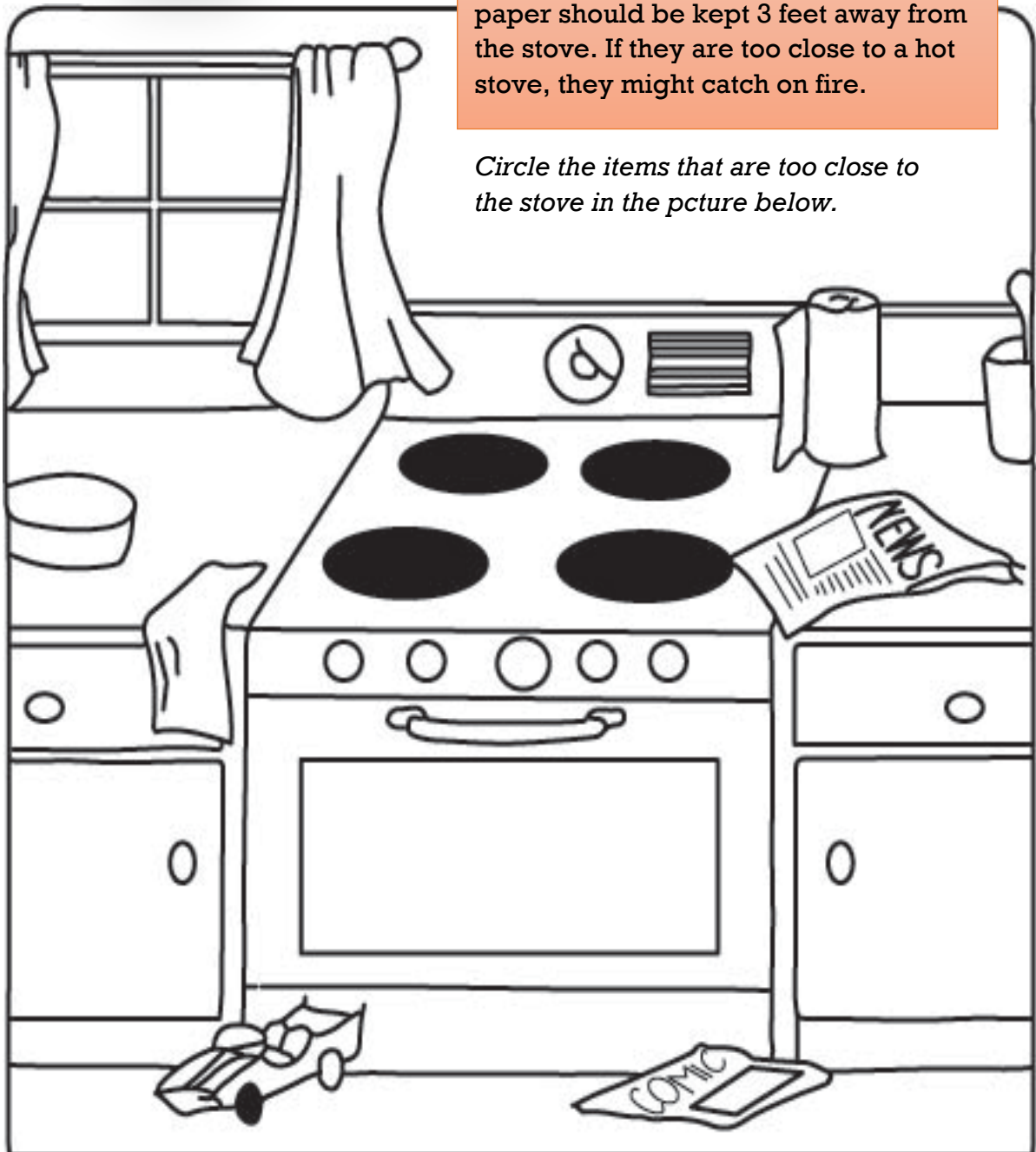


**HAZARDS IN THE KITCHEN!**

**Find out which items in the picture is a hazard. Circle the items that are too close to the stove in the picture below.**

Things like curtains, dish towels and paper should be kept 3 feet away from the stove. If they are too close to a hot stove, they might catch on fire.

*Circle the items that are too close to the stove in the picture below.*







**SAFE FOOD HANDLING PRACTICES**

**Encircle the letter of the correct answer.**

**1. Hands should be washed with warm water and soap for at least**

- a. 5 seconds**
- b. 20 seconds**



**2. Is it safe to put cooked food on a plate that held raw meat, poultry or seafood?**

- a. YES**
- b. NO**



**3. Food should not be left at room temperature for more than:**

- a. 2 hours**
- b. 10 hours**



**4. The only way to be sure foods are cooked long enough to kill harmful bacteria is to:**

- a. Use a food thermometer**
- b. Use a timer**

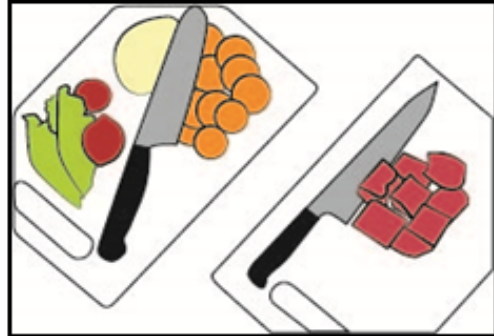




**FOUR STEPS TO FOOD SAFETY**

Study the pictures below and identify which picture shows **CLEAN**, **SEPARATE**, **COOK** or **CHILL**. Write the word on the space provided.

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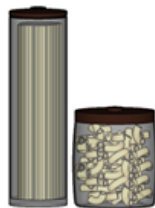
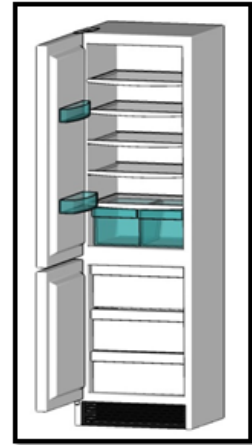
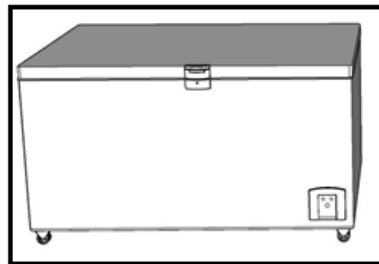
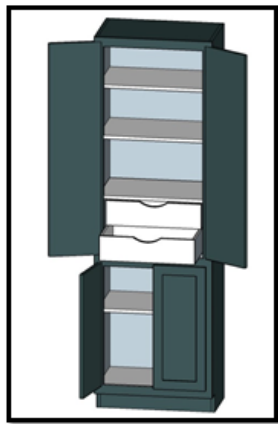
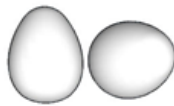
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**PROPER FOOD STORAGE**

**Connect the food to its proper storage by drawing a line to the pantry, refrigerator or freezer.**





**KITCHEN UTENSILS**

Match the pictures with the name of each utensil by writing the number on the circle.

**KITCHEN UTENSILS**



- |          |           |            |          |          |
|----------|-----------|------------|----------|----------|
| 1 Fridge | 5 Pot     | 9 Ladle    | 13 Fork  | 17 Plate |
| 2 Kettle | 6 Stove   | 10 Oven    | 14 Mug   |          |
| 3 pan    | 7 Sponge  | 11 Spatula | 15 Spoon |          |
| 4 Bowl   | 8 Whisker | 12 Knife   | 16 Glass |          |

## KITCHEN TOOLS AND EQUIPMENT



### WHAT DOES HE USE IN HIS KITCHEN?

Name the kitchen tool or equipment by writing the letter of your answer found in the objects below.



a. pot  
b. knives  
c. washer  
d. grinder  
e. collander  
f. canopener  
g. papertowel  
h. freezer  
i. bowl  
j. ladle  
k. apple corer  
l. blender

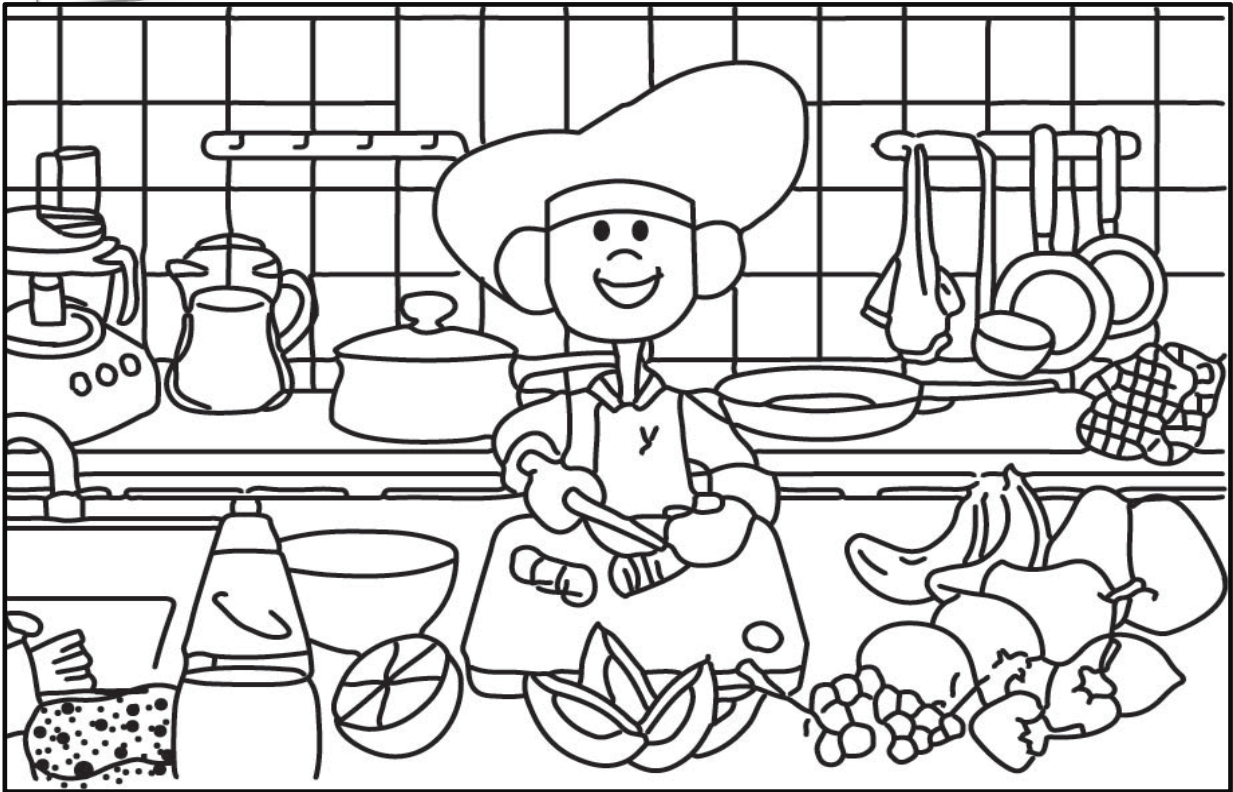


**KITCHEN TOOLS AND EQUIPMENT**



**COLORING ACTIVITY**

**Color all the kitchen tools and equipment you can find in the pictures.**



## KITCHEN TOOLS AND EQUIPMENT

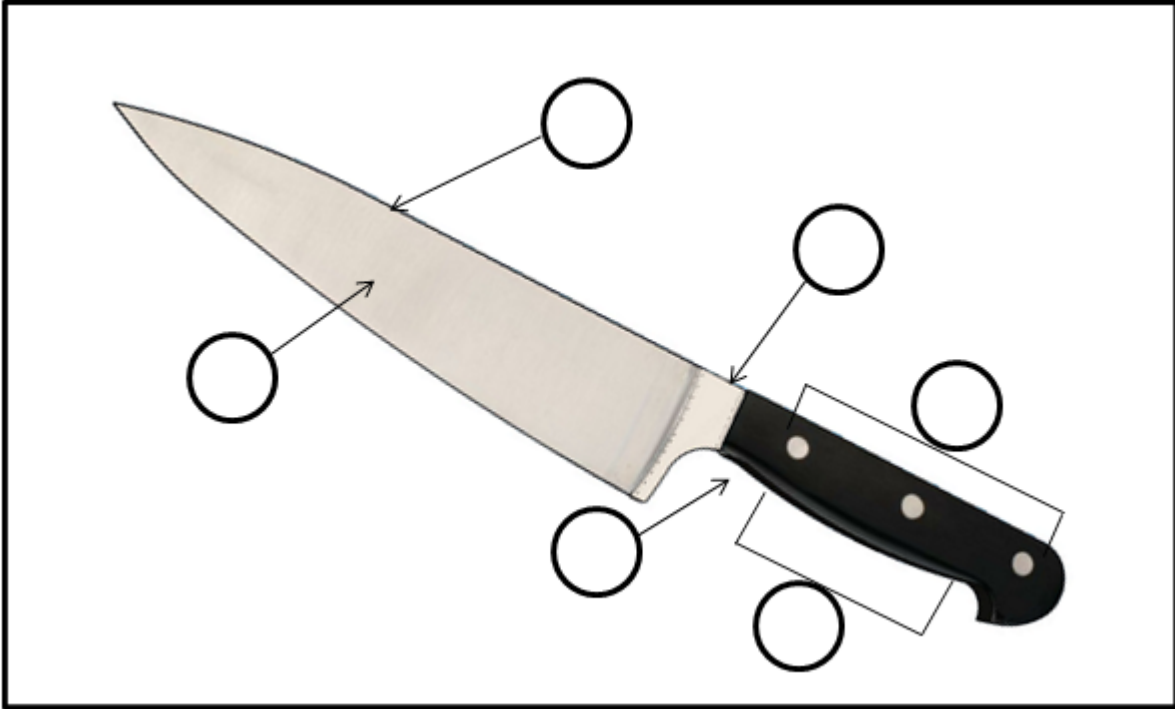


### PARTS OF THE KNIFE

Number the parts of the knife by using the words listed above the picture and answer the questions that follow.

### IDENTIFYING PARTS OF THE KNIFE

1- HANDLE    2- BLADE    3- SPINE    4- RIVET    5- BOLSTER    6- TANG



1. What is a knife steel?

\_\_\_\_\_.

2. What tool is used to sharpen knives?

\_\_\_\_\_.

3. Why should knives be kept sharp?

\_\_\_\_\_.



## KITCHEN TOOLS AND EQUIPMENT



### NAME THAT KNIFE

Below are pictures of knives and its function. Match their names and their corresponding function.

Used for cutting round surfaces.



**Serrated knife**

Used to peel and trim fruits and vegetables.



**Filet knife**

**Utility knife**

Thin and flexible knife used for filleting.



Used to cut meat.



**Chef knife**

**Paring knife**

All-purpose knife.



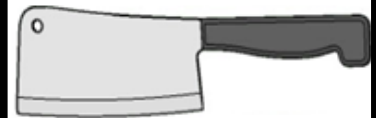
Used to remove bones from meat.



**Tournet knife**

**Boning knife**

Used to hack through bones.



Used to cut soft food and bread.



**Slicer knife**

**Cleaver knife**

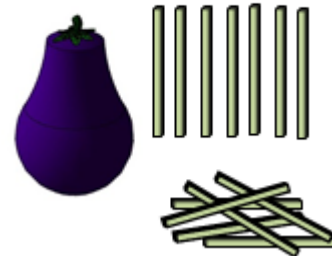
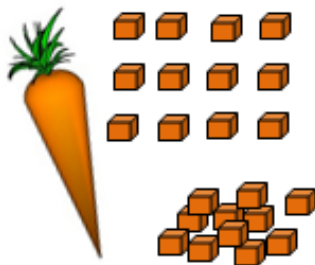
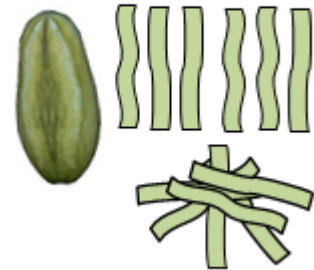
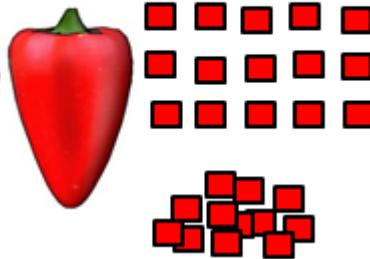
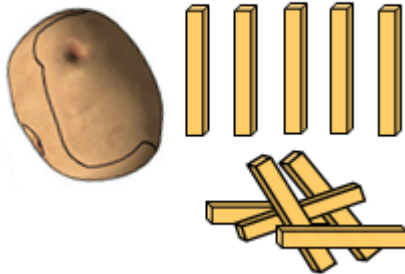
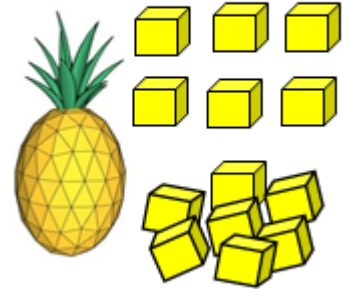
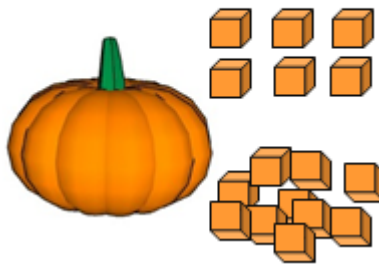
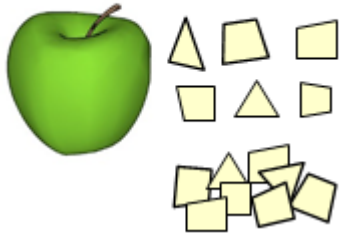
Medium sized knife for cutting sandwiches.





BASIC KNIFE CUTS

Name the cuts presented below. Write your answers on the box provided above each picture.





**BASIC KITCHEN TERMS**

Complete the chart below by writing the tool used and the basic definition of each kitchen term.

**PEEL**



Definition:

Tools used:

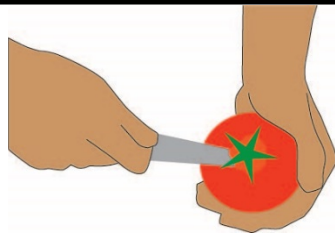
**SLICE**



Definition:

Tools used:

**CORE**



Definition:

Tools used:

**GRATE**



Definition:

Tools used:

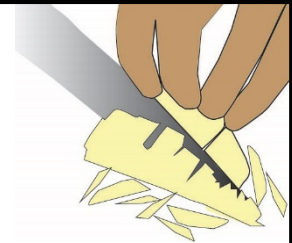
**MINCE**



Definition:

Tools used:

**CHOP**



Definition:

Tools used:

**CUBE**



Definition:

Tools used:



**MORE KITCHEN TERMS!**

Assign the kitchen term to its description by writing the corresponding number of the Kitchen term in the boxes below.

**1- Stir**

**2- Cream**

**3- Beat**

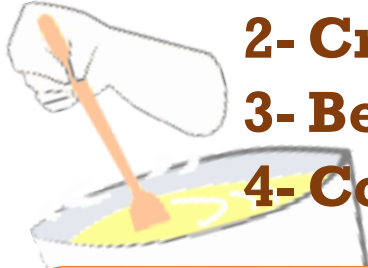
**4- Combine**

**5- Cut-in**

**6- Whip**

**7- Fold**

**8- Blend**



Mix two or more ingredients together

Mix solid shortening into a flour mixture

Mix in a circular motion

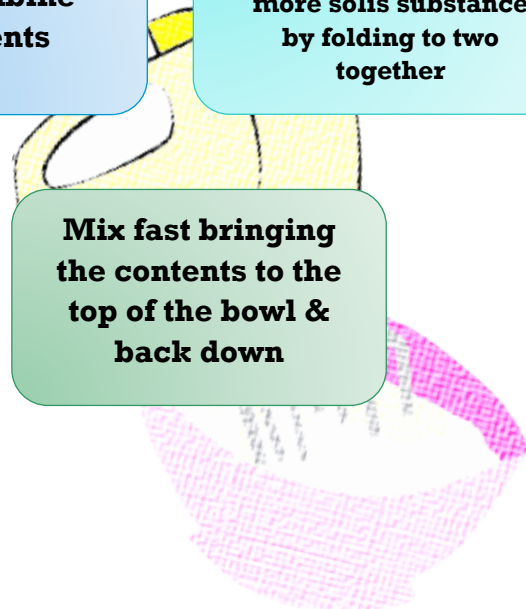
Mix slowly

Beat quickly to add air or combine ingredients

Mix a light, airy substance with a more solid substance by folding to two together

Beat a mixture until it is light & fluffy

Mix fast bringing the contents to the top of the bowl & back down

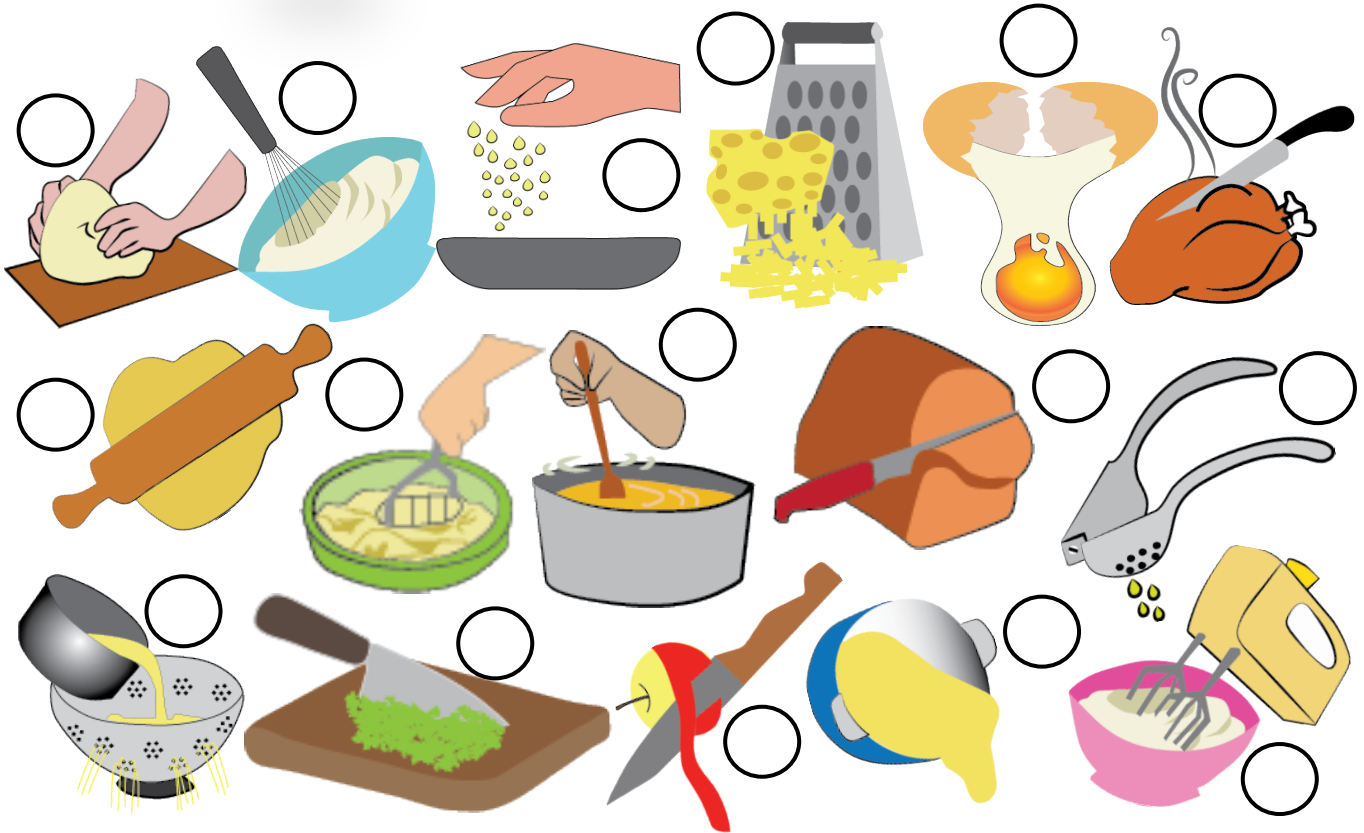


## KITCHEN TERMINOLOGY



### WHICH KITCHEN TERM?

Select the kitchen term that describes each picture best.



1 – pour

5- grate

9 – squeeze

13 - drain

2 – whisk

6 – sprinkle

10 – flatten

14 - stir

3 – peel

7 – mash

11 – carve

15 - knead

4 – chop

8 – break

12 – slice

16 - mix

# KITCHEN TERMINOLOGY



1 – add

5- serve

9 – sift

13 - grill

2 – wash

6 – taste

10 – steam

14 - bake

3 – boil

7 – clean

11 – toast

15 - roast

4 – open

8 – fry

12 – blend

16 - crush

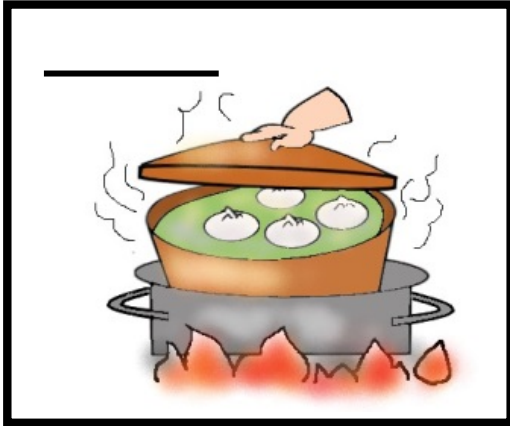
# COOKING METHODS



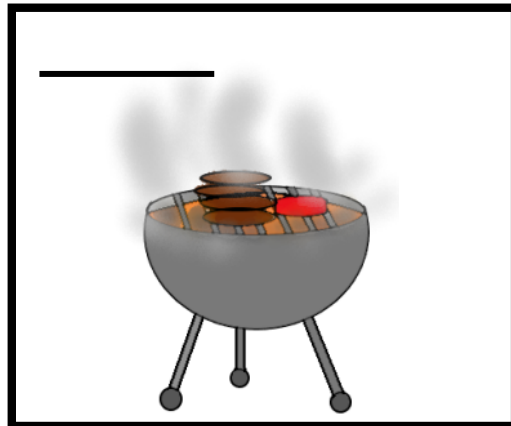
YES OR NO?

Write YES or NO in the boxes if the picture matches with the cooking method.

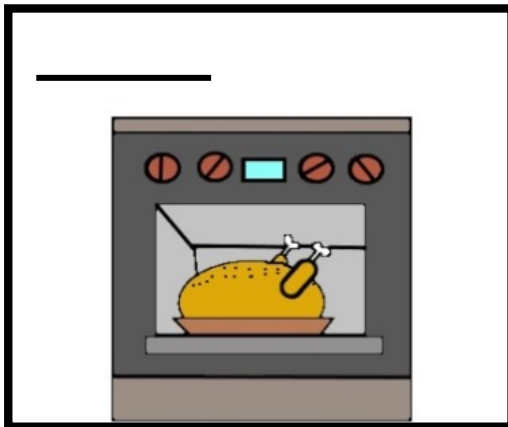
## Steaming



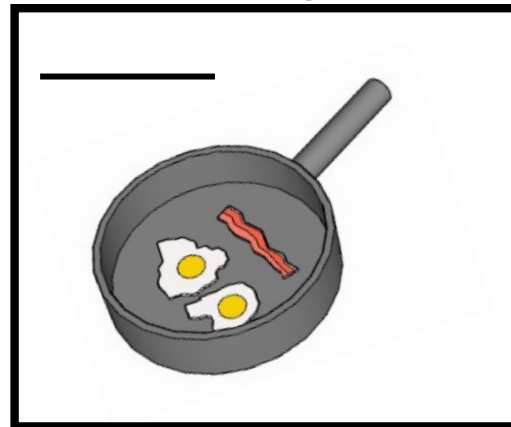
## Baking



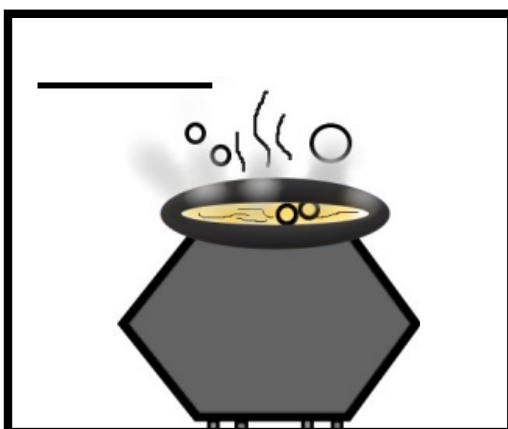
## Grilling



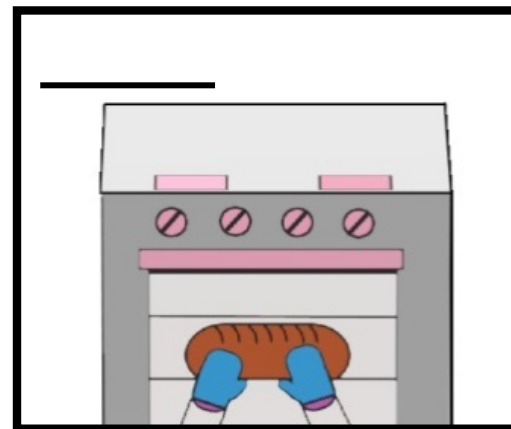
## Frying



## Boiling



## Roasting





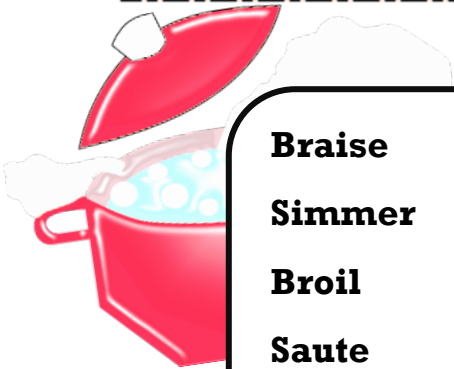
## COOKING METHODS



### COOKING METHODS CATEGORIZATION

Assign the cooking methods below to its category by writing them under **DRY**, **MOIST** and **COMBINATION** cooking methods column.

| <b>DRY<br/>COOKING<br/>METHODS</b> | <b>MOIST<br/>COOKING<br/>METHODS</b> | <b>COMBINATION<br/>COOKING<br/>METHODS</b> |
|------------------------------------|--------------------------------------|--|
|                                    |                                      |  |



**Braise**

**Simmer**

**Broil**

**Saute**

**Blanch**

**Bake**

**Deep fry**

**Grill**

**Stew**

**Pan fry**

**Stir Fry**

**Steam**

**Roast**

**Parboil**

**Boil**

**COOKING METHODS**

**Below are cooking methods with its definition. Circle the correct word to make the statement true.**

| <b>COOKING METHODS</b> | <b>DEFINITION</b>   |
|------------------------|---|
| <b>Sauteing</b>        | Before adding oil, you should let the pan condition/ carry over.  |
| <b>Broiling</b>        | The heat from broiling comes from above/below the food.           |
| <b>Baking</b>          | Baking typically involves larger/smaller pieces of food.          |
| <b>Roasting</b>        | Roasting typically involves larger/smaller pieces of food.        |
| <b>Grilling</b>        | The heat for grilling comes from above/below the food.            |
| <b>Deep frying</b>     | When pan frying, the food is partially/completely covered in oil. |
| <b>Stir frying</b>     | While cooking, food should be covered/uncovered.                  |
| <b>Pan frying</b>      | When pan frying, the food is partially/completely covered in oil. |



**SHOW ME YOUR RECIPE!**

**Look for a recipe of your choice and have it printed.  
Paste it on the box below and encircle the cooking  
methods used in the recipe.**

A large, empty rectangular area with rounded corners, colored in a light orange or peach shade, intended for pasting a recipe and marking cooking methods.



**MATCH IT!**

Match the kitchen measurement on the left with its correct abbreviation on the right. Draw a line to match it.

|             |            |
|-------------|------------|
| Fahrenheit  | pkt.       |
| gallon      | T or tbsp. |
| cup         | °C         |
| package     | g.         |
| pound       | qt.        |
| teaspoon    | oz.        |
| dozen       | pkg.       |
| quart       | doz.       |
| Celsius     | pt.        |
| Fluid ounce | lb.        |
| gram        | °F         |
| tablespoon  | C.         |
| packet      | fl oz.     |
| pint        | gal.       |
| ounce       | t or tsp.  |



**DRY MEASURING CUPS**

**Circle the products you would measure with a dry measuring cup.**

**Dry measuring cups are used to measure dry ingredients like flour and sugar.**

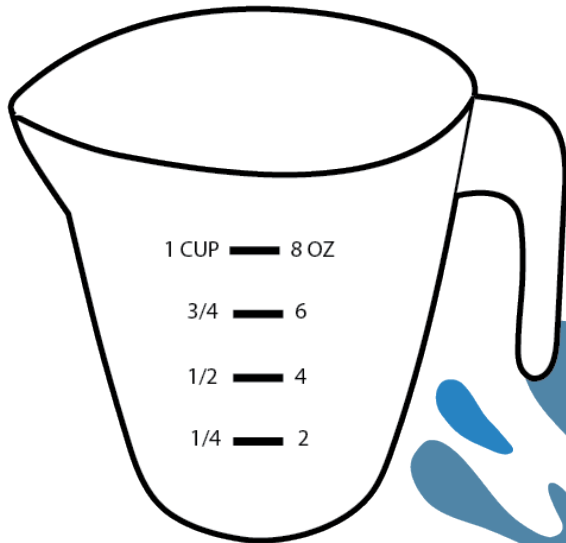




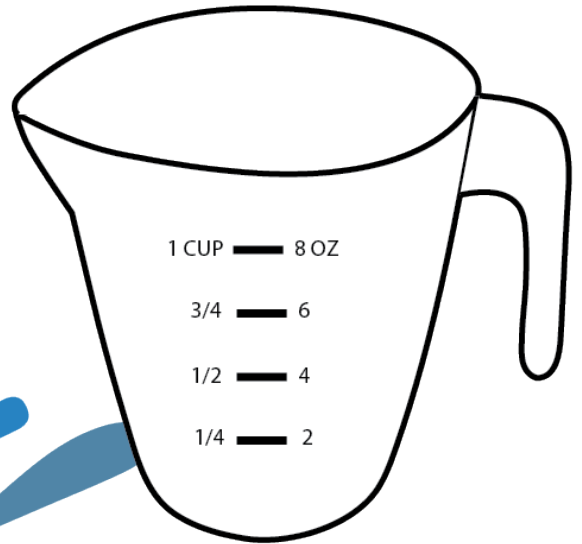
**LIQUID MEASURING CUP**

**Color the measuring cup up to the indicated amount. Use any color you like!**

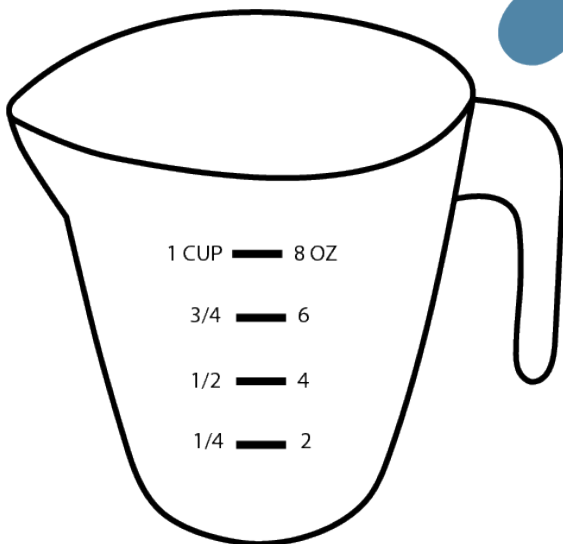
2 OZ



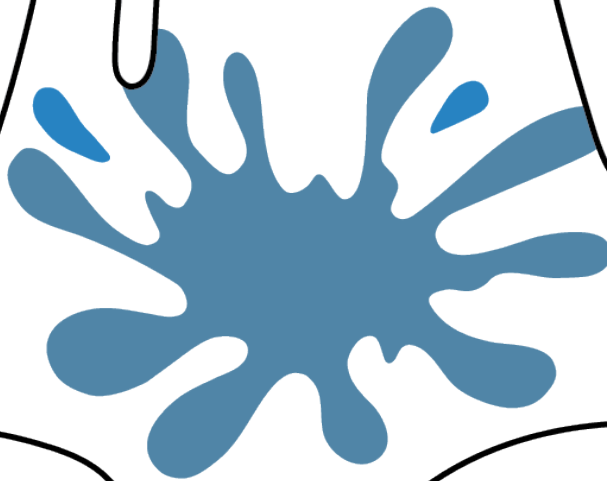
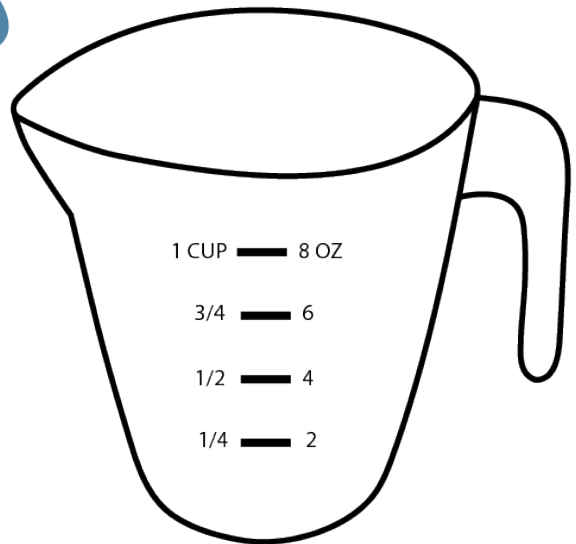
1/2 CUP



1 CUP



4 OZ





**HELP THE CHEF**

**The chef is thinking about what to cook. Can you draw your favorite food in the cloud to help him come up with an idea?**





## MENU PLANNING



### I AM HUNGRY!

People should eat three healthy meals a day. The three meals are called, **breakfast, lunch and dinner**. Encircle the pictures of food you should eat for each meal.

### Breakfast



### Lunch



### Dinner





**KIDS' MENU**

**Make your own menu for breakfast, lunch and dinner. Ask help from your teacher if you need help in spelling out some words.**

| <b>Breakfast</b>         |  |
|--------------------------|--|
| <b>Protein</b>           |  |
| <b>Grains</b>            |  |
| <b>Dairy</b>             |  |
| <b>Fruits/Vegetables</b> |  |

| <b>Lunch</b>             |  |
|--------------------------|--|
| <b>Protein</b>           |  |
| <b>Grains</b>            |  |
| <b>Dairy</b>             |  |
| <b>Fruits/Vegetables</b> |  |

| <b>Dinner</b>            |  |
|--------------------------|--|
| <b>Protein</b>           |  |
| <b>Grains</b>            |  |
| <b>Dairy</b>             |  |
| <b>Fruits/Vegetables</b> |  |

HERBS AND SPICES



HERB OR SPICE?

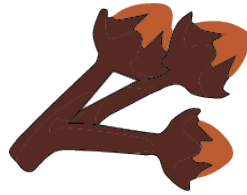
ENCIRCLE the herbs that you can find in this picture and BOX the spices.



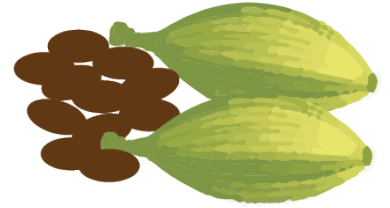
vanilla



ginger



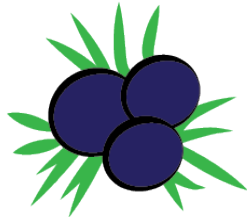
cloves



cardamon



nutmeg



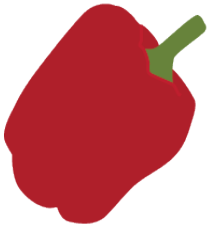
juniper



rosemary



pepper



paprika



anise



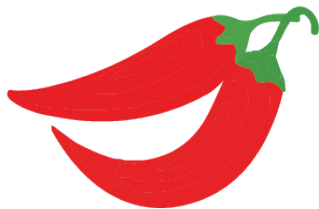
bay leaf



mint



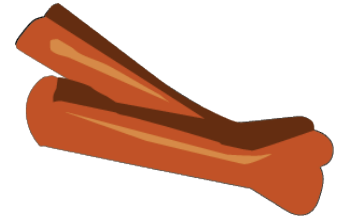
oregano



chili



turmeric

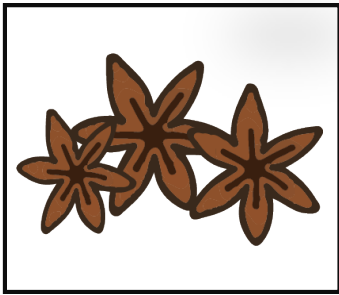


cinnamon roll

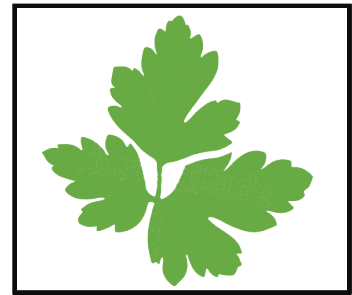


CULINARY HERBS

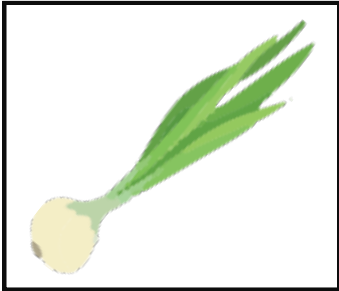
Match the following pictures of culinary herbs to its correct name. Draw a line to connect it.



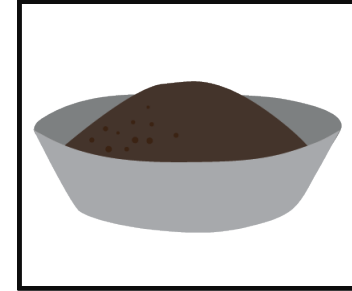
parsley



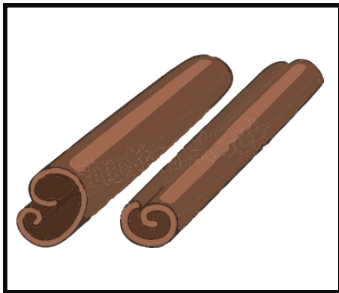
rosemary



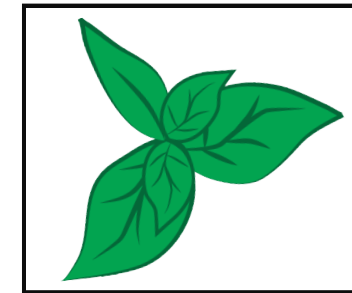
cloves



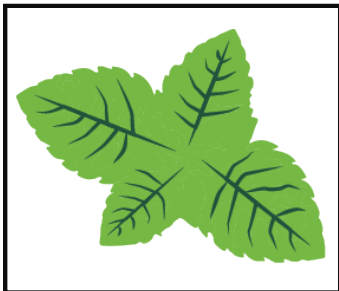
anise



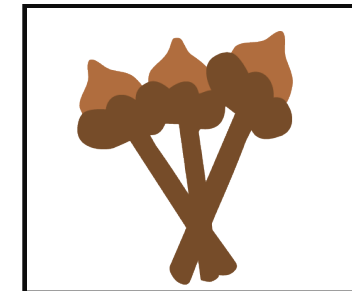
mint



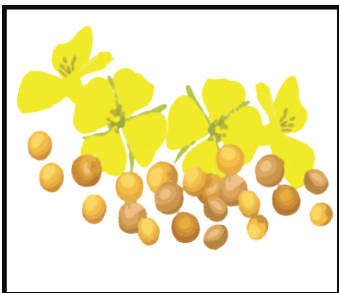
cloves



basil



black pepper



chives



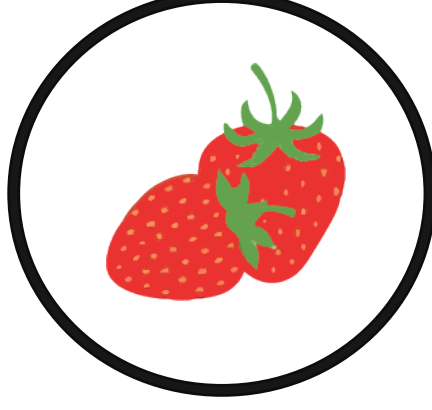
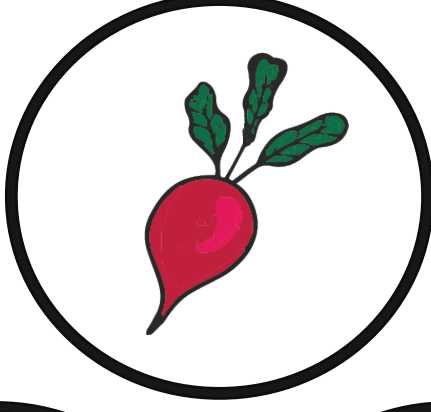
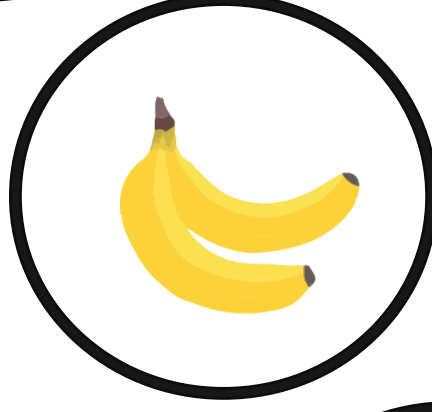
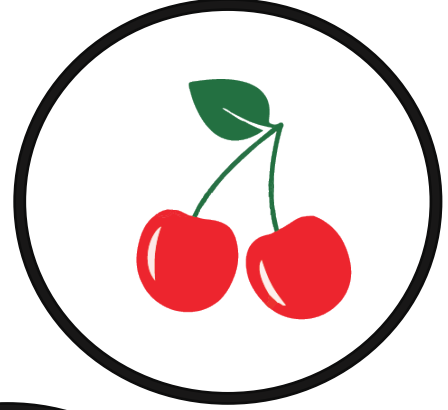
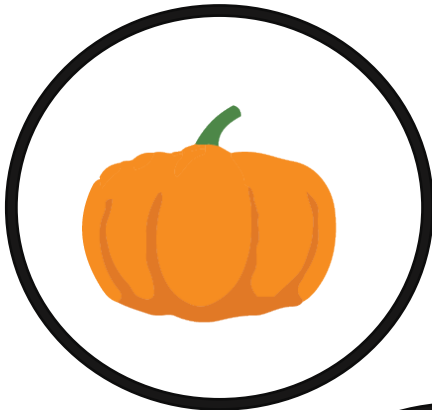
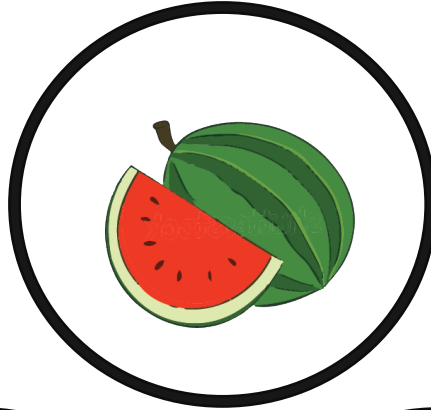
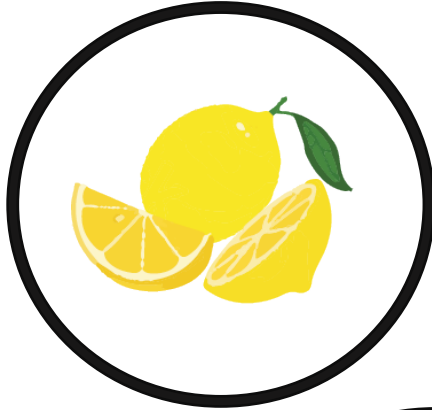
cinnamon

**FRUITS AND VEGETABLES**



**FRUIT OR VEGETABLE?**

**Color the circle GREEN for vegetable and RED for fruit.**



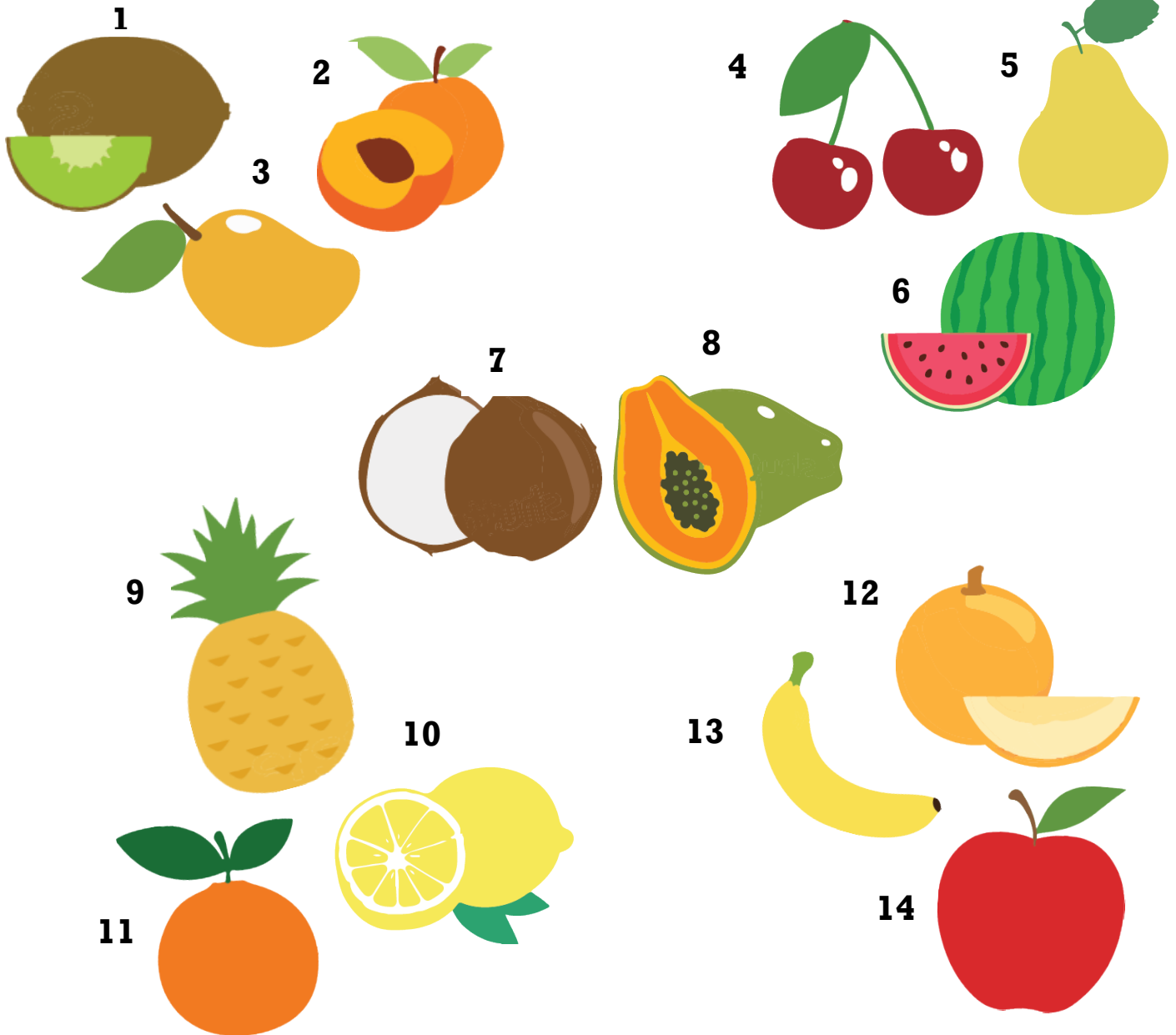
**FRUITS AND VEGETABLES**



**MATCH IT!**

Match the fruits to its name, write the number only!

- |                          |         |                          |            |                          |        |                          |           |                          |       |
|--------------------------|---------|--------------------------|------------|--------------------------|--------|--------------------------|-----------|--------------------------|-------|
| <input type="checkbox"/> | apple   | <input type="checkbox"/> | watermelon | <input type="checkbox"/> | orange | <input type="checkbox"/> | cherries  | <input type="checkbox"/> | peach |
| <input type="checkbox"/> | papaya  | <input type="checkbox"/> | pear       | <input type="checkbox"/> | banana | <input type="checkbox"/> | pineapple | <input type="checkbox"/> | mango |
| <input type="checkbox"/> | coconut | <input type="checkbox"/> | lemon      | <input type="checkbox"/> | kiwi   | <input type="checkbox"/> | melon     |                          |       |

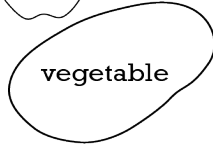
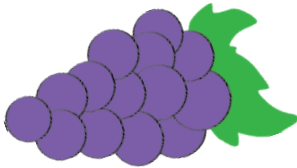
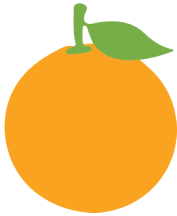


# FRUITS AND VEGETABLES



## FRUIT OR VEGGIE?

Match the names of the fruits and vegetables below and identify if it's a fruit or vegetable.



celery

watermelon

orange

pepper

broccoli

mushroom

grapes

carrot



**COLOR THE FRUIT**

Below are pictures of fruits and vegetables. Circle out all the FRUITS and color them.



carrot



raddish



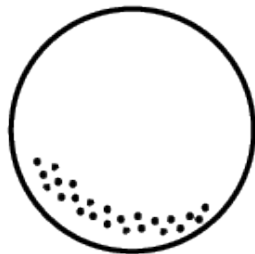
lettuce



watermelon



broccoli



orange



avocado



apple



strawberry



tomato



onion



grapes



**FRUITS AND VEGETABLES**



**COLOR THE VEGETABLE**

Below are pictures of fruits and vegetables.  
Circle out all the **VEGETABLES** and color them.



cabbage



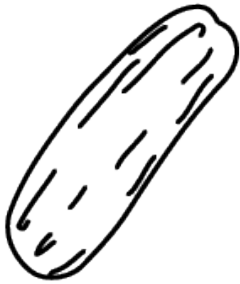
eggplant



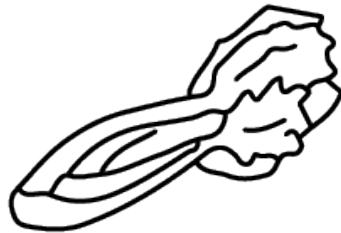
carrot



pear



cucumber



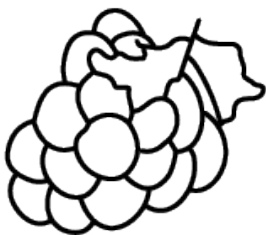
celery



strawberry



banana



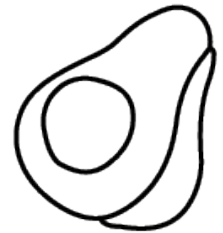
grapes



raddish



pepper

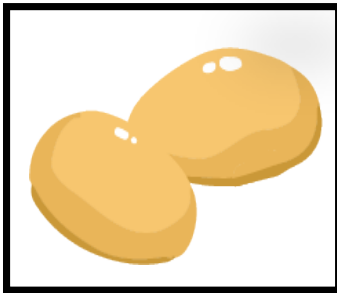


avocado

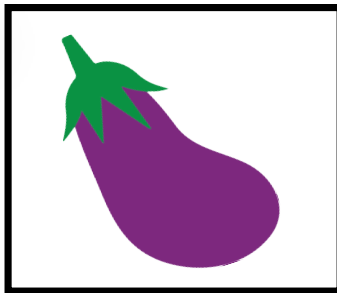


VEGETABLES MISSING LETTERS

Write the missing letters in the boxes to complete the name of the vegetable.



p \_ t \_ t \_



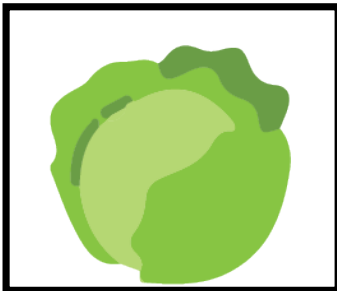
e \_ g \_ l \_ n \_



l \_ t \_ u \_ e



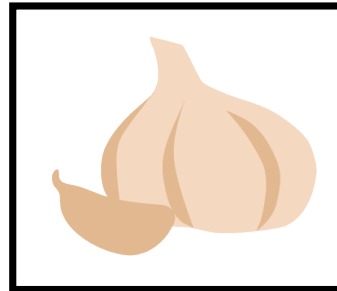
p \_ m \_ k \_ n



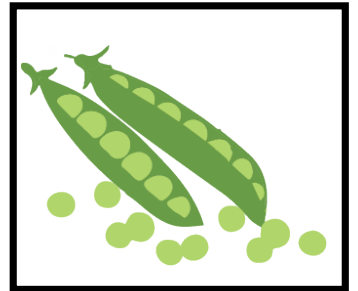
c \_ b \_ a \_ e



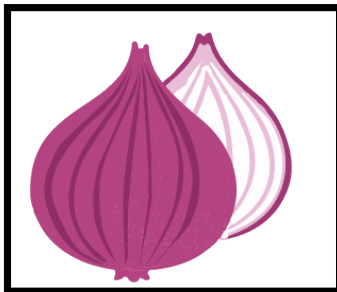
c \_ r \_



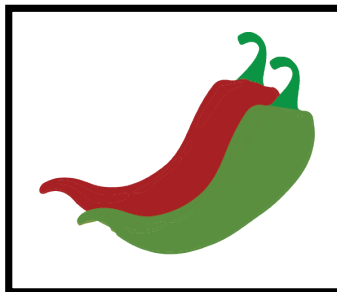
g \_ r \_ i \_



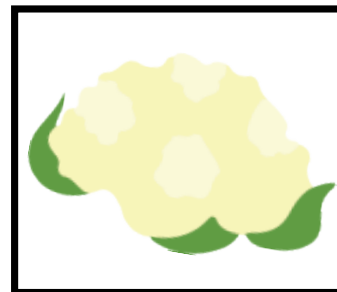
p \_ a \_



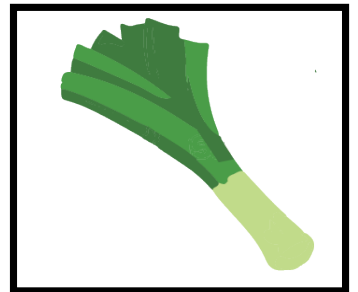
o \_ i \_ n



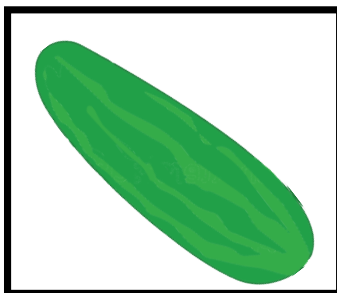
p \_ p \_ e \_



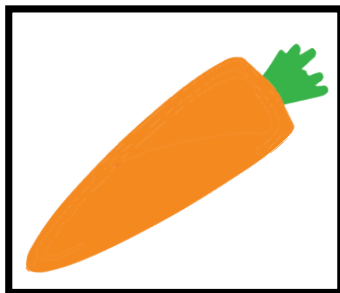
c \_ u \_ i \_ l \_ w \_ r



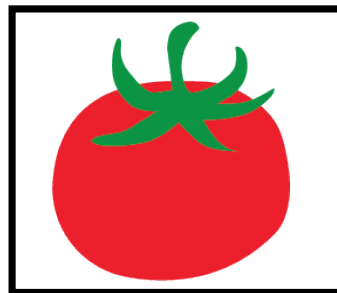
l \_ e \_



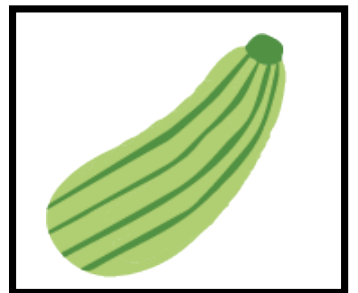
c \_ c \_ m \_ e \_



c \_ r \_ o \_



t \_ m \_ t \_



z \_ c \_ h \_ n \_



FARMER'S MARKET

Cut out the fruits and vegetables and put them in the correct basket.

Let's Go To The Farmer's Market!

