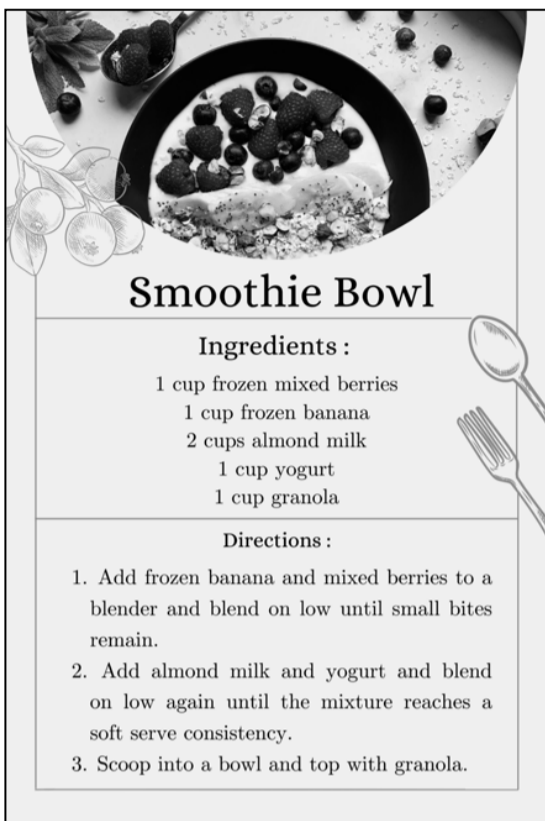


1. Answer the questions about the recipe:



Smoothie Bowl

Ingredients :

- 1 cup frozen mixed berries
- 1 cup frozen banana
- 2 cups almond milk
- 1 cup yogurt
- 1 cup granola

Directions :

1. Add frozen banana and mixed berries to a blender and blend on low until small bites remain.
2. Add almond milk and yogurt and blend on low again until the mixture reaches a soft serve consistency.
3. Scoop into a bowl and top with granola.

What do you need 2 cups of?

What appliance will you use to make this recipe?

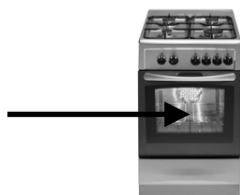
What should you do before you start cooking?

What blender setting will you use to make this recipe?

2. List the kitchen safety rules:

1. _____
2. _____
3. _____
4. _____

3. Write the function of each appliance:



Unit 5

Pre-test - Page 2

Name: _____

Date: _____

4. Circle True or False for each statement:

You should always wash your hands before preparing food.

True

False

Oven mitts are for handling cold items.

True

False

You boil food in a basket on the stove.

True

False

It is safe to let raw seafood and produce touch.

True

False

It is important to be careful when you are cutting food.

True

False

You can follow recipe steps in any order that you want.

True

False

Cooking something in the oven is called baking.

True

False

You fry food in a pan on the stove.

True

False

It is helpful to read the recipe steps before you start cooking.

True

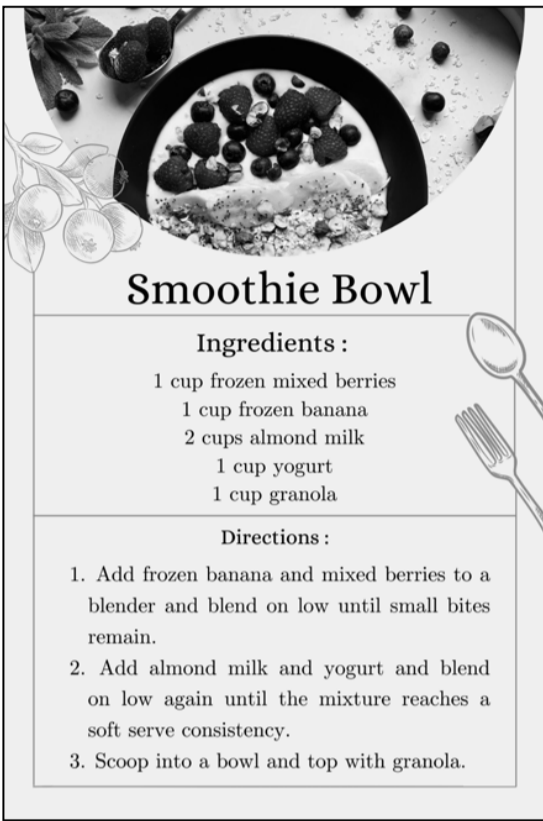
False

Blenders are for blending foods together.

True

False

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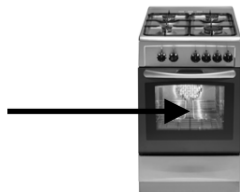
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