Chapter 6 Kitchen Know How Pt.B

Read pages 84 ­- 100 and answer the following questions

1. What are the three main methods for thawing food before cooking? Which one would you suggest for using most often, and why?

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1. When would you consider food to be ‘spoiled’? Give the conditions for different types of foods that would make them unusable. (Ex: fish, chicken, beef, vegetables, dry goods, etc.)

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1. In order for your fridge to work at its most efficient you must follow some simple guidelines. What are the ‘rules of the fridge’? Is the fridge on page 92 following these rules? Explain you answer.

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1. All foods are not created equal! Different foods have a longer or shorter shelf life, depending on their own characteristics. Pick 10 of your favorite foods from the list on page 90-91 and fill in a chart like the one started here.

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| Food Item | Refrigerator lifespan | Freezer lifespan |
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1. Power outages are fairly common in Happy Valley – Goose Bay. If the power were to go out today at 10:00 am, how would you decide if your food at home is safe when you get home at 4:00 pm?

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