

Name: _____

Hour: _____

VIDEO WORKSHEET

Review:

After viewing each segment, answer the following questions.

PLANNING FRESH MEALS

1. _____ % of the average American household food budget is spent on processed foods.

2. What are some examples of the importance of fresh food and ingredients in China?

3. What are some tips for preparing meals using fresh foods?

SEASONING WITH FRESH HERBS

4. How should fresh herbs handled and stored?

5. What are examples of robust herbs and how are they used?

6. What are examples of tender herbs and how are they used?

SEASONING WITH SPICES

7. What part of the plant does each of the following spices come from?

Cinnamon = _____ Cloves = _____

Star anise = _____ Allspice = _____

Mustard, coriander, cumin, caraway = _____ Nutmeg = _____

8. Which spice is the most expensive in the world and why?

SEASONING WITH SPICES CONTINUED

9. Name two spices that come in blends.

10. How should spices be stored?

SELECTING OLIVE OIL

11. What type of fat is found in olive oil?

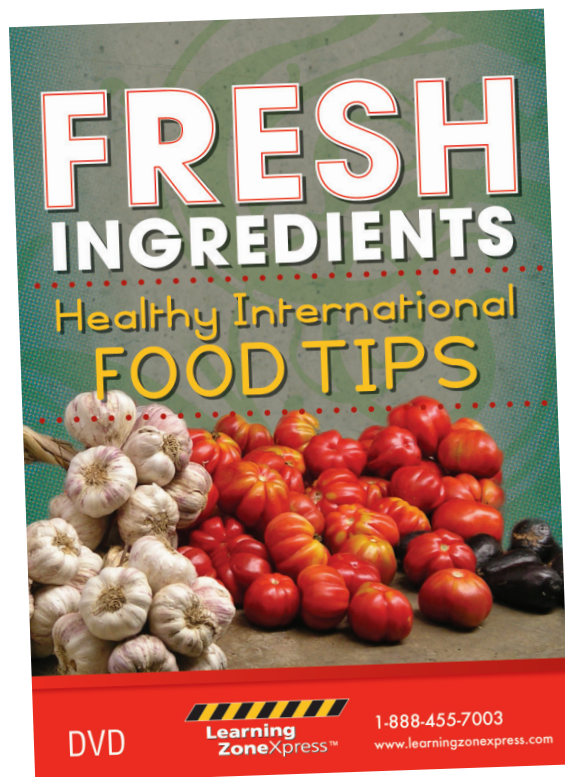
12. What does extra-virgin olive oil mean?

13. Does “light” olive oil have fewer calories than regular olive oil?

SELECTING THE BEST FISH

14. What are some tips for selecting fresh fish?

15. How long should you cook fish?



ANSWER KEY

Review:

After viewing each segment, answer the following questions.

PLANNING FRESH MEALS

1. 90 % of the average American household food budget is spent on processed foods.

2. What are some examples of the importance of fresh food and ingredients in China?

Live fish swim in tanks at food markets and in restaurants. Chinese claim they can tell by taste and texture if a fish was alive until just before being cooked. Vegetables are sold with their greens and roots still attached, indicating that they have been freshly picked.

3. What are some tips for preparing meals using fresh foods?

• **Have a plan. Use cookbooks and the internet for recipes for the week's meals.**

• **Keep meals simple. Include lean protein, whole grains and fruits and vegetables.**

• **Write a shopping list**

• **Clean and chop vegetables in advance.**

• **Use quick cooking methods like grilling, stir-frying, steaming and microwaving.**

• **Create your own convenience foods by cooking on the weekend or using a slow cooker.**

SEASONING WITH FRESH HERBS

4. How should fresh herbs handled and stored?

Fresh herbs should be treated in the same manner as fresh flowers. Fill a glass with a few inches of cool water. Trim the ends of the herbs and remove any leaves that fall below the water level. Store the container in the refrigerator until you're ready to use them.

5. What are examples of robust herbs and how are they used?

Rosemary, thyme, oregano, and sage are examples of robust herbs that have tough leaves that are resistant to the heat of the sun and the heat of cooking. They are often used in slow-simmered sauces, soups and stews. The stems are rigid and should be discarded.

6. What are examples of tender herbs and how are they used?

Basil, parsley, cilantro and mint are examples of tender herbs, which have tender leaves and soft stems. These herbs should be added at the end of cooking because long cooking diminishes their flavors.

SEASONING WITH SPICES

7. What part of the plant does each of the following spices come from?

Cinnamon = **bark**

Cloves = **flower bud**

Star anise = **fruit**

Allspice = **berry**

Mustard, coriander, cumin, caraway = **seed**

Nutmeg = **seed kernel**

8. Which spice is the most expensive in the world and why?

Saffron. It is the dried stigmas of a flower. Each flower has 3 stigmas and it takes 14,000 stigmas to equal one ounce of saffron.

SEASONING WITH SPICES CONTINUED

9. Name two spices that come in blends.

Curry powder

Chinese 5-spice powder

10. How should spices be stored?

Spices should be stored in an airtight container in a dark place.

SELECTING OLIVE OIL

11. What type of fat is found in olive oil?

Monounsaturated fat, which is a healthier type of fat that can reduce your risk of heart disease.

12. What does extra-virgin olive oil mean?

Extra-virgin olive oil is made from the first pressing of top-quality olives. The oil has a pronounced, full-bodied, fruity or peppery taste and low acidity. The darker the color, the more intense the olive flavor.

13. Does “light” olive oil have fewer calories than regular olive oil?

No, light olive oil has been processed using a fine filtration system, which is light in color and flavor, but not calories. It contains the same grams of fat as extra-virgin or regular olive oil.

SELECTING THE BEST FISH

14. What are some tips for selecting fresh fish?

- **Shop a market with a high turnover to guarantee freshness**
- **Ask questions, including when the fish arrived**
- **Fish should be firm and spring back when touched**
- **Gills should be rich red and skin should be shiny and metallic**
- **Smell the fish. It should have a “fresh sea” aroma, not fishy**
- **Always bring fish directly home and refrigerate**
- **Cook within 24 hours**
- **Rinse in cold water before cooking**

15. How long should you cook fish?

A general rule of thumb is 10 minutes per inch of thickness. Cooking fish until it flakes can actually encourage overcooking. Fish is fully cooked when the color turns from translucent to opaque.