

Menu Planning Week One

Week 1: Defining Terminology, Temperature Conversions, Recipe Conversions

Please cut and paste the following pages in Word and fill in your answers and email it in to me.

1. What is a static menu?
2. What is a market menu?
3. What is a cycle menu?
4. What is the term for a service where every beverage and food item is priced and ordered separately (Dim Sum is an example)? _____
5. Explain what a Table D'Hote menu is.
6. What foods are eaten in the following vegetarian diets?

Vegan –

Lacto –

Ovo –

Lacto-ovo –

7. What is the difference between food allergies and intolerances?
8. What are the four main foods that adults are allergic to (that you can find on the internet)?

1. . _____

2. . _____

3. . _____

4. _____

9. What is Celiac Disease?

Temperature Conversions

Temperature Conversions

$$\text{Celcius} = (F - 32) \div 1.8$$

$$\text{Fahrenheit} = (C \times 1.8) + 32$$

Convert the following temperatures using the above formulas:

$$400 \text{ F} = \underline{\hspace{2cm}} \text{ Celcius}$$

$$350 \text{ F} = \underline{\hspace{2cm}} \text{ Celcius}$$

$$175 \text{ F} = \underline{\hspace{2cm}} \text{ Celcius}$$

$$0 \text{ F} = \underline{\hspace{2cm}} \text{ Celcius}$$

$$-32 \text{ F} = \underline{\hspace{2cm}} \text{ Celcius}$$

$$100 \text{ C} = \underline{\hspace{2cm}} \text{ Fahrenheit}$$

$$71 \text{ C} = \underline{\hspace{2cm}} \text{ Fahrenheit}$$

$$60 \text{ C} = \underline{\hspace{2cm}} \text{ Fahrenheit}$$

$$46 \text{ C} = \underline{\hspace{2cm}} \text{ Fahrenheit}$$

Measurement Conversions

Volume Conversions: Normally used for liquids only	
Customary quantity	Metric equivalent
1 teaspoon	5 mL
1 tablespoon or 1/2 fluid ounce	15 mL
1 fluid ounce or 1/8 cup	30 mL
1/4 cup or 2 fluid ounces	60 mL
1/3 cup	80 mL
1/2 cup or 4 fluid ounces	120 mL
2/3 cup	160 mL
3/4 cup or 6 fluid ounces	180 mL
1 cup or 8 fluid ounces or half a pint	240 mL
1 1/2 cups or 12 fluid ounces	350 mL
2 cups or 1 pint or 16 fluid ounces	475 mL
3 cups or 1 1/2 pints	700 mL
4 cups or 2 pints or 1 quart	950 mL
4 quarts or 1 gallon	3.8 L

Note: In cases where higher precision is not justified, it may be convenient to round these conversions off as follows:
 1 cup = 250 mL
 1 pint = 500 mL
 1 quart = 1 L
 1 gallon = 4 L

2.2046lbs = 1kg

Convert the Following Recipe into Metric

Minion Feed	
Chef Sovyn	
Imperial	Metric
1 cup packed brown sugar	
3/4 cup vegetable oil	
1/4 cup molasses	
1 egg	
2 cups all-purpose flour	
2 teaspoons baking soda	
1/4 teaspoon salt	
1/2 teaspoon ground cloves	
1 teaspoon ground cinnamon	
1 teaspoon ground ginger	
1/3 cup white sugar for decoration	

-Method

- 1) Preheat the oven to 375 degrees F (_____ degrees C).
- 2) In a large bowl, mix together the brown sugar, oil, molasses and egg.
- 3) Combine the flour, baking soda, salt, cloves, cinnamon and ginger; stir into the molasses mixture.
- 4) Roll dough into 3cm balls.
- 5) Roll each ball in white sugar before placing 2 inches apart on ungreased cookie sheets.
- 6) Bake for 10 to 11 minutes in preheated oven, or until centre is firm. Cool on wire racks.