**HFC3M1 – Exam Review**

**Format:**

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| --- | --- |
| A: Multiple Choice | 30 Marks |
| B: True/False | 30 Marks |
| C: Short Answer | 25 Marks |
| D: Picture Significance | 10 Marks |
| E: Culture Creation | 20 Marks |
| Total | 115 Marks |

**Intro to the Kitchen and Culture**

* Kitchen and Food Safety – proper procedures, bacteria, (cook, chill, clean, separate), cross contamination, food borne illnesses (symptoms and ways of contracting it) etc.
* Kitchen tools and techniques
* Shrove Tuesday
* A rose by any other name – be able to identify foods by their other name
* Big ideas from the episode of ‘The Big Picture: Eat This’
* Influences on food choices – be able to name several and explain how they influence choices
* Dietary Guidelines from Around the World presentations – be able to address a couple features from various Food Guides
* What the World eats – be able to look at a picture and analyze it

**Canadian Food and Culture**

* Canada’s food guide – food groups, types of foods recommended, tips and advice and similarities and differences with the First Nations food guide
* What is culture powerpoint – key terms and ideas
* What is on the Canadian table – reading and questions;
* Powerpoint on food in Canada
* Food lover’s guide to Canada
* Uniquely Canadian foods
* Farming/fishing/hunting
* (review Canada Quiz)

**International Food and Culture**

* Intro to influences, history of exploration and trade, falvours
* Spies, Herbs, Extracts – differences between them, major spices and herbs, spices of various cultures, how to balance flavours
* Culinary Tourism
* Video on gastrodiplomacy
* Foreign cooking equipment – uses and origins
* International foods powerpoint
* Cultural Investigation presentations – know very basic ideas from some of the presentation and then be able to utilize specific points from those of your choice