

STUDY GUIDE OF TOPICS FOR MIDTERM FOODS GRADE 9 TEST

-Metric equivalents and how to measure

-metric units

-kitchen safety

-food safety

-kitchen equipment/tools

-muffin method

-biscuit method

-Canada's Food Guide (groups, number of servings for your age per group, What are meat alternates, is fat part of the food guide?)

-nutrients in foods we have reviewed (milk etc)