

**Home Ec. Bowl Bank Questions
Created in 2013**

Baking I and II

Q. Name a type of solid fat?

A. Butter or shortening, margarine

Q. What is the purpose of a sifter?

A. To incorporate air into flour and other dry ingredients, to mix dry ingredients

Q. What is the equivalence of a pound measured in ounces?

A. 16 ounces = 1 pound

Q. What is the most common sweetener used in baking?

A. White Granulated Sugar

Q. Chocolate chip cookies are a rolled type of cookie. True or False

A. False

Q. What nutrient helps your body carry oxygen to all parts of your body?

A. Iron

Q. Why should you stir the baking powder before measuring it?

A. To activate the ingredients

Q. How many cups in a pint?

A. Two

Q. What vitamin aids in healing cuts?

A. Vitamin C

Q. What cooking term means, to mix gently by lifting from bottom to top, then folding over?

A. Fold

Q. What utensil should be used to level dry ingredients when measuring and to loosen baked goods from pans?

A. Straight edge spatula

Q. How many teaspoons are equal to one tablespoon?

A. Three

Q. Name 3 kinds of measuring devices used in the kitchen?

A. Liquid Measuring cups, dry measuring cups, and measuring spoons

Q. What kitchen utensil do you use to cut flour and shortening when making pastry and biscuits?

A. Pastry Blender

Q. What is the last and most important thing to do for Mom when done baking?

A. Leave the kitchen clean

Q. Name three kinds of accidents that happen most often in a kitchen?

A. Burns, falls, cuts

Q. To work dough with your hands, by repeating a folding motion, pressing forward then turning is called _____?

A. Knead

Q. Name 3 things you need to do before you start to prepare food.

A. Wash your hands

Read recipe

Get out ingredients/supplies

Q. Describe how to measure brown sugar?

A. Spoon into a dry measuring cup, pack it down firmly

Q. Raw Cookie dough may have what bacteria present?

A. Salmonella

Q. What is the most important thing to remember in making muffins?

A. Barely dampen the dry ingredients, OR stir only until ingredients are moist. DO NOT OVER MIX!

Q. What is molasses?

A. It is a thick, dark, brown syrup generally made from juice pressed from sugar cane during refining.

Q. What is the difference between Quick Breads and Yeast Breads?

A. Quick Breads use leavening agents like baking powder and baking soda. Yeast breads use yeast as a leavening agent.

Q. How is powdered sugar made?

A. It is granulated sugar that has been milled to a fine powder, then mixed with cornstarch to prevent lumping.

Q. At altitudes above 3,500 feet, chocolate chip cookies tend to spread; what can you do to make a firmer dough?

A. Add 2 to 3 tablespoons of flour.

Q. Baking soda and baking powder act as leavening agents by producing what?

A. Carbon dioxide.

Q. What is zest?

A. The brightly colored outer layer of the peel of a citrus fruit, mainly lemons and oranges.

Q. What is an example of liquid sugars?

A. Honey, corn syrup, molasses.

Q. What nutrient builds and repairs muscles and other parts of your body?
A. Protein.

Q. What is another name for confectioner's sugar?
A. Powdered sugar.

Q. What type of measuring cup should be used to measure molasses?
A. Liquid.

Q. When measuring, how much is a pinch?
A. The amount you can pick up between your thumb and forefinger.

Q. What is an uncooked mixture of flour, liquid, and other ingredients called, as for a cake or pancakes?
A. Batter

Q. What type of baking sheet should you use for evenly browned cookies?
A. Shiny

Q. What happens to muffins if you over grease your muffin pan?
A. They will have darker sides

Q. What where should you read a liquid measurement?
A. From eye level.

Q. What do sweeteners add to baked goods?
A. Flavor, tenderness, browning.

Q. Oils are fats that become _____ at room temperature.
A. Liquid.

Q. What does "pre-heat" the oven mean?
A. To heat the oven to the temperature called for in the recipe before putting the food in to roast or bake.

Q. How many cups are in a quart?
A. 4 cups.

SEWING I & II

Q. What part on the sewing machine moves the fabric as you sew?
A. Feed Dogs.

Q. What controls the upper thread?
A. Tension Control.

Q. On a sewing machine, what adjusts the length of the stitch?
A. Stitch Length Regulator

- Q. How can you prevent your thread from pulling out of the needle when you start to sew?
A. Have the thread take up lever at the highest position when you stop. Hold threads, then lower needle into fabric.
- Q. Name two pressing tools that you must have for sewing?
A. Iron and ironing board.
- Q. The stretchiest part of the fabric is called _____?
A. Bias.
- Q. Name 3 items of information that is found on the end of the bolt of fabric?
A. Fiber content, fabric width, cost and care directions.
- Q. Which is the best method of straightening fabric for someone using a light to medium weight cotton or cotton poly blend?
A. Tear Method.
- Q. On the totebag, name on way you can finish the raw edges of your bag?
A. Zigzag stitch, edge stitching, stitching and pinking, turning and stitching, or SERGING.
- Q. For your first sewing project, what type of fabric is the best choice?
A. Woven 100% cotton
- Q. What is the difference between shears and scissors?
A. Shears have bent handles and are used on fabrics, scissors have straight handles and are used on paper and cutting threads.
- Q. On a sewing machine, what is the function of a foot control?
A. Foot control is used to start the machine; once pressed down, needle moves up and down.
- Q. The sewing tool used to take out stitches is called a _____.
A. Seam Ripper.
- Q. Seam finishes keep the seams from shrinking when washed? True or False
A. False, it keeps it from fraying.
- Q. Threads that run across the fabric from one selvage to the other are called the _____.
A. Crosswise Grain.
- Q. What is the name of the sewing tool that is a shorter ruler with a movable slide used for marking hems and seams?
A. A Sewing Gauge
- Q. Why should you insert a new needle into your sewing machine before each new project?
A. To avoid skipped stitches, and the stitching will look better and have less of a chance in snagging the fabric.

Q. How wide should the finished hem be on the gathered skirt?

A. 2 inches.

Q. What should you do to your fabric to prevent the finished product from shrinking?

A. Prewash the fabric.

Q. Describe how you join elastic?

A. Overlap the ends about 1 inch, stitch a small square around edges, then stitch an X in the box.

Q. When sewing a seam, what must you do at the beginning and end of the seam?

A. Back stitch.

Q. What is the most important measurement for determining the fit of the shirt?

A. The chest measurement.

Q. What do you call fabric with two or more entirely different fibers in the same fabric each used to give certain qualities.

A. Blends.

Q. What are the two types of buttons?

A. Sew Through or Shank.

Q. How should you move the iron when pressing something?

A. Up and down.

Q. Fabrics that have a “one-way” design have a what?

A. Nap.

Q. Man-made fabrics may also be referred to as what?

A. Synthetic

Q. What does “permanent press” mean?

A. It is a finish that makes the fabric resistant to wrinkles.

Q. What are lengthwise threads called?

A. Warp.

Q. What can you use to transfer markings from your pattern to fabric?

A. Chalk, marking pens or pencils, tracing paper and a tracing wheel.

Q. The standard “stitches per inch” for most seams is _____?

A. 10-12.

Q. When you are going to wind a bobbin, what part of the machine should loosen, then tighten when you're done?

A. The hand wheel, or flywheel.

Q. What is the term for a fabric's ability to keep its original color, not fading from sunlight, wear or laundering?

A. Colorfast

Q. On a pattern, a _____ line is a solid, dark outer line.

A. Cutting

Q. What should you do if the right and wrong sides of your fabric look alike?

A. Mark the wrong sides with a marking pen, pencil, or chalk or place a small piece of tape on the wrong side of the fabric.

Q. Markings are usually made on the fabric's _____ side.

A. Wrong.

Q. The _____ measurement is the most important one for determining the fit of the shorts or pants.

A. Hip.

Q. What is the purpose of the bobbin?

A. Holds the bottom thread.

Q. Crewel needles have _____ eyes for easy threading.

A. Long.

Q. How do you "release" the fabric from the sewing machine?

A. You lift the presser foot lifter.