Foods 11/12 Journal Questions and Diet Study

Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Before starting on the questions below, please watch the following video as this is what you will be doing tomorrow. Please note that the cook creats one large calzone…you must divide the dough into how many people are in your kitchen and make individual ones. We will be making the calzones described in the video (ricotta cheese, mozza cheese and ham or prosciutto). You will not receive a large quantity of ingredients per person so you may need to make a smaller calzone and then a bun with the extra dough. Use common sense – if you make a very large calzone you will not have the filling to fill it. This is just a sample size! <https://www.youtube.com/watch?v=TlSXqNZ9MeI>

1. Describe the steps in making a stiff meringue. Use full complete sentences and be very thorough.
2. Describe thoroughly how to make a gravy using a slurry.
3. Explain the steps in making Choux pastry; include how you add the eggs, baking time, etc (you may need to research this and put it into your own words). List 3 fillings that could be placed inside the pastry. What does ‘Choux’ mean?
4. Research 2 fad diets. Thoroughly describe them: explain how it works, foods you can eat and foods you must stay away from, how long you must stay on this diet, pros and cons about this method of weight loss. Provide additional information that you feel is necessary to thoroughly describe your diet. \*\*you must copy and paste all sites used in your research of this question. Please include a bibliography.