

## final kitchen skills quiz

1. What is the best way to avoid food poisoning?
  - a) use bacterial soaps
  - b) use only organic foods
  - c) eat only at home, not in restaurants
  - d) wash your hands with soap and water before and after handling food
2. After cooking your food and eating it, when should you put leftovers in the refrigerator?
  - a) 30 minutes
  - b) 2 hours
  - c) 3 hours
  - d) 4 hours
3. Which of the following are potential sources of food borne illness?
  - a) raw eggs, beef poultry, seafood
  - b) raw sprouts
  - c) unwashed produce
  - d) unpasteurized apple cider, juice, or milk
  - e) all of the above
  - f) both a and d
  - g) both a,c,d
4. Which type of cutting board is safest?
  - a) plastic
  - b) wood
  - c) neither
  - d) both
5. If you open your hard cheese and notice surface mold, does it need to be tossed or can you cut off the mold and eat it without any harm?
  - a) toss the entire thing
  - b) just cut the mold off
6. When you marinate meats, you can leave it out at room temperature because the marinade kills bacteria.
  - a) false
  - b) true
7. The "sniff" test is the only way to tell if food is tainted with bacteria?
  - a) false
  - b) true

8. Which food would you typically “baste”?

- a) pasta
- b) steamed vegetables
- c) turkey

9. Which food would you “mince?”

- a) leafy lettuce
- b) onions
- c) bread
- d) broccoli

10. If a recipe calls for  $\frac{3}{4}$  cup of brown sugar and I need to double it, how much should I add?

- a) 1 cup
- b)  $1\frac{1}{2}$  cups
- c) 2 cups
- d)  $1\frac{1}{4}$  cups

11. If my recipe calls for  $\frac{1}{3}$  cup of rice, and I need to do that recipe times 4, how much rice do I need?

- a)  $\frac{2}{3}$  cups
- b) 1 cup
- c)  $1\frac{1}{3}$  cups
- d)  $4\frac{1}{3}$  cups

12. How many quarts are in one gallon?

- a) 1
- b) 2
- c) 3
- d) 4

13. How many cups are in one quart?

- a) 2
- b) 4
- c) 6

14. Which is bigger, a teaspoon or a tablespoon?

- a) teaspoon
- b) tablespoon
- c) neither, both the same size

15. In which of the following dishes, is it important to be EXACT when measuring out ingredients according to the recipe?

- a) spaghetti sauce
- b) chocolate chip cookies
- c) berry smoothie
- d) spinach salad

16. What is an easy breakfast to make, when you are pressed for time?

- a) homemade pancakes
- b) homemade smoothie
- c) egg casserole
- d) fresh fruit
- e) both a and b
- f) both b and d
- g) none, just stop at a fast food restaurant

17. When baking, you should preheat your oven?

- a) always
- b) never
- c) when you remember

18. When preparing quick breads and muffins, batter should be mixed?

- a) for a minimum of 5 minutes
- b) just until combined
- c) until the batter is smooth

19. In most muffin recipes, you can lower the fat by substituting the oil for?

- a) pureed pumpkin
- b) mashed banana
- c) applesauce
- d) all of the above
- e) none of the above, no substitutions are wise

20. Which of the following oils is healthiest for you?

- a) canola oil
- b) vegetable oil
- c) coconut oil
- d) margarine

21. Which of the following flours offers the most nutrition?

- a) bleached white flour
- b) unbleached white flour
- c) white whole wheat flour

22. When going for most nutritious, which of the following would be the best choice for vegetables?
- a) ice berg lettuce
  - b) dark, green leafy lettuce
  - c) celery
23. When making bread dough, which step helps develop the structure of the gluten?
- a) when the yeast is activated with water
  - b) during the kneading process
  - c) when it rises
  - d) when it is baked
24. When is the correct time to begin eating a meal?
- a) when everyone is served
  - b) when you fill your plate up
  - c) after you have passed the food
25. When should you place your napkin in your lap?
- a) when food is served
  - b) as soon as you are seated
  - c) never, keep it on the table
26. Which direction from the plate are forks to be put?
- a) to the left
  - b) to the right
27. When baking and a recipe calls for one cup of buttermilk or sour milk and you don't have any, what can be substituted for it?
- a)  $\frac{1}{2}$  cup of milk and  $\frac{1}{2}$  cup melted butter
  - b) 1 cup of milk and 1 Tablespoon of vinegar
  - c)  $\frac{3}{4}$  cup of milk and  $\frac{1}{4}$  cup of vinegar
  - d) none of the above, just skip the buttermilk
28. Can powdered milk be substituted for regular milk in recipes?
- a) yes
  - b) no
29. Eating nutritiously, which of the following should you make "most" of your foods be?
- a) meats, proteins
  - b) grains, pasta, cereals
  - c) vegetables and fruits
  - d) dairy

30. Which of the following should you do to become successful in the kitchen?

- a) mess up and don't use that recipe again
- b) try, try, and try again
- c) only use recipes you know you can do and never strive for a more complicated one

## Answers

- 1.d
- 2.b
- 3.e
- 4.d
- 5.b
- 6.a
- 7.a
- 8.c
- 9.b
- 10.b
- 11.c
- 12.d
- 13.b
- 14.b
- 15.b
- 16.f
- 17.a
- 18.b
- 19.d
- 20.c
- 21.c
- 22.b
- 23.d
- 24.a
- 25.b
- 26.a
- 27.b
- 28.a
- 29.c
- 30.b