

Unit 7 quiz

1. To prevent the rust color on your lettuce, cut the lettuce with what type of knife?
 - a) plastic
 - b) metal
 - c) aluminum

2. What does the leafy lettuce add to our diets?
 - a) carbohydrates
 - b) protein
 - c) fiber

3. I just bought a bag of prepared salad mix, can I eat it directly from the bag without washing it?
 - a) you can, but you should wash it first
 - b) no, they always wash those first

4. Should I wash my cucumbers, even though I am going to peel off the outsides and discard them?
 - a) yes, you can spread bacteria from the outside to the inside
 - b) no, I am super careful and won't contaminate the insides

5. I am preparing a big meal which consists of chicken and a salad. I need to cut them both up, which order should I do it?
 - a) do the chicken first, rinse the cutting board, then chop the vegetables
 - b) chop the vegetables first, then rinse and cut up the chicken on the board
 - c) use a separate cutting board for raw meat and vegetables

6. Wash all vegetables with what?
 - a) hot soap and water
 - b) salt and water—to grind off the dirt
 - c) cool, plain water

7. We, as Americans do not get enough fresh fruits and vegetables in our diets, what is the best way to rectify this?
 - a) have a salad everyday
 - b) cut up some carrots and leave on the counter
 - c) eat some soup on the weekends

Answers

1. a

2. c

3. a

4. a

5. c

6. c

7. a