

unit 13 quiz

1. A complete meal typically includes....

- a) soup, entrée, dessert
- b) soup, bread dessert
- c) soup, salad, entrée, vegetable, bread, dessert
- d) soup, vegetable, bread, dessert

2. Dinner should include a variety of.....

- a) tastes
- b) colors
- c) textures
- d) shapes
- e) all of the above

3. Which part of the meal should be made first, early in the day to ensure it is done on time?

- a) homemade bread
- b) salad
- c) soup
- d) vegetable

4. What makes a good garnish for your soup?

- a) crumbled bacon
- b) snipped parsley
- c) croutons
- d) shredded cheese
- e) dab of sour cream
- f) all of the above
- g) none of the above

5. What is one way to make a "healthier" change to my diet?

- a) buy processed food
- b) replace half of my flour with wheat flour in baked goods
- c) use seasonings with salt instead of plain herbs
- d) none of the above

6. Which of the following is least processed?

- a) butter
- b) margarine
- c) vegetable oil
- d) nonstick cooking spray

7. What is the best way to change your eating habits?

- a) throw out everything and start fresh
- b) stop going out to eat
- c) choose one thing to focus on changing
- d) eat only organic food

8. What makes a successful cook?

- a) one who makes expensive, good tasting meals
- b) one who prepares and plans ahead
- c) one who prepares everything from scratch
- d) none of the above

## Answers

1.c

2.e

3.a

4.f

5.b

6.a

7.c

8.b