

TEST NAME: Foods 1 Fall 2020
TEST ID: 3896751
GRADE: 09 - Ninth Grade
SUBJECT: Consumer and Homemaking Education
TEST CATEGORY: My Classroom

Student: _____

Class: _____

Date: _____

1. Eating pizza with friends after a football game is **most likely** an example of which food choice factors?
 - A. comfort and family ties
 - B. social ties and entertainment
 - C. adventure and entertainment
 - D. nutrition and wellness

2. Physiological influences on food choices include gender, age, wellness, and:
 - A. peer group.
 - B. personal likes and dislikes.
 - C. emotions and feelings.
 - D. activity levels.

3. Which is an example of an external influence affecting food choices?
 - A. availability of canned foods
 - B. religious beliefs with specific food laws
 - C. increases in one's high blood pressure
 - D. number of employed parents

4. The price of specialty coffee drinks has risen in the United States due to increased demand. This is an example of what type of external food influence?
 - A. economic
 - B. environmental
 - C. media
 - D. technological

5. Eating pasta the night before a race is **most likely** an example of which type of individual food choice factors?
- A. adventure and wellness
 - B. enjoyment and social ties
 - C. comfort and entertainment
 - D. nutrition and wellness
6. Jason, a 25-year-old young professional, relies heavily on high-sodium and high-fat fast food and frozen meals because he never learned to cook. Which internal influence on food choices does this represent?
- A. family schedules
 - B. knowledge and skills
 - C. peer group
 - D. stages of life
7. External factors such as spring flooding and colder-than-normal winters are:
- A. economic influences on food availability and choices.
 - B. environmental influences on food availability and choices.
 - C. media influences on food availability and choices.
 - D. technological influences on food availability and choices.
8. Fourth of July, Ramadan, Easter, and Christmas are examples of which internal influences on food choices?
- A. personal beliefs
 - B. personal tastes
 - C. religious and cultural
 - D. situational factors

9. Cutting food costs in half because children are leaving for college is an example of which type of influences on food?
- A. cultural influences
 - B. physiological influences
 - C. psychological influences
 - D. situational influences
10. Choosing to convert a vacant city lot into a community vegetable garden is an example of what type of external food influence?
- A. economic
 - B. environmental
 - C. media
 - D. technological
11. To encourage good nutrition, MyPlate recommends that half of a plate should be filled with:
- A. a variety of foods from each food group.
 - B. grains and vegetables.
 - C. fruits and grains.
 - D. fruits and vegetables.
12. An example of a nutrition claim that a person should be cautious of is:
- A. consuming fresh fruit for dessert.
 - B. encouraging one to choose orange juice instead of lemonade.
 - C. replacing corn with brown rice in an evening meal.
 - D. guaranteeing one will lose five pounds per week on the grapefruit diet.

13. Karen consumes two and one-half cups of spinach every day to meet her vegetable group. Which MyPlate recommendation should she do a better job of following?
- A. vary your protein source
 - B. make half your grains whole grains
 - C. focus on whole fruit
 - D. vary your vegetables
14. Gardening, dancing, and walking briskly are examples of:
- A. very light physical activities.
 - B. light physical activities.
 - C. moderate physical activities.
 - D. vigorous physical activities.
15. Aerobics, competitive basketball, and running are examples of:
- A. very light physical activities.
 - B. light physical activities.
 - C. moderate physical activities.
 - D. vigorous physical activities.
16. Deandre uses a chart to visualize how much peanut butter is considered one serving for his sandwich. Which weight-control strategy is he using?
- A. following recommended calorie needs
 - B. practicing moderation
 - C. controlling portion sizes
 - D. achieving physical fitness

17. The food groups recommended in the greatest amounts on MyPlate are:
- A. fruits and grains.
 - B. fruits and protein.
 - C. grains and protein.
 - D. grains and vegetables.
18. Mason wants to start a physical fitness program to help him get in shape. What activities should he practice for flexibility?
- A. stretching exercises
 - B. cardiovascular exercises
 - C. resistance exercises
 - D. calisthenics
19. A person can make healthier food choices when shopping for packaged and canned foods by:
- A. buying more canned than packaged foods.
 - B. buying only organic food products.
 - C. purchasing larger sizes.
 - D. reading the nutrition labels.
20. To encourage good nutrition, MyPlate recommends choosing foods that are high in:
- A. fiber and nutrients.
 - B. sodium and added sugars.
 - C. sodium and added fats.
 - D. water and calories.

21. In a kitchen, pots with handles that are loose:
- A are not a food sanitation issue as long as caution is used.
 - B. may lead to injuries from burns by hot food items.
 - C. should be used to store cold foods.
 - D. should be used with pot holders to prevent spilling.
22. What should be used to prevent falls when reaching for equipment or ingredients on top shelves?
- A counter
 - B. kitchen chair
 - C. trash can
 - D. step stool
23. When cleaning up broken glass pieces, how should they be safely gathered and discarded?
- A by gathering onto a piece of paper and discarding into the garbage
 - B. by gathering up with a cloth and shaking into the garbage
 - C. by sweeping into a trash container or under the cabinet until the end of the lab
 - D. by sweeping with a broom or gathering with a wet paper towel, then throwing away immediately.
24. Jennie injured herself and was bleeding during a foods lab. She applied pressure to the wound. She is practicing first aid for which category of kitchen accidents?
- A chemical poisoning
 - B. cuts
 - C. electrical issues
 - D. other issues

25. In a foods lab, following all kitchen safety rules is essential because they:
- A. aid in the prevention of accidents.
 - B. keep students on task during the lab.
 - C. prevent students from burning food.
 - D. protect the teacher from lawsuits.
26. What should be used to protect hands when handling hot utensils?
- A. a damp towel
 - B. an apron
 - C. an article of clothing
 - D. a dry oven mitt
27. There are four shelves in a refrigerator used for a community event. There is space for one item on each shelf. From top to bottom, which food item should go on which shelf?
- A. sheet cake, carrots, raw eggs, ground beef
 - B. carrots, ground beef, raw eggs, sheet cake
 - C. ground beef, sheet cake, raw eggs, carrots
 - D. carrots, raw eggs, sheet cake, ground beef
28. Which is the **most** important reason a food employee should not chew gum while preparing food?
- A. Customers may see and find it distasteful.
 - B. Saliva can contaminate customers' food.
 - C. It can be a choking hazard.
 - D. It prevents a food handler from tasting food.

29. Which of the following helps prevent food in a self-service area from becoming contaminated by guests?
- A. ensure that guests use only one plate
 - B. require people to monitor the self-service area
 - C. post allergen information around the self-service area
 - D. list all of the ingredients in each menu item
30. What is the **maximum** number of days that homemade chicken salad can be held at 41°F?
- A. 2
 - B. 3
 - C. 6
 - D. 7
31. All leftovers must be reheated for 15 seconds to the **minimum** temperature of:
- A. 135°F.
 - B. 145°F.
 - C. 155°F.
 - D. 165°F.
32. A friend has been diagnosed with Norovirus. Should he volunteer at the soup kitchen?
- A. Yes, he can as long as he washes his hands well.
 - B. Yes, he can as long as he is restricted to washing dishes.
 - C. No, he must be excluded but can tomorrow.
 - D. No, he must be excluded until cleared by a doctor.

33. Which food was correctly cooled?
- A. a large pot of soup that was divided into smaller pans and cooled at room temperature for 8 hours
 - B. beans that did not cool to 70°F within 2 hours, but were reheated to 145°F for 15 seconds within 2 hours and then cooled correctly
 - C. cooked poultry that cooled from 135°F to 70°F within 2 hours and from 70°F to 41°F within an additional 4 hours
 - D. a roast that cooled from 135°F to 70°F within 4 hours and from 70°F to 41°F within an additional 6 hours
34. One example of cross-contamination is when someone preparing food:
- A. uses separate cutting boards for raw and cooked meat.
 - B. uses the same ice for serving drinks and keeping beverage bottles cold in a cooler.
 - C. washes fruits and vegetables under running water.
 - D. prepares hand-battered food in small batches.
35. Food cooked for a buffet-style dinner and hot held must be maintained at a **minimum** of what temperature?
- A. 120°F
 - B. 135°F
 - C. 145°F
 - D. 175°F
36. Which is **not** a factor in controlling growth of microorganisms?
- A. temperature
 - B. color
 - C. moisture
 - D. oxygen

37. A frozen piece of salmon can be thawed using any procedure except:
- A. under cold running water.
 - B. part of the cooking process.
 - C. in the cooler.
 - D. on the counter.
38. Slicing meat using a meat slicer left out at room temperature requires that:
- A. the slicer must be cleaned and sanitized every four hours.
 - B. the slicer must be cleaned and sanitized when done slicing meat for the day.
 - C. the slicer must be cleaned and sanitized at the end of an volunteer's shift.
 - D. the slicer must be disassembled and put in the dishwasher.
39. What is the proper procedure for cleaning and sanitizing food-contact surfaces?
- A. clean, sanitize, rinse, towel dry
 - B. rinse, scrape, clean, sanitize
 - C. clean, sanitize, towel dry
 - D. pre-scrape, clean, rinse, sanitize, air-dry
40. Ground beef cooked in a microwave must reach an internal temperature of:
- A. 135°F.
 - B. 145°F.
 - C. 155°F.
 - D. 165°F.

41. Which is an example of a chemical contaminant?
- A. caterpillar found in a case of lettuce
 - B. bad smell coming from fresh seafood
 - C. table sanitizer sprayed over pastries
 - D. freezer burn on frozen fruit
42. What should you do to avoid cross-contact when preparing food for someone with a food allergy?
- A. wipe down work surfaces with a wet cloth
 - B. wash, rinse, and sanitize surfaces and utensils between uses
 - C. use only organic ingredients
 - D. cook the food to its minimum internal temperature
43. You are in charge of a bake sale with large trays of fresh pastries and cookies. Everyone working is serving food and handling money so they cannot run to wash their hands and put on gloves between every sale. What are some other things to prevent bare hand contact?
- A. Supply tongs for use in serving items.
 - B. Have worker use single-use papers.
 - C. Wrap items in plastic before putting in the case.
 - D. All of the above
44. Which of these people would be considered highly susceptible to foodborne illness?
- A. preschooler
 - B. adult on kidney dialysis
 - C. woman who is 15 weeks pregnant
 - D. All of the above

45. How many seconds should the total handwashing process take?
- A. 10
 - B. 15
 - C. 20
 - D. 25
46. Which are used to measure small amounts of ingredients, usually less than $\frac{1}{4}$ cup?
- A. dry measuring cups
 - B. liquid measuring cups
 - C. measuring spoons
 - D. scales
47. Which kitchen equipment is narrow with deep sides and is used to bake bread and pound cake?
- A. baking sheet
 - B. loaf pan
 - C. pie pan
 - D. roasting pan
48. Which kitchen equipment is a shallow, round baking dish with sloping sides and may be used to bake quiche?
- A. baking sheet
 - B. loaf pan
 - C. pie pan
 - D. roasting pan

49. Which is used to cook vegetables, retaining their nutrients?
- A. casserole
 - B. double boiler
 - C. steamer
 - D. wok
50. Why should pots, pans, and casseroles be washed by hand **last**?
- A. They are the heaviest cooking equipment used.
 - B. They require the coldest water to remove grease stains.
 - C. They should be stored last because they require more space.
 - D. They usually contain the most difficult-to-remove food residues.
51. Which kitchen equipment is a metal cutting tool with openings of different sizes and may be used to prepare cheese or cabbage?
- A. food chopper
 - B. grater/shredder
 - C. pastry blender
 - D. rolling pin
52. Mr. Jones is demonstrating to students how to dice foods. What does he need to protect the tabletop?
- A. cutting board
 - B. grater
 - C. scraper
 - D. straightening steel

53. Which kitchen equipment is usually a heavy oval or rectangular pan, often comes with a wire rack, and is used to cook large cuts of meat or poultry?
- A. baking sheet
 - B. loaf pan
 - C. pie pan
 - D. roasting pan
54. Which kitchen equipment is used to quick-fry foods in a small amount of fat?
- A. casserole
 - B. double boiler
 - C. steamer
 - D. wok
55. To cook uncovered under a direct heat source is to:
- A. braise.
 - B. broil.
 - C. roast.
 - D. simmer.
56. To cause a solid food to turn into or become part of a liquid is to:
- A. dissolve.
 - B. marinate.
 - C. soak.
 - D. vent.

57. Which measure equals a one-half cup?
- A. two fluid ounces
 - B. eight tablespoons
 - C. eight teaspoons
 - D. eight fluid ounces
58. To combine flour and solid fat by cutting the fat into tiny pieces using a pastry blender, two forks, or the hands is to:
- A. cut-in.
 - B. fold.
 - C. knead.
 - D. stir.
59. To work a ball of dough with the fingertips or heels of the hands by repeating press, fold, and turn motions is to:
- A. cut in.
 - B. fold.
 - C. knead.
 - D. stir.
60. To pour or spoon pan juices, melted fat, or sauces over the surface of a food during cooking is to:
- A. baste.
 - B. grease.
 - C. season.
 - D. tenderize.

61. Which measure equals 1 tablespoon?

- A. 1 fluid ounce
- B. 2 fluid ounces
- C. 2 teaspoons
- D. 3 teaspoons

62. To lightly brown or cook food in a small amount of hot fat is to:

- A. barbeque.
- B. boil.
- C. sauté.
- D. steam.

63. To blend a delicate mixture into a heavier one by using a rubber spatula or spoon in a gentle up, down, and over motion so that the mixture stays light is to:

- A. cut-in.
- B. fold.
- C. knead.
- D. stir.

64. Which measure equals 1 pound?

- A. 4 ounces
- B. 8 ounces
- C. 16 ounces
- D. 32 ounces

65. To leave an opening in the covering of a food to allow steam to escape is to:
- A. dissolve.
 - B. marinate.
 - C. soak.
 - D. vent.
66. What is an abbreviation for teaspoon?
- A. t
 - B. teas
 - C. T
 - D. Tbsp
67. A recipe for sweet potato casserole serves 12 and calls for $\frac{1}{3}$ cup of chopped pecans. How much pecans would be needed to make it serve 24?
- A. 1 cup
 - B. $\frac{2}{3}$ cup
 - C. $\frac{1}{2}$ cup
 - D. $\frac{1}{4}$ cup
68. A sweet potato casserole recipe calls for $\frac{1}{4}$ cup of flour for 4 servings. To serve 16 people, how much flour is needed?
- A. $\frac{1}{4}$ cup
 - B. $\frac{1}{2}$ cup
 - C. 1 cup
 - D. 2 cups

69. To lower the fat content in the Butternut Squash Soup Recipe, substitute:

Butternut Squash Soup
(6-8 servings)

Ingredients

- $2\frac{1}{2}$ pounds butternut squash
- 1 medium yellow onion
- 3 cloves garlic
- 5 cups water
- 1 tablespoon salt
- $2\frac{1}{2}$ cups milk
- 1 stick of butter or margarine

- A. 1 stick of butter for the butter or margarine.
 - B. 1 stick of margarine for the butter or margarine.
 - C. $2\frac{1}{2}$ cups buttermilk for the milk.
 - D. $2\frac{1}{2}$ cups skim milk for the milk.
70. Which part of a recipe, usually given for conventional ovens, tells how to cook the food?
- A. container size and type
 - B. list of ingredients and amounts
 - C. temperature and time
 - D. step-by-step directions
71. Deborah is making cupcakes, and the recipe calls for 1 large egg. She only has medium eggs and would like to make a recipe with less cholesterol. What should she do?
- A. use 1 small brown egg
 - B. use 1 egg white
 - C. use 2 egg whites
 - D. use 2 medium eggs

72. Which is an example of a nonessential ingredient in a recipe?
- A. all-purpose flour in a cake
 - B. baking powder in biscuits
 - C. mushrooms in a stir-fry
 - D. shortening in a piecrust
73. Which is an example of an essential ingredient in a recipe?
- A. green bell pepper in a casserole
 - B. potatoes in a beef stew
 - C. salt in a loaf of bread
 - D. toasted almonds in a salad
74. Which recipe part tells the number and size of servings the recipe will make?
- A. container size and type
 - B. list of ingredients and amounts
 - C. nutrition analysis
 - D. yield
75. Which is a recipe resource?
- A. ingredient substitutions
 - B. magazine or newspaper
 - C. recipe yields
 - D. volume measurement

76. Taylor is preparing chicken pie for dinner and uses a 9" × 13" glass baking dish. What part of the recipe helped her decide what pan to use?
- A. yield
 - B. list of ingredients and amounts
 - C. step-by-step directions for mixing and handling
 - D. container size and type
77. Group 2 is preparing the market order. After the group lists the amount of ingredients needed and the amount of each on-hand ingredient, what should the group do **next**?
- A. assemble the equipment
 - B. go to the grocery store
 - C. interpret the recipe
 - D. calculate the amount needed to purchase
78. Lab Group 2 is constructing a timetable and just estimated time for each task. What should the group do **next**?
- A. calculate the total time
 - B. list tasks
 - C. identify end time
 - D. calculate start time
79. Tonya, Sarah, and Jane discuss recipe ideas for the class meal. This is an example of:
- A. communication.
 - B. cooperation.
 - C. organization.
 - D. responsibility.

80. The total preparation time is 36 minutes and the total cook time is 17 minutes for a vegetable stir-fry. If class starts at 8:00 a.m., the stir-fry should be ready to serve at:
- A. 8:23 a.m.
 - B. 8:30 a.m.
 - C. 8:53 a.m.
 - D. 8:58 a.m.
81. In kitchen group one John prepared the soup by himself, while the rest of the lab members cleaned. What did this lab group do poorly?
- A. use of the recipe
 - B. collection of all equipment and ingredients
 - C. application of sanitation procedures
 - D. division of tasks among lab members equitably
82. When constructing a timetable, which step follows listing tasks?
- A. calculate the total time
 - B. estimate time (in minutes)
 - C. identify end time
 - D. determine clock time
83. Mary is organizing her timetable for preparing today's lunch menu. Which food product could be prepared ahead and stored in the refrigerator?

Menu

Garden salad
Hot Reuben sandwich
Wheat crackers
Brownies

- A. brownies
- B. garden salad
- C. hot Reuben sandwich
- D. wheat crackers

84. Sarah is preparing to make a heart-healthy salad in the foods lab. What should Sarah do **before** she determines which equipment is needed to prepare the recipe?
- A. list the preparation tasks
 - B. make and carry out the work plan
 - C. select, read, and interpret the recipe
 - D. evaluate the work plan
85. Storing unripe bananas on the counter:
- A. causes foodborne illnesses.
 - B. causes them to quickly spoil.
 - C. helps them ripen and improves their flavor.
 - D. prevents ripening and lengthens their shelf life.
86. Which is an example of mincing foods?
- A. Cutting onions into very small, irregular pieces
 - B. Making shallow slices into the surface of bread dough
 - C. Removing the outer skin of potatoes
 - D. Rubbing cabbage against a shredder
87. How are onions and celery sautéed?
- A. By browning in a small amount of hot fat
 - B. By roasting slowly on a rack over hot coals
 - C. By cooking in a covered pan, using low heat and a small amount of liquid
 - D. By using vapor made by liquids that have reached 212°F

88. How can calories be reduced when preparing fruits and vegetables?
- A. By choosing cooking methods like baking and steaming
 - B. By frying with heavy batters
 - C. By mixing with sugar and gelatins
 - D. By serving with cream dips and sauces
89. Vegetables such as potatoes, onions, and garlic should be stored:
- A. In the refrigerator.
 - B. In the freezer.
 - C. In a cool, dry, and dark place.
 - D. On the counter.
90. Which category of food is selected by color, smell, and touch?
- A. Canned beans
 - B. Citrus and fresh vegetables
 - C. Frozen foods
 - D. Milk and cheese
91. Alex plans to serve broccoli as a side dish. Which cooking method will preserve the **most** nutrients?
- A. Steaming
 - B. Frying
 - C. Boiling
 - D. Roasting
92. To remove peas from a saucepan, use a:
- A. Mixing bowl.
 - B. Slotted spoon.
 - C. Stand mixer.
 - D. Wire whisk.

93. What are the health benefits of eating fresh fruits as compared to eating processed fruits?
- A. Fresh fruits are less nutritious than frozen fruits.
 - B. Fresh fruits are lower in sugar and sodium than processed fruits.
 - C. Fresh fruits brown as compared to canned fruits that keep their color.
 - D. Fresh fruits have inconsistent pricing throughout the year, while processed-fruit pricing remains more stable.
94. Which is categorized as a stem vegetable?
- A. Potato
 - B. Cauliflower
 - C. Tomato
 - D. Asparagus
95. Which is the **best** way to prepare fruit to retain nutrients?
- A. Baked on a low temperature for a long time
 - B. Battered and fried in oil
 - C. Lightly grilled
 - D. Stewed in water and butter
96. Which category of fruit is characterized by a thick inedible rind, juicy flesh, and many seeds in the center?
- A. Melons
 - B. Pomes
 - C. Drupes
 - D. Citrus fruits

97. The smallest-size cut for foods such as fruits and vegetables is a:
- A. Chop.
 - B. Cube.
 - C. Dice.
 - D. Mince.
98. David found fresh peaches on sale at the farmers' market. He purchased more than he will use in one week. What should David do?
- A. Freeze as is
 - B. Package and freeze
 - C. Refrigerate until he uses them all
 - D. Throw the extra away
99. Meredith is preparing stir-fried vegetables and needs an item of cutting equipment to chop and dice vegetables. Which item does she need?
- A. bread knife
 - B. chef's knife
 - C. kitchen shears
 - D. Pastry blender
100. Tomatoes, squash, and peppers would fall into which MyPlate food group?
- A. Fruits
 - B. Vegetables
 - C. Protein
 - D. Dairy

101. Which component of milk causes caramelization when heated?

- A. casein
- B. lactose
- C. vitamin A
- D. fat

102. When determining the freshness of milk, check the:

- A. color of the milk.
- B. sell-by date.
- C. smell of the milk.
- D. taste of the milk.

103. Which is an example of dessert that uses dairy?

- A. cherry gelatin
- B. Apple Pie
- C. peanut butter cookies
- D. vanilla pudding

104. Buttermilk and kefir are examples of:

- A. cultured milk products.
- B. milk solids.
- C. nondairy foods.
- D. whey.

105. Which dairy product contains the highest percentage of fat?

- A. heavy cream
- B. whole milk
- C. half-and-half
- D. skim milk

106. The **best** dairy choices for weight reduction are:
- A. all dairy products.
 - B. low-fat dairy products.
 - C. imitation dairy foods.
 - D. processed cheeses.
107. Aaron wants to make a milkshake. What should he use to liquefy the ice cream and other ingredients?
- A. blender
 - B. colander
 - C. rolling pin
 - D. strainer
108. An example of food in the dairy section of MyPlate is:
- A. black-eyed peas.
 - B. corn on the cob.
 - C. roast beef.
 - D. skim milk.
109. Using too-high cooking temperatures will cause milk to:
- A. become creamier.
 - B. curdle and scorch.
 - C. harden.
 - D. harden and become sweeter.
110. Which is considered a dry ingredient?
- A. lemon juice
 - B. powdered milk
 - C. reconstituted milk
 - D. whole milk

111. How can calories be reduced when preparing dairy foods?
- A. by choosing reduced-fat and fat-free versions
 - B. by eating sundaes without nuts
 - C. by selecting yogurt with real fruit
 - D. by using whole milk instead of 2% milk
112. The milk fat in raw milk rises to the surface during storage. Which processing method will prevent this from occurring?
- A. pasteurization
 - B. scalding
 - C. homogenization
 - D. vitamin D fortification
113. When preparing rice, which would be a recommended cooking practice?
- A. Stir the rice frequently as it cooks.
 - B. Allow the rice to boil for 10 minutes.
 - C. Fluff the rice with a fork after cooking it.
 - D. Cook the rice in an uncovered pot.
114. Which product is made from adding eggs to flour and water?
- A. cornstarch
 - B. hominy
 - C. noodles
 - D. wheat germ

115. Which is an example of a whole grain product?
- A. all-purpose flour
 - B. white rice
 - C. oatmeal
 - D. pasta
116. Which part of the grain kernel contains B vitamins and fiber?
- A. endosperm
 - B. germ
 - C. bran
 - D. starch
117. How should cooked grains be stored for food safety?
- A. in a loosely sealed container
 - B. in the freezer
 - C. in the refrigerator
 - D. in a cool, dry place
118. Which part of the grain kernel serves as the food supply for a new plant?
- A. endosperm
 - B. germ
 - C. bran
 - D. fiber

119. When cooking rice, bring the water to a boil, add the rice, then:
- A. cover, and reduce to a simmer for 20 minutes or until the water is absorbed.
 - B. leave uncovered, and reduce to a simmer for 20 minutes or until the water is absorbed.
 - C. cover, and boil for 20 minutes.
 - D. leave uncovered, and boil for 20 minutes.
120. Compared to instant oatmeal, steel-cut oats:
- A. require more cooking time.
 - B. are less nutritious.
 - C. should only be cooked with milk.
 - D. require heavier processing.
121. Jeff needs 4 cups of cooked macaroni for his pasta salad. How many cups of dried pasta should he use?
- A. 1 cup
 - B. 2 cups
 - C. 4 cups
 - D. 6 cups
122. Robert wants to serve a whole grain side dish. Which dish should he consider?
- A. brown rice
 - B. pasta
 - C. couscous
 - D. white bread

123. In order to yield 3 cups of cooked rice, how much uncooked rice should be used?
- A. 1 cup
 - B. 2 cups
 - C. 3 cups
 - D. 6 cups
124. Grits are made from:
- A. corn.
 - B. rice.
 - C. barley.
 - D. wheat.
125. Millet and amaranth are examples of:
- A. refined grains.
 - B. ancient grains.
 - C. pastas.
 - D. breakfast cereals.
126. Which is the **best** example of a high-fiber product?
- A. banana
 - B. flour tortilla
 - C. hamburger bun
 - D. shredded whole-wheat cereal

127. Which cooking equipment should be used to remove chicken wings from hot oil?
- A. ladle
 - B. pot holder
 - C. tongs
 - D. turner
128. Which demonstrates a dry cooking method?
- A. steak grilled over charcoals
 - B. shrimp steamed with vegetables
 - C. chicken thighs stewed with tomatoes
 - D. beef roast braised with carrots and potatoes
129. Which is the **best** protein choice for someone on a weight-loss plan?
- A. pan-fried pork chop
 - B. sautéed shrimp in butter sauce
 - C. hamburger with cheese
 - D. grilled skinless chicken breast
130. Which is an example of a legume?
- A. cabbage
 - B. butter beans
 - C. onions
 - D. potatoes
131. Which is **least likely** to be a step in preparing dried beans?
- A. thawing
 - B. sorting
 - C. soaking
 - D. washing

132. How should a cook beat eggs for an omelet?
- A. by using a rubber spatula to gently blend a heavy and delicate mixture
 - B. by using a sieve to mix ingredients
 - C. by using a wire whisk to thoroughly mix ingredients with a circular, up-and-down motion
 - D. by using tongs to gently tumble together ingredients
133. How does the quality of brown eggs compare with that of white eggs?
- A. Brown eggs are more nutritious than white eggs.
 - B. Brown eggs stay fresh longer than white eggs.
 - C. The quality is the same.
 - D. White eggs are more nutritious than brown eggs.
134. An example of a protein casserole is:
- A. beef lasagna.
 - B. green bean casserole.
 - C. pineapple and cracker crumbs.
 - D. scalloped potatoes.
135. What is a health benefit of consuming legumes?
- A. They are a good source of water.
 - B. They are a good source of vitamin C.
 - C. They are a good source of vitamin D.
 - D. They are a good source of B vitamins.

136. Which is an example of basting foods?
- A. changing butter from a solid to a liquid
 - B. cutting cucumbers into quarter-inch squares
 - C. spooning tomato sauce over a pork roast as it cooks
 - D. sprinkling gingerbread with powdered sugar
137. Which is considered a solid ingredient?
- A. milk
 - B. shortening
 - C. vanilla extract
 - D. vegetable oil
138. Which step of the mixing process do both the biscuit and muffin methods have in common?
- A. cut in shortening
 - B. add liquid ingredients at once
 - C. knead dough
 - D. thoroughly mix for 20 minutes
139. Mixing methods for quick breads are different. Some quick breads:
- A. lack leavening agents.
 - B. lack liquid ingredients.
 - C. have two rising times.
 - D. require two bowls, one for dry ingredients and one for liquid ingredients.

140. How do the quality of biscuits and muffins compare in texture?
- A. Biscuits and muffins should crumble when eaten.
 - B. Biscuits are flaky; muffins are tender.
 - C. Biscuits are thick; muffins have crowned tops.
 - D. Biscuits have tunnels; muffins are flaky.
141. Aaron is making southern-style biscuits and needs to combine flour and shortening to make the dough. He needs to use a:
- A. bread knife.
 - B. chef's knife.
 - C. a pair of kitchen shears.
 - D. pastry blender.
142. Brendon is making muffins. He mixed the dry ingredients and the liquid ingredients separately. What step of the muffin mixing method should he complete **next**?
- A. cut in the shortening
 - B. make a well and add liquid all at once
 - C. stir gently with a spoon
 - D. knead the dough
143. Biscuits, muffins, and pancakes are classified as:
- A. drop breads.
 - B. fruited breads.
 - C. quick breads.
 - D. yeast breads.

144. How is a griddle preheated?
- A. by placing in the dishwasher and removing promptly
 - B. by placing in the oven at 350°F until a desired temperature is reached
 - C. by setting at a desired temperature and waiting 10 minutes before adding food
 - D. by using low heat and a small amount of liquid
145. Which ingredient causes a quick bread to rise?
- A. liquids
 - B. fat
 - C. leavening agent
 - D. eggs
146. How do all-purpose flour and self-rising flour differ?
- A. All-purpose flour does not remain fresh as long as self-rising flour.
 - B. All-purpose flour is made from wheat, and self-rising flour is made from rice.
 - C. All-purpose flour is plain, and self-rising flour has added leavening and salt.
 - D. All-purpose flour makes a cake rise, but self-rising flour does not help a cake rise.
147. Deborah is preparing to pour the liquid in the dry ingredients for a quick bread. She **first** needs to:
- A. prepare a hot water bath.
 - B. grease a baking pan.
 - C. preheat an oven.
 - D. make a well in the dry-ingredient mixture.

148. How are blueberries folded into muffin batter?
- A. by using a spoon to rapidly mix the ingredients with a circular motion
 - B. by using a rubber spatula to gently blend the mixture with an up-and-over method
 - C. by using a sieve to mix the ingredients
 - D. by using tongs to gently tumble together the ingredients
149. Abdul is preparing the dry ingredients so that no lumps remain and all are properly mixed. He is:
- A. adding liquid and removing the lumps.
 - B. picking out the lumpy ingredients and throwing them away.
 - C. sifting the dry ingredients.
 - D. stirring as hard as he can.
150. How are mixing methods alike for quick breads?
- A. All quick breads are made using an electric mixer.
 - B. All quick breads have liquid and dry ingredients.
 - C. All quick breads must have the flour sifted.
 - D. All quick breads require two bowls when mixing ingredients.
151. When using the biscuit method for preparing quick breads, what should Jessica use to combine the flour and shortening?
- A. pastry blender or two forks
 - B. rubber scraper or spoon
 - C. wooden spoon or spatula
 - D. wire whisk or spatula

152. Which is the **best** way to test muffins for doneness?
- A. Open the oven and look at them.
 - B. Insert a toothpick or a skewer in them.
 - C. Touch the top of them with a finger.
 - D. Taste a muffin.
153. How should shortening be measured?
- A. by packing into the measuring cup and then leveling
 - B. by spooning into the measuring cup
 - C. by sifting before measuring
 - D. by subtracting the weight of the container before measuring
154. While preparing yeast bread in a Food and Nutrition I class, students misread the temperature of the water on the thermometer. The temperature of the liquid was 140°F. How will this affect the yeast?
- A. cause the yeast to overproduce steam
 - B. cause the yeast to die
 - C. will not activate the yeast
 - D. will not allow the yeast to produce enough steam
155. To knead bread dough, use a:
- A. hand mixer with a wire whisk.
 - B. mixing bowl with a spoon.
 - C. stand mixer with a flat beater.
 - D. stand mixer with a dough hook.

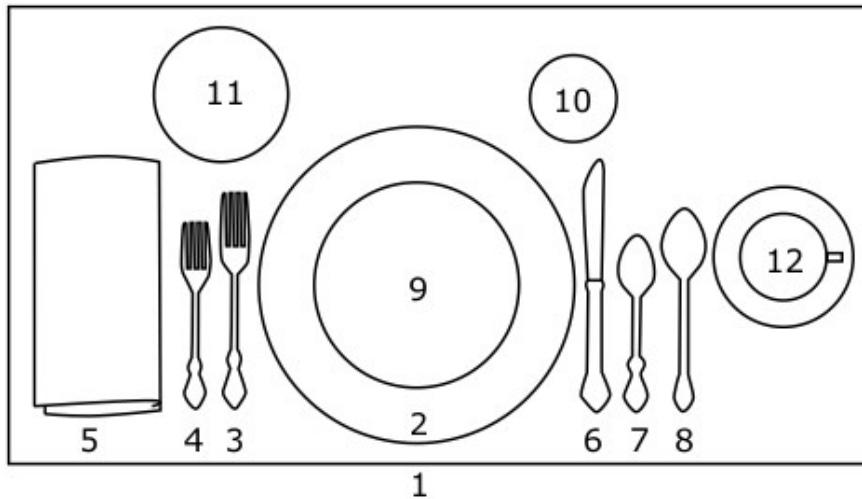
156. When one bakes yeast bread using the conventional mixing method, the dough should be allowed to rise:
- A. once.
 - B. twice.
 - C. three times.
 - D. four times.
157. When one bakes yeast bread products, what would happen if fermentation failed to occur?
- A. The yeast dough would have too much gas and explode.
 - B. The yeast dough would not rise.
 - C. The yeast dough would be dry.
 - D. The yeast dough would not be elastic.
158. Batter bread differs from basic white bread by:
- A. heating the flour.
 - B. beating the mixture.
 - C. adding extracts.
 - D. using a starter.
159. How will Kenia know if she has a quality yeast product?
- A. The product will have risen well.
 - B. The product will be brown.
 - C. The product will have failed to rise.
 - D. The product will be gooey.

160. Sprinkling a work surface with flour, turning the dough ball onto the floured surface, and using the heels of both hands to push the dough down and away **best** describes which step of yeast bread production?
- A. mixing
 - B. kneading
 - C. letting the dough rise
 - D. shaping the dough
161. During the final proofing of yeast dough, the dough should be placed in a warm, draft-free area to allow it to:
- A. start baking.
 - B. rise slightly.
 - C. double in size.
 - D. triple in size.
162. Malik plans to make two loaves of homemade yeast bread. If Malik wants to bake both loaves at the same time, he will need to:
- A. decrease the baking temperature.
 - B. decrease the baking time.
 - C. increase the baking temperature.
 - D. increase the baking time.
163. After mixing and letting the dough rise, what should Alyssa do to the dough?
- A. allow the dough to rise again
 - B. bake the dough
 - C. shape the dough
 - D. punch down the dough

164. How do lean and rich doughs differ?
- A. Lean doughs contain eggs, but rich doughs lack eggs.
 - B. Lean doughs contain yeast, but rich doughs lack yeast.
 - C. Lean doughs have little to no sugar or fat, but rich doughs contain fat and sugar.
 - D. Lean doughs contain fat and sugar, but rich doughs lack fat and sugar.
165. Xavier is preparing yeast bread by using the quick-mix method, and he wants to activate the yeast. The temperature of the liquid should be:
- A. 200°F–212°F.
 - B. 120°F–130°F.
 - C. 105°F–115°F.
 - D. 40°F–140°F.
166. During the production of yeast breads, punching down the dough releases:
- A. carbon dioxide.
 - B. carbon monoxide.
 - C. hydrogen.
 - D. oxygen.
167. How do yeast breads differ from quick breads?
- A. Quick breads use chemical leavening agents such as sugar, but yeast breads use yeast to leaven.
 - B. Quick breads use baking soda or baking powder as a leavening agent, but yeast breads use yeast to leaven.
 - C. Quick breads do not need a leavening agent, but yeast breads use baking powder to leaven.
 - D. Quick breads use salt as a leavening agent, but yeast breads use yeast to leaven.

168. If Alex over-kneads his yeast dough, what will **most likely** happen?
- A. The dough will fail to rise.
 - B. The dough will become dry.
 - C. The bread will be of poor quality.
 - D. The bread will be of high quality.
169. Scoring prevents the crust from:
- A. cracking.
 - B. browning.
 - C. drying out.
 - D. burning.
170. Applying which ingredient will help prevent the yeast dough from forming a crust or drying out during fermentation?
- A. sugar
 - B. salt
 - C. oil
 - D. flour

171. What is item 8 in the place setting?



- A. butter knife
- B. dinner knife
- C. teaspoon
- D. soup spoon

172. Soup tureens and gravy boats are considered what classification of tableware?

- A. beverageware
- B. dinnerware
- C. flatware
- D. holloware

173. A cup and saucer are needed for an informal meal. Where should they be placed?

- A. above the dinner plate
- B. above the salad plate
- C. to the left side of the dinner plate
- D. to the right side of the dinner plate

174. When used in the table setting along with a salad plate, where should the bread-and-butter plate be placed?
- A. above the forks, to the upper left
 - B. above the knife, to the upper left
 - C. lower left, beside the forks
 - D. toward the center, above the dinner plate
175. When setting the table for a formal meal, where should the knife be placed?
- A. above the dinner plate
 - B. left of the dinner plate
 - C. right of the dinner plate
 - D. on the dinner plate
176. Cups and glasses used for drinking are considered what classification of tableware?
- A. beverageware
 - B. dinnerware
 - C. flatware
 - D. hollowware
177. Judy was pruning houseplants when her mother called her to dinner. Which guideline for good table manners should Judy use?
- A. be seated at the table, then get up after the salad course and go wash her hands
 - B. finish working with the plants before going to the table
 - C. wash her hands before going to the table
 - D. wipe her hands on the table napkin before eating

178. Having received poor service while eating out, a group of teens became noisy and refused to leave a tip. What type of behavior did the teens display?
- A. acceptable
 - B. formal
 - C. inappropriate
 - D. informal
179. What should a person do to have a pleasant dining experience?
- A. cut his/her food into small bites and chew with one's mouth closed
 - B. lay his/her fork on top of the refolded napkin to indicate one is finished eating
 - C. text his/her friends throughout the meal as one sits while at the dinner table
 - D. refold his/her napkin and lay it over the knife and spoon to indicate one is ready to talk
180. David helps his grandfather to the table and pulls out the chair to help him be seated. Which good table manner example is David using?
- A. coming to the table clean and neat
 - B. honoring the elders
 - C. serving as the host
 - D. serving himself first
181. A salad is served as a first course, and the main part of the meal will be served later. Two forks are part of the place setting. Good table manners guidelines indicate that a person should use what utensil to eat the salad?
- A. fork farthest from the plate
 - B. fork next to the plate
 - C. largest fork
 - D. small fork above the plate

182. How would family members potentially describe the behavior of others leaving the table **before** everyone has finished eating?
- A. as acceptable behavior
 - B. as formal behavior
 - C. as informal behavior
 - D. as rude behavior
183. An exchange student notes that meals with her host family are quite different from meals at home. What general guideline should be followed to avoid insulting the host family?
- A. ask the family to get American foods so the student can eat in another room
 - B. decline to eat anything that looks unfamiliar
 - C. eat with the same rules as followed at home
 - D. watch the host or hostess and follow how he/she eats
184. A menu included grilled chicken, mashed potatoes, corn on the cob, a corn muffin, iced tea or coffee, and vanilla ice cream for dessert. What is this meal lacking to make it more appealing?
- A. color
 - B. shapes and sizes
 - C. temperature
 - D. texture
185. Jason bought round steak for dinner because it was on sale. He will arrive home late at the end of a long workday. Since round steak is a less tender cut of beef, which time-saving technique should he use?
- A. cooking the round steak on the grill
 - B. cooking instant rice to accompany the round steak
 - C. using a microwave recipe
 - D. using a slow-cooker recipe

186. Hannah is inviting her elderly Aunt Clara to her luncheon. Which meal-planning principle will Hannah **most likely** consider?
- A. age and health concerns
 - B. budgeted amount for food
 - C. equipment available
 - D. time and energy available
187. Susan looked at a listing of foods to be served at a dinner party. She was looking at a:
- A. meal manager's list.
 - B. meal's guidelines.
 - C. menu.
 - D. nutrition guide.
188. As a single dad, Mike tries hard to buy and prepare lots of fresh fruit and vegetables. In his weekly planning, he also tries to make sure there is a protein food served for at least two meals and avoids buying sugary cereals. His weekly planning strategy includes:
- A. anticipating what preparation method his family will use to prepare food.
 - B. assuring his family gets all of their nutritional needs met.
 - C. saving time in planning and shopping.
 - D. using creativity and variety in meal planning.
189. Kelly and Jamie are bringing six children to a cookout with the Simon family. Which is the **best** example of a primary meal planning principle the Simons need to use?
- A. age and health concerns
 - B. equipment available
 - C. number of people around the table
 - D. time and energy available

190. After work, Sylvia has a long meeting. She is **most likely** to choose which meal preparation strategy for a quick, nutritious, and economical dinner?
- A. eating a late lunch and snacking
 - B. scratch cooking
 - C. semi-homemade/speed-scratch cooking
 - D. finished/convenience cooking
191. The Hendersons clip all of the coupons from the paper, go on the Internet for coupons, and make a list of meals they would like to have for the week. They prepare a grocery list for all of the recipes they will use. What is the **advantage** of this strategy?
- A. anticipates the preparation method to be used to prepare food
 - B. assures they get all of their nutritional needs met
 - C. saves time in planning and shopping
 - D. uses creativity and variety in meal planning
192. Joe prepared baked fish, pasta with light Alfredo sauce, cauliflower, a roll, milk, and vanilla pudding with a cookie. This meal lacked which appeal characteristic?
- A. color
 - B. flavor
 - C. shapes and sizes
 - D. temperatures
193. Cliff wants to grill hamburgers outside with friends. A meal planning factor that Cliff should consider is:
- A. a one-dish meal.
 - B. a variety of preparation techniques.
 - C. the weather.
 - D. using takeout.

194. Anne is trying to decide how much food to eat at each meal. She knows she needs about 2,400 calories each day based on her age, body type, and health. About how much of Anne's caloric needs should come from breakfast?
- A. 200 calories
 - B. 400 calories
 - C. 600 calories
 - D. 800 calories
195. Sally knows she will be out of town next week, and she is having guests over for dinner when she gets back. Which time-saving technique is **best** to use?
- A. cooking ahead and freezing a meal
 - B. use of leftovers in meal
 - C. using a microwave recipe
 - D. using a slow-cooker recipe
196. What is a **disadvantage** of using convenience foods in recipes?
- A. adds energy
 - B. adds nutritional value
 - C. adds preservatives
 - D. adds time
197. Joan loves taking classes at her local community college in learning to prepare foods from different cultures. She **most likely** uses which meal preparation strategy?
- A. scratch cooking and finished/convenience cooking
 - B. finished/convenience cooking and eating out
 - C. scratch cooking and semi-homemade cooking
 - D. semi-homemade/speed-scratch cooking and eating out

198. In which category is entertainment found in a budget?
- A. fixed expenses
 - B. flexible expenses
 - C. income
 - D. spending money
199. Sandy has diabetes. The nutrient on the food label she is **most likely** to check is:
- A. carbohydrates.
 - B. cholesterol.
 - C. protein.
 - D. sodium.
200. The Jolly Mart sells hair care products in addition to fresh foods, canned foods, and frozen foods. This type of store is **most likely** a:
- A. convenience store.
 - B. farmer's market.
 - C. specialty store.
 - D. supermarket.
201. Josh and Stephen like pizza, but their brother Will dislikes it. Their mom bought microwavable pizza and ground beef to make spaghetti. The factor that **most likely** affected their mom's food shopping choices is:
- A. family food preferences.
 - B. the family income.
 - C. family values.
 - D. the meal manager's shopping skills.

202. What is an important money-saving strategy to consider when shopping for foods?
- A. Buy beauty products and cleaning products at the grocery store.
 - B. Buy national brands only.
 - C. Never shop when hungry.
 - D. Use whole milk instead of other types of milk.
203. What is an **advantage** of a convenience store over a specialty store?
- A. lower prices
 - B. only one owner
 - C. only online shopping
 - D. open more hours
204. Take-home pay is in which category of a food budget?
- A. fixed expenses
 - B. flexible expenses
 - C. income
 - D. spending money
205. Fresh sourdough bread is found in which department of a supermarket?
- A. bakery
 - B. frozen foods
 - C. produce
 - D. canned foods
206. Failing to list fixed expenses on a spending plan may cause a family to:
- A. have more money to put in savings.
 - B. have insufficient money for its fixed expenses.
 - C. have too little food.
 - D. have a discrepancy between its checkbook and its account balance.

207. Kim took advantage of a sale on whole chickens, purchasing five. What should she do with the chickens if she fails to cook them within three days?
- A. freeze them individually
 - B. give them to her neighbors
 - C. let them stay on the counter
 - D. refrigerate them
208. The timetable and work plan should be planned **before**:
- A. preparing/cooking the food.
 - B. considering meal patterns and preferences.
 - C. reviewing recipes.
 - D. planning the menu.
209. The cook has completed the preparation and cooking of the food. What should be the **next** step?
- A. plan the menu
 - B. complete the work plan
 - C. set table
 - D. evaluate the meal
210. To help Sarah avoid spending the whole morning cleaning after breakfast, she should:
- A. clean as she cooks.
 - B. load the dishwasher after the guests leave.
 - C. wash all dishes by hand.
 - D. wash all dishes the next day.

211. An eight-layer chocolate fudge cake takes several days to prepare due to all the necessary mixing, baking, and cooling, as well as the refrigeration time required. During which step of meal planning should all this be considered?
- A. store leftovers safely
 - B. set the table
 - C. clean up as you go
 - D. review recipes
212. Martha is cleaning up the final dishes from the meal she just prepared. What should she do **next**?
- A. add up the cost of the meal
 - B. evaluate the steps of the meal from menu planning to cleanup
 - C. make sure all ingredients are on hand for the next meal
 - D. complete the work plan and timetable
213. After Kim plans the menu, what should she do **next**?
- A. prepare/cook the food
 - B. consider meal pattern preferences of those she is serving
 - C. evaluate the meal
 - D. serve the meal
214. Sara is planning a special lunch for her Aunt Liz. The **first** task she should complete is to:
- A. consider the family's meal pattern preferences.
 - B. plan for leftovers.
 - C. plan the menu.
 - D. set the table.

215. Sara completed her market order. What should she do **next**?

- A. gather ingredients and equipment
- B. complete the work plan
- C. consider foods to produce leftovers
- D. set the table

216. To save time, gather all ingredients immediately **before**:

- A. beginning preparation.
- B. cleaning the kitchen.
- C. completing the work plan and timetable.
- D. planning the menu.