

Preparing for Life and Career © 2013
Chapter 20: Preparing Foods—Interactive Quiz Questions

- _____ 1. The _____ in citrus fruits prevents cut slices of other fruits from browning.
- A. ascorbic acid
 - B. amino acid
 - C. seeds
 - D. skin
- _____ 2. When fruit is _____, it is clear enough to allow light to pass through, but not transparent.
- A. opaque
 - B. permeable
 - C. semipermeable
 - D. translucent
- _____ 3. The process of restoring dried vegetables to their natural state by adding water before cooking is called _____.
- A. dehydration
 - B. rehydration
 - C. canning
 - D. stir-frying
- _____ 4. The complex carbohydrate portion of grain plants, such as wheat, corn, barley, oats, or rice is the _____.
- A. starch
 - B. gelatinization
 - C. al dente
 - D. carbon dioxide
- _____ 5. A product that produces carbon dioxide through a chemical reaction with other ingredients, causing the bread or cake to rise is a _____.
- A. batter
 - B. dough
 - C. leavening agent
 - D. starch
- _____ 6. Muffins, biscuits, pancakes, and waffles are all examples of _____ breads.
- A. kneaded
 - B. yeast
 - C. slow
 - D. quick

- _____ 7. Cooking milk at too high a temperature will cause _____, or lumps of milk proteins.
- A. curdling
 - B. scalding
 - C. thin films
 - D. browning
- _____ 8. Meat that is prepared as _____ is brown on the outside and pink toward the center.
- A. rare
 - B. medium
 - C. well-done
 - D. overdone
- _____ 9. Which of the following meats cooks very quickly and must be watched carefully to make sure it is *not* overcooked or undercooked?
- A. Beef.
 - B. Lamb.
 - C. Fish.
 - D. Turkey.
- _____ 10. Eggs that have a firm white, but the yolk is runny are _____.
- A. precooked
 - B. omelets
 - C. soft-cooked
 - D. hard-cooked