

**Adventures in Food and Nutrition! © 2012**  
**Chapter 23: Incredible Eggs and Legumes—Interactive Quiz Questions**

- \_\_\_\_\_ 1. The egg yolk is fat-free.  
A. true  
B. false
- \_\_\_\_\_ 2. Bacteria can enter eggs through tiny pores in the shell.  
A. true  
B. false
- \_\_\_\_\_ 3. Which process is used to judge the quality of eggs?  
A. Lighting.  
B. Candling.  
C. Waxing.  
D. None of the above.
- \_\_\_\_\_ 4. The best quality eggs are Grade \_\_\_\_\_.  
A. AAAA  
B. AAA  
C. AA  
D. A
- \_\_\_\_\_ 5. Most recipes are based on medium eggs.  
A. true  
B. false
- \_\_\_\_\_ 6. To avoid salmonella, eggs should be cooked at least until the whites are milky white and the yolk begins to harden.  
A. true  
B. false
- \_\_\_\_\_ 7. Whipped egg whites are used to make \_\_\_\_\_.  
A. meringue  
B. quiche  
C. scrambled eggs  
D. All the above.
- \_\_\_\_\_ 8. Legumes include dry beans and peanuts.  
A. true  
B. false
- \_\_\_\_\_ 9. Legumes that have a pale color are fresh and high quality.  
A. true  
B. false

Name \_\_\_\_\_ Date \_\_\_\_\_

\_\_\_\_\_ 10. Tofu is a soft, custard-like food made from \_\_\_\_\_.

- A. peanuts
- B. lentils
- C. eggs
- D. soybeans