

Intermediate Sample Quiz #2

1. This method of cooking cooks food quickly in a small amount of oil in a pan over direct heat.
 - a. Roasting
 - b. Sauteing
 - c. Braising
 - d. Steaming
2. More expensive items are at "eye-level" on the grocery store shelves.
 - a. True
 - b. False
3. You should buy fresh fruits and vegetables when they are in season to save more money.
 - a. True
 - b. False
4. Which of the following nutrients is NOT a Macronutrient?
 - a. Vitamin A
 - b. Protein
 - c. Fat
 - d. Carbohydrates
5. Electrolytes help the body do all of the following EXCEPT:
 - a. Balance the amount of water in the body
 - b. Help nerves, muscles, the heart, and brain function properly
 - c. Move nutrients to cells
 - d. Promote tissue growth and development
6. The deficiency of Vitamin K is:
 - a. Rickets
 - b. Impairs blood clotting
 - c. Night blindness
 - d. Loss of energy
7. According to a 2,000 calorie diet, you need 5 ounces from the protein group each day.
 - a. True
 - b. False

8. Leftovers should be reheated to what temperature?
 - a. 145 degrees F
 - b. 155 degrees F
 - c. 165 degrees F
 - d. 175 degrees F

9. Which of the following is NOT a safe way to thaw food?
 - a. On the countertop
 - b. In the refrigerator
 - c. In cold water
 - d. In the microwave

10. In baking, what is the function of flour in a recipe?
 - a. Provides framework or structure
 - b. Adds moisture
 - c. Provides tenderness
 - d. Acts as a leavening agent