FOODS 1 UNIT A QUESTIONS

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| **1.**  | **Using fabric or net bags for grocery shopping instead of paper or plastic bags is an example of: (NCCTE.9\_12.FE.FN41.FF1.03)**  |

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| **a** | **A.** | **recycle.** |
| **a** | **B.** | **reduce.** |
| **a** | **C.**  | **respond.** |
| **a** | **D.**  | **reuse.** |

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| **2.**  | **Opening blinds during the day to let in the sun's warmth in the kitchen is an example of: (NCCTE.9\_12.FE.FN41.FF1.03)**  |

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| **a** | **A.** | **recycle.** |
| **a** | **B.** | **reduce.** |
| **a** | **C.**  | **respond.** |
| **a** | **D.**  | **reuse.** |

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| **3.**  | **Disposing of appliances at centers where they accept broken or damaged appliances is an example of: (NCCTE.9\_12.FE.FN41.FF1.03)**  |

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| **a** | **A.** | **recycle.** |
| **a** | **B.** | **reduce** |
| **a** | **C.**  | **respond.** |
| **a** | **D.**  | **reuse.** |

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| **4.**  | **Alice is making soup with leftover ham and vegetables from dinner the night before. This is an example of: (NCCTE.9\_12.FE.FN41.FF1.03)**  |

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| **a** | **A.** | **recycle.** |
| **a** | **B.** | **reduce.** |
| **a** | **C.**  | **respond.** |
| **a** | **D.**  | **reuse.** |

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| **5.**  | **Steaming or stir-frying vegetables instead of boiling vegetables falls under what classification of water conservation? (NCCTE.9\_12.FE.FN41.FF1.03)**  |

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| **a** | **A.** | **Conservative use of hot water heaters** |
| **a** | **B.** | **Conservative use of water faucets** |
| **a** | **C.**  | **Cooking methods** |
| **a** | **D.**  | **Dishwashing techniques** |

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| **6.**  | **Ginnie is sorting aluminum cans, plastic bottles, and newspapers each week and placing them in a bin for pick up. This is an example of: (NCCTE.9\_12.FE.FN41.FF1.03)**  |

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| **a** | **A.** | **recycle.** |
| **a** | **B.** | **reduce.** |
| **a** | **C.**  | **respond.** |
| **a** | **D.**  | **reuse.** |

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| **7.**  | **Which recipe part is NOT necessary for preparing the dish, but is useful when planning foods to fit into an eating plan? (NCCTE.9\_12.FE.FN41.FF2.01)**  |

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| **a** | **A.** | **Container size and type** |
| **a** | **B.** | **List of ingredients and amounts** |
| **a** | **C.**  | **Nutrition analysis** |
| **a** | **D.**  | **Yield** |

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| **8.**  | **Which part of a recipe tells how to prepare a food dish in the order it should be completed? (NCCTE.9\_12.FE.FN41.FF2.01)**  |

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| **a** | **A.** | **Container size and type** |
| **a** | **B.** | **List of ingredients and amounts** |
| **a** | **C.**  | **Step-by-step directions** |
| **a** | **D.**  | **Temperature and time** |

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| **9.**  | **Which part of a recipe, usually given for conventional ovens, tells how to cook the food? (NCCTE.9\_12.FE.FN41.FF2.01)**  |

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| **a** | **A.** | **Container size and type** |
| **a** | **B.** | **List of ingredients and amounts** |
| **a** | **C.**  | **Step-by-step directions** |
| **a** | **D.**  | **Temperature and time** |

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| **10.**  | **Which part of a recipe tells what type of equipment is needed to prepare a recipe? (NCCTE.9\_12.FE.FN41.FF2.01)**  |

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| **a** | **A.** | **Container size and type** |
| **a** | **B.** | **Ingredients and the amounts** |
| **a** | **C.**  | **Step-by-step directions** |
| **a** | **D.**  | **Yield** |

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| **11.**  | **Which is a recipe resource? (NCCTE.9\_12.FE.FN41.FF2.01)**  |

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| **a** | **A.** | **Family member** |
| **a** | **B.** | **Ingredient amount** |
| **a** | **C.**  | **Measurement abbreviation** |
| **a** | **D.**  | **Preparation term** |

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| **12.**  | **Which is a recipe resource? (NCCTE.9\_12.FE.FN41.FF2.01)**  |

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| **a** | **A.** | **Cookbooks** |
| **a** | **B.** | **Ingredients and amounts** |
| **a** | **C.**  | **Nutrition analysis** |
| **a** | **D.**  | **Recipe yields** |

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| **13.**  | **Which is a recipe resource? (NCCTE.9\_12.FE.FN41.FF2.01)**  |

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| **a** | **A.** | **Container size and shape** |
| **a** | **B.** | **Equivalent measurement** |
| **a** | **C.**  | **Ingredients and amounts** |
| **a** | **D.**  | **Package label** |

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| **14.**  | **The quickest and easiest resource for researching recipes by ingredient, type, or time available for preparation is: (NCCTE.9\_12.FE.FN41.FF2.01)**  |

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| **a** | **A.** | **cookbooks.** |
| **a** | **B.** | **family recipes.** |
| **a** | **C.**  | **Internet recipes.** |
| **a** | **D.**  | **package labels.** |

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| **15.**  | **What recipe resource is passed down from previous generations? (NCCTE.9\_12.FE.FN41.FF2.01)**  |

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| **a** | **A.** | **Cookbooks** |
| **a** | **B.** | **Family recipes** |
| **a** | **C.**  | **Internet recipes** |
| **a** | **D.**  | **Package labels** |

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| **16.**  | **Which kitchen appliance quickly cooks, defrosts, and reheats most foods? (NCCTE.9\_12.FE.FN41.FF2.02)**  |

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| **a** | **A.** | **Microwave oven** |
| **a** | **B.** | **Range** |
| **a** | **C.**  | **Slow cooker** |
| **a** | **D.**  | **Toaster oven** |

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| **17.**  | **Which kitchen appliance is used to fry, bake, broil, or roast foods? (NCCTE.9\_12.FE.FN41.FF2.02)**  |

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| **a** | **A.** | **Microwave oven** |
| **a** | **B.** | **Range** |
| **a** | **C.**  | **Slow cooker** |
| **a** | **D.**  | **Toaster oven** |

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| **18.**  | **Which kitchen equipment is used to measure large amounts of both dry and solid ingredients? (NCCTE.9\_12.FE.FN41.FF2.02)**  |

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| **a** | **A.** | **Dry measuring cups** |
| **a** | **B.** | **Liquid measuring cups** |
| **a** | **C.**  | **Measuring spoons** |
| **a** | **D.**  | **Scales** |

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| **19.**  | **Which kitchen equipment is used to measure the internal temperature of foods? (NCCTE.9\_12.FE.FN41.FF2.02)**  |

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| **a** | **A.** | **Dry measuring cups** |
| **a** | **B.** | **Liquid measuring cups** |
| **a** | **C.**  | **Scales** |
| **a** | **D.**  | **Thermometers** |

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| **20.**  | **What kitchen equipment is a bowl made of wire mesh that is used to remove solid pieces of food from a liquid? (NCCTE.9\_12.FE.FN41.FF2.02)**  |

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| **a** | **A.** | **Bread knife** |
| **a** | **B.** | **Food chopper** |
| **a** | **C.**  | **Kitchen shears** |
| **a** | **D.**  | **Strainer** |

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| **21.**  | **Which kitchen equipment is powerful and versatile, because it has assorted disks and blades? (NCCTE.9\_12.FE.FN41.FF2.02)**  |

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| **a** | **A.** | **Colander** |
| **a** | **B.** | **Food processor** |
| **a** | **C.**  | **Hand mixer** |
| **a** | **D.**  | **Whisk** |

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| **22.**  | **Which kitchen equipment is used to quick-fry foods in a small amount of fat? (NCCTE.9\_12.FE.FN41.FF2.02)**  |

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| **a** | **A.** | **Casserole** |
| **a** | **B.** | **Double boiler** |
| **a** | **C.**  | **Steamer** |
| **a** | **D.**  | **Wok** |

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| **23.**  | **Which kitchen equipment is used to bake and serve main dishes and desserts? (NCCTE.9\_12.FE.FN41.FF2.02)**  |

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| **a** | **A.** | **Casserole** |
| **a** | **B.** | **Double boiler** |
| **a** | **C.**  | **Steamer** |
| **a** | **D.**  | **Wok** |

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| **24.**  | **Which kitchen equipment is a shallow, round baking dish with sloping sides and may be used to bake quiche? (NCCTE.9\_12.FE.FN41.FF2.02)**  |

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| **a** | **A.** | **Baking sheet** |
| **a** | **B.** | **Loaf pan** |
| **a** | **C.**  | **Pie pan** |
| **a** | **D.**  | **Roasting pan** |

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| **25.**  | **Which kitchen equipment has four 1-inch deep sides and is used to bake cakes, pizza, and fish? (NCCTE.9\_12.FE.FN41.FF2.02)**  |

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| **a** | **A.** | **Baking sheet** |
| **a** | **B.** | **Loaf pan** |
| **a** | **C.**  | **Pie pan** |
| **a** | **D.**  | **Roasting pan** |

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| **26.**  | **What is an abbreviation for *fluid ounce*? (NCCTE.9\_12.FE.FN41.FF2.03)**  |

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| **a** | **A.** | **fl. ouc.** |
| **a** | **B.** | **fl. oz.** |
| **a** | **C.**  | **ouc.** |
| **a** | **D.**  | **oz.** |

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| **27.**  | **What is an abbreviation for *gallon*? (NCCTE.9\_12.FE.FN41.FF2.03)**  |

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| **a** | **A.** | **g.** |
| **a** | **B.** | **G.** |
| **a** | **C.**  | **gal.** |
| **a** | **D.**  | **Gl.** |

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| **28.**  | **In a recipe, *pt.* is the abbreviation for: (NCCTE.9\_12.FE.FN41.FF2.03)**  |

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| **a** | **A.** | **pare.** |
| **a** | **B.** | **part.** |
| **a** | **C.**  | **pint.** |
| **a** | **D.**  | **put.** |

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| **29.**  | **In a recipe, *C.* is the abbreviation for: (NCCTE.9\_12.FE.FN41.FF2.03)**  |

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| **a** | **A.** | **chop.** |
| **a** | **B.** | **cube.** |
| **a** | **C.**  | **cup.** |
| **a** | **D.**  | **cut.** |

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| **30.**  | **Which measure equals *one half cup*? (NCCTE.9\_12.FE.FN41.FF2.03)**  |

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| **a** | **A.** | **Two fluid ounces** |
| **a** | **B.** | **Eight tablespoons** |
| **a** | **C.**  | **Eight teaspoons** |
| **a** | **D.**  | **Eight fluid ounces** |

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| **31.**  | **Which measure equals *one pint*? (NCCTE.9\_12.FE.FN41.FF2.03)**  |

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| **a** | **A.** | **Four cups** |
| **a** | **B.** | **Sixteen ounces** |
| **a** | **C.**  | **Sixteen fluid ounces** |
| **a** | **D.**  | **Twelve tablespoons** |

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| **32.**  | **Which measure equals *one pound*? (NCCTE.9\_12.FE.FN41.FF2.03)**  |

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| **a** | **A.** | **Eight ounces** |
| **a** | **B.** | **Eight fluid ounces** |
| **a** | **C.**  | **Sixteen ounces** |
| **a** | **D.**  | **Sixteen fluid ounces** |

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| **33.**  | **An amount that is less than 1/8 teaspoon or the amount that can be held between the thumb and forefinger is a: (NCCTE.9\_12.FE.FN41.FF2.03)**  |

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| **a** | **A.** | **heap.** |
| **a** | **B.** | **level.** |
| **a** | **C.**  | **ounce.** |
| **a** | **D.**  | **pinch.** |

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| **34.**  | **To cut food into large, thick or thin, flat pieces using a sawing motion while gently pressing down is to: (NCCTE.9\_12.FE.FN41.FF2.03)**  |

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| **a** | **A.** | **mince.** |
| **a** | **B.** | **pare.** |
| **a** | **C.**  | **shred.** |
| **a** | **D.**  | **slice.** |

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| **35.**  | **To increase the flavor of a food by adding herbs, spices, or other ingredients or to prepare a cooking utensil for cooking is: (NCCTE.9\_12.FE.FN41.FF2.03)**  |

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| **a** | **A.** | **baste.** |
| **a** | **B.** | **grease.** |
| **a** | **C.**  | **season.** |
| **a** | **D.**  | **tenderize.** |

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| **36.**  | **To rub fat on the surface of a food or a cooking utensil is to: (NCCTE.9\_12.FE.FN41.FF2.03)**  |

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| **a** | **A.** | **baste.** |
| **a** | **B.** | **grease.** |
| **a** | **C.**  | **marinate.** |
| **a** | **D.**  | **tenderize.** |

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| **37.**  | **To make something easy to chew by applying a process or a substance that breaks down connective tissue or fiber is to: (NCCTE.9\_12.FE.FN41.FF2.03)**  |

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| **a** | **A.** | **baste.** |
| **a** | **B.** | **grease.** |
| **a** | **C.**  | **season.** |
| **a** | **D.**  | **tenderize.** |

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| **38.**  | **To leave an opening in the covering of a food to allow steam to escape is to: (NCCTE.9\_12.FE.FN41.FF2.03)**  |

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| **a** | **A.** | **dissolve.** |
| **a** | **B.** | **marinate.** |
| **a** | **C.**  | **soak.** |
| **a** | **D.**  | **vent.** |

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| **39.**  | **To cause a solid food to turn into or become part of a liquid is to: (NCCTE.9\_12.FE.FN41.FF2.03)**  |

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| **a** | **A.** | **dissolve.** |
| **a** | **B.** | **marinate.** |
| **a** | **C.**  | **soak.** |
| **a** | **D.**  | **vent.** |

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| **40.**  | **To immerse food in a liquid for the purpose of wetting, softening, or cleaning it is to: (NCCTE.9\_12.FE.FN41.FF2.03)**  |

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| **a** | **A.** | **dissolve.** |
| **a** | **B.** | **marinate.** |
| **a** | **C.**  | **soak.** |
| **a** | **D.**  | **vent.** |

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| **41.**  | **To beat solid fat and sugar with a wooden spoon or electric mixer until smooth and light is to: (NCCTE.9\_12.FE.FN41.FF2.03)**  |

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| **a** | **A.** | **beat.** |
| **a** | **B.** | **cream.** |
| **a** | **C.**  | **sift.** |
| **a** | **D.**  | **toss.** |

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| **42.**  | **To thoroughly mix ingredients and incorporate air using a spoon, wire whisk, mixer, or food processor is to: (NCCTE.9\_12.FE.FN41.FF2.03)**  |

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| **a** | **A.** | **beat.** |
| **a** | **B.** | **cream.** |
| **a** | **C.**  | **sift.** |
| **a** | **D.**  | **toss.** |

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| **43.**  | **To lightly mix ingredients by tumbling them with tongs or a large fork and spoon is to: (NCCTE.9\_12.FE.FN41.FF2.03)**  |

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| **a** | **A.** | **beat.** |
| **a** | **B.** | **cream.** |
| **a** | **C.**  | **sift.** |
| **a** | **D.**  | **toss.** |

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| **44.**  | **To blend a delicate mixture into a heavier one, using a rubber spatula or spoon in a gentle up, down, and over motion so that the mixture stays light is to: (NCCTE.9\_12.FE.FN41.FF2.03)**  |

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| **a** | **A.** | **cut-in.** |
| **a** | **B.** | **fold.** |
| **a** | **C.**  | **knead.** |
| **a** | **D.**  | **stir.** |

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| **45.**  | **To cook uncovered under a direct heat source is to: (NCCTE.9\_12.FE.FN41.FF2.03)**  |

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| **a** | **A.** | **braise.** |
| **a** | **B.** | **broil.** |
| **a** | **C.**  | **roast.** |
| **a** | **D.**  | **simmer.** |

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| **46.**  | **To cook meat, fish, or poultry uncovered in an oven with dry, hot air is to: (NCCTE.9\_12.FE.FN41.FF2.03)**  |

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| **a** | **A.** | **braise.** |
| **a** | **B.** | **broil.** |
| **a** | **C.**  | **roast.** |
| **a** | **D.**  | **simmer.** |

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| **47.**  | **To cook large pieces of meat or poultry slowly over low heat in a small amount of hot liquid in a tightly covered pan is to: (NCCTE.9\_12.FE.FN41.FF2.03)**  |

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| **a** | **A.** | **braise.** |
| **a** | **B.** | **broil.** |
| **a** | **C.**  | **roast.** |
| **a** | **D.**  | **simmer.** |

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| **48.**  | **To cook food in hot liquid, 212 °F, having bubbles that rise to and break on the surface of a liquid is to: (NCCTE.9\_12.FE.FN41.FF2.03)**  |

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| **a** | **A.** | **barbeque.** |
| **a** | **B.** | **boil.** |
| **a** | **C.**  | **saute.** |
| **a** | **D.**  | **steam.** |

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| **49.**  | **To cook food in a pan using vapor produced by boiling liquid is to: (NCCTE.9\_12.FE.FN41.FF2.03)**  |

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| **a** | **A.** | **barbeque.** |
| **a** | **B.** | **boil.** |
| **a** | **C.**  | **saute.** |
| **a** | **D.**  | **steam.** |

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| **50.**  | **To roast slowly on a rack or spit over hot coals or some other direct heat source and baste with a spicy sauce is to: (NCCTE.9\_12.FE.FN41.FF2.03)**  |

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| **a** | **A.** | **barbeque.** |
| **a** | **B.** | **boil.** |
| **a** | **C.**  | **saute.** |
| **a** | **D.**  | **steam.** |

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| **51.**  | **Less baking powder is used and the oven temperature is increased when baking cakes: (NCCTE.9\_12.FE.FN41.FF2.04)**  |

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| **a** | **A.** | **at high altitudes.** |
| **a** | **B.** | **in the microwave.** |
| **a** | **C.**  | **in the toaster oven.** |
| **a** | **D.**  | **on the cooktop.** |

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| **52.**  | **One must use ½ of the chili powder when making spaghetti sauce: (NCCTE.9\_12.FE.FN41.FF2.04)**  |

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| **a** | **A.** | **at high altitudes.** |
| **a** | **B.** | **in the microwave.** |
| **a** | **C.**  | **in the toaster oven.** |
| **a** | **D.**  | **on the cooktop.** |

 **Please use the following passage for questions 53 through 55:
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| **53.**  | **To make the above recipe healthier, one could substitute: (NCCTE.9\_12.FE.FN41.FF2.04)**  |

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| **a** | **A.** | **1 stick butter for the butter or margarine.** |
| **a** | **B.** | **1 stick margarine for the butter or margarine.** |
| **a** | **C.**  | **2 ½ cups buttermilk for the milk.** |
| **a** | **D.**  | **2 ½ cups skim milk for the milk.** |

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| **54.**  | **To make the Southern Style Chicken Pie recipe above healthier and add more vitamins, add: (NCCTE.9\_12.FE.FN41.FF2.04)**  |

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| **a** | **A.** | **1 cup beef broth.** |
| **a** | **B.** | **1 cup sour cream.** |
| **a** | **C.**  | **1 package frozen mixed vegetables.** |
| **a** | **D.**  | **1 pound chicken legs and thighs.** |

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| **55.**  | **To make the Southern Style Chicken Pie recipe healthier for a person on a low-carbohydrate diet, omit the: (NCCTE.9\_12.FE.FN41.FF2.04)**  |

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| **a** | **A.** | **Bisquick®.** |
| **a** | **B.** | **chicken broth.** |
| **a** | **C.**  | **milk.** |
| **a** | **D.**  | **salt.** |

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| **56.**  | **Which is an example of an essential ingredient in a recipe? (NCCTE.9\_12.FE.FN41.FF2.04)**  |

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| **a** | **A.** | **Green bell pepper in a casserole** |
| **a** | **B.** | **Potatoes in a beef stew** |
| **a** | **C.**  | **Salt in a loaf of bread** |
| **a** | **D.**  | **Toasted almonds in a salad** |

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| **57.**  | **Which is an example of a non-essential ingredient in a recipe? (NCCTE.9\_12.FE.FN41.FF2.04)**  |

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| **a** | **A.** | **All-purpose flour in a cake** |
| **a** | **B.** | **Baking powder in biscuits** |
| **a** | **C.**  | **Mushrooms in a stir-fry** |
| **a** | **D.**  | **Shortening in pie crust** |

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| **58.**  | **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? Use: (NCCTE.9\_12.FE.FN41.FF2.04)**  |

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| **a** | **A.** | **1 small brown egg.** |
| **a** | **B.** | **1 egg white.** |
| **a** | **C.**  | **2 egg whites.** |
| **a** | **D.**  | **2 medium eggs.** |

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| **59.**  | **Judy is making frosting for cupcakes. The recipe calls for 1 ounce unsweetened baking chocolate. What should she substitute if she does not have the unsweetened baking chocolate? (NCCTE.9\_12.FE.FN41.FF2.04)**  |

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| **a** | **A.** | **1 tablespoon unsweetened cocoa + 3 tablespoons butter** |
| **a** | **B.** | **2 tablespoons unsweetened cocoa + 1 tablespoon butter** |
| **a** | **C.**  | **2 tablespoons unsweetened cocoa + 2 tablespoons butter** |
| **a** | **D.**  | **3 tablespoons unsweetened cocoa + 1 tablespoon butter** |

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| **60.**  | **Kim is making lasagna and the recipe calls for 1 clove of garlic. She does not have a clove of garlic but has a well-stocked herb and spice cabinet. What could she substitute? (NCCTE.9\_12.FE.FN41.FF2.04)**  |

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| **a** | **A.** | **1/8 teaspoon garlic powder** |
| **a** | **B.** | **¼ teaspoon garlic powder** |
| **a** | **C.**  | **½ teaspoon garlic powder** |
| **a** | **D.**  | **1 teaspoon garlic powder** |

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| **61.**  | **In the mashed potatoes convenience food label, what is the serving size?****http://elements.schools.nc.gov/Franklin/upload/623824358P0.jpg****(NCCTE.9\_12.FE.FN41.FF2.04)**  |

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| **a** | **A.** | **½ cup** |
| **a** | **B.** | **2/3 cup** |
| **a** | **C.**  | **1 cup** |
| **a** | **D.**  | **2 cups** |

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| **62.**  | **In the mashed potatoes convenience food label, what additional ingredients are needed to prepare the food?****http://elements.schools.nc.gov/Franklin/upload/623824358P0.jpg****(NCCTE.9\_12.FE.FN41.FF2.04)**  |

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| **a** | **A.** | **1/3 cup milk and 1 tablespoon butter** |
| **a** | **B.** | **1/3 cup milk and 2 tablespoons butter** |
| **a** | **C.**  | **2/3 cups milk and 1 tablespoon butter** |
| **a** | **D.**  | **2/3 cups milk and 2 tablespoons butter** |

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| **63.**  | **On the mashed potatoes convenience food label above, at what power level is the food cooked?****http://elements.schools.nc.gov/Franklin/upload/623824358P0.jpg****(NCCTE.9\_12.FE.FN41.FF2.04)**  |

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| **a** | **A.** | **High** |
| **a** | **B.** | **Low** |
| **a** | **C.**  | **Medium** |
| **a** | **D.**  | **Medium-high** |

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| **64.**  | **Sandra's power bill was extremely high last month. What is an ADVANTAGE of using convenience foods in recipes this month for Sandra? (NCCTE.9\_12.FE.FN41.FF2.04)**  |

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| **a** | **A.** | **Enhances flavor** |
| **a** | **B.** | **Guarantees nutritional value** |
| **a** | **C.**  | **Saves energy** |
| **a** | **D.**  | **Saves money** |

 **Please use the following passage for this question.**

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| **65.**  | **To serve 4 people with the Sweet Potato recipe, how many mashed sweet potatoes would be needed? (NCCTE.9\_12.FE.FN41.FF2.04)**  |

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| **a** | **A.** | **1 ½ cups** |
| **a** | **B.** | **3 cups** |
| **a** | **C.**  | **6 cups** |
| **a** | **D.**  | **8 cups** |

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| **66.**  | **How does inaccurately measuring ingredients affect the end product? (NCCTE.9\_12.FE.FN41.FF2.05)**  |

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| **a** | **A.** | **Air is added to the ingredients making the baked food lighter.** |
| **a** | **B.** | **Air or moisture in the original ingredient will be lost, making the product heavier.** |
| **a** | **C.**  | **More or less ingredient will affect the taste and the appearance of the product.** |
| **a** | **D.**  | **Sticky ingredients will be easier to remove from the measuring cup or spoon.** |

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| **67.**  | **How does using melted solid fat for solid fat affect the end product? (NCCTE.9\_12.FE.FN41.FF2.05)**  |

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| **a** | **A.** | **Air is added to the ingredients making the baked food lighter.** |
| **a** | **B.** | **Air or moisture in the original ingredient will be lost, making the product heavier.** |
| **a** | **C.**  | **More or less ingredient will cause the product not to rise.** |
| **a** | **D.**  | **Sticky ingredients will be easier to remove from the measuring cup or spoon.** |

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| **68.**  | **Why are coffee mugs, ordinary flatware, and juice glasses not used for measuring? (NCCTE.9\_12.FE.FN41.FF2.05)**  |

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| **a** | **A.** | **All are the same size** |
| **a** | **B.** | **Cannot see through these** |
| **a** | **C.**  | **Scales are used** |
| **a** | **D.**  | **Sizes vary** |

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| **69.**  | **How is the weight of an ingredient determined? (NCCTE.9\_12.FE.FN41.FF2.05)**  |

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| **a** | **A.** | **Measure with glass or plastic** |
| **a** | **B.** | **Measure with metal or plastic** |
| **a** | **C.**  | **Measure with scales** |
| **a** | **D.**  | **Measure with wooden utensils** |

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| **70.**  | **How should shortening be measured? (NCCTE.9\_12.FE.FN41.FF2.05)**  |

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| **a** | **A.** | **Pack, level, and remove from the cup with a rubber spatula** |
| **a** | **B.** | **Spoon into the measuring cup** |
| **a** | **C.**  | **Sift before measuring** |
| **a** | **D.**  | **Subtract the weight of the container before measuring** |

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| **71.**  | **Which measuring equipment should be used to measure 2/3 c. of peanut butter? (NCCTE.9\_12.FE.FN41.FF2.05)**  |

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| **a** | **A.** | **Balance scale** |
| **a** | **B.** | **Dry measuring cup** |
| **a** | **C.**  | **Liquid measuring cup** |
| **a** | **D.**  | **Measuring spoons** |

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| **72.**  | **Which is considered a liquid ingredient? (NCCTE.9\_12.FE.FN41.FF2.05)**  |

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| **a** | **A.** | **Butter** |
| **a** | **B.** | **Powdered milk** |
| **a** | **C.**  | **Mayonnaise** |
| **a** | **D.**  | **Vegetable oil** |

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| **73.**  | **Which is considered a liquid ingredient in its original form? (NCCTE.9\_12.FE.FN41.FF2.05)**  |

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| **a** | **A.** | **Butter** |
| **a** | **B.** | **Chocolate chips** |
| **a** | **C.**  | **Eggs** |
| **a** | **D.**  | **Shortening** |

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| **74.**  | **Aaron is making rolled cookies and needs to combine flour and shortening to the make dough. He needs to use a: (NCCTE.9\_12.FE.FN41.FF2.05)**  |

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| **a** | **A.** | **bread knife.** |
| **a** | **B.** | **chef's knife.** |
| **a** | **C.**  | **kitchen shears.** |
| **a** | **D.**  | **pastry blender.** |

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| **75.**  | **Alice is demonstrating to students how to dice foods on the classroom table. What does she need to protect the table top? (NCCTE.9\_12.FE.FN41.FF2.05)**  |

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| **a** | **A.** | **Cutting board** |
| **a** | **B.** | **Grater** |
| **a** | **C.**  | **Scraper** |
| **a** | **D.**  | **Straightening steel** |

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| **76.**  | **Aaron wants to make a milk shake.What should he use to liquefy the ice cream and other ingredients? (NCCTE.9\_12.FE.FN41.FF2.05)**  |

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| **a** | **A.** | **Blender** |
| **a** | **B.** | **Colander** |
| **a** | **C.**  | **Rolling pin** |
| **a** | **D.**  | **Strainer** |

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| **77.**  | **Mary has a recipe that needs several ingredients to be pureed. She should use a: (NCCTE.9\_12.FE.FN41.FF2.05)**  |

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| **a** | **A.** | **can opener.** |
| **a** | **B.** | **cooling rack.** |
| **a** | **C.**  | **food processor.** |
| **a** | **D.**  | **rolling pin.** |

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| **78.**  | **Which is an example of mincing foods? (NCCTE.9\_12.FE.FN41.FF2.05)**  |

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| **a** | **A.** | **Cutting onions into very small, irregular pieces** |
| **a** | **B.** | **Making shallow slices into the surface of bread dough** |
| **a** | **C.**  | **Removing the outer skin of potatoes** |
| **a** | **D.**  | **Rubbing cabbage against a shredder** |

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| **79.**  | **Which is an example of dusting foods? (NCCTE.9\_12.FE.FN41.FF2.05)**  |

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| **a** | **A.** | **Changing butter from a solid to a liquid** |
| **a** | **B.** | **Cutting cucumbers into ¼-inch squares** |
| **a** | **C.**  | **Spooning tomato sauce over pork roast as it cooks** |
| **a** | **D.**  | **Sprinking gingerbread with powdered sugar** |

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| **80.**  | **Which is an example of basting foods? (NCCTE.9\_12.FE.FN41.FF2.05)**  |

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| **a** | **A.** | **Changing butter from a solid to a liquid** |
| **a** | **B.** | **Cutting cucumbers into ¼-inch squares** |
| **a** | **C.**  | **Spooning tomato sauce over pork roast as it cooks** |
| **a** | **D.**  | **Sprinkling gingerbread with powdered sugar** |

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| **81.**  | **To knead bread dough, use a: (NCCTE.9\_12.FE.FN41.FF2.05)**  |

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| **a** | **A.** | **hand mixer with wire whisk.** |
| **a** | **B.** | **mixing bowl with slotted spoon.** |
| **a** | **C.**  | **mixing bowl with spoon.** |
| **a** | **D.**  | **stand mixer with dough hook.** |

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| **82.**  | **Which cooking equipment should be used to prepare hamburgers? (NCCTE.9\_12.FE.FN41.FF2.05)**  |

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| **a** | **A.** | **Double boiler** |
| **a** | **B.** | **Electric skillet** |
| **a** | **C.**  | **Slow cooker** |
| **a** | **D.**  | **Steamer** |

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| **83.**  | **Which cooking equipment should be used to prepare nutritious broccoli? (NCCTE.9\_12.FE.FN41.FF2.05)**  |

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| **a** | **A.** | **Double boiler** |
| **a** | **B.** | **Electric skillet** |
| **a** | **C.**  | **Slow cooker** |
| **a** | **D.**  | **Steamer** |

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| **84.**  | **Which cooking equipment should be used to cook vegetable beef soup? (NCCTE.9\_12.FE.FN41.FF2.05)**  |

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| **a** | **A.** | **Double boiler** |
| **a** | **B.** | **Electric skillet** |
| **a** | **C.**  | **Slow cooker** |
| **a** | **D.**  | **Steamer** |

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| **85.**  | **Which cooking equipment should be used to remove chicken wings from hot oil? (NCCTE.9\_12.FE.FN41.FF2.05)**  |

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| **a** | **A.** | **Ladle** |
| **a** | **B.** | **Pot holder** |
| **a** | **C.**  | **Tongs** |
| **a** | **D.**  | **Turner** |

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| **86.**  | **The smallest-size cut for foods such as fruits and vegetables is a: (NCCTE.9\_12.FE.FN41.FF2.05)**  |

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| **a** | **A.** | **chop.** |
| **a** | **B.** | **cube.** |
| **a** | **C.**  | **dice.** |
| **a** | **D.**  | **mince.** |

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| **87.**  | **To toss a salad use a: (NCCTE.9\_12.FE.FN41.FF2.05)**  |

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| **a** | **A.** | **spoon to thoroughly mix ingredients with a circular, up-and-down motion.** |
| **a** | **B.** | **rubber spatula to gently blend a heavy and delicate mixture.** |
| **a** | **C.**  | **sieve to mix ingredients.** |
| **a** | **D.**  | **set of tongs to gently tumble together ingredients.** |

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| **88.**  | **How does one beat eggs for an omelet? (NCCTE.9\_12.FE.FN41.FF2.05)**  |

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| **a** | **A.** | **Use a rubber spatula to gently blend a heavy and delicate mixture** |
| **a** | **B.** | **Use a sieve to mix ingredients** |
| **a** | **C.**  | **Use a wire whisk to thoroughly mix ingredients with a circular, up-and-down motion** |
| **a** | **D.**  | **Use tongs to gently tumble together ingredients** |

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| **89.**  | **How are flour and cinnamon sifted together? (NCCTE.9\_12.FE.FN41.FF2.05)**  |

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| **a** | **A.** | **Use a rubber spatula to gently blend a heavy and delicate mixture** |
| **a** | **B.** | **Use a sieve to mix ingredients** |
| **a** | **C.**  | **Use a spoon to thoroughly mix ingredients with a circular, up-and-down motion** |
| **a** | **D.**  | **Use tongs to gently tumble together ingredients** |

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| **90.**  | **How is bacon broiled? (NCCTE.9\_12.FE.FN41.FF2.05)**  |

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| **a** | **A.** | **Cook by dry, hot air uncovered in an oven** |
| **a** | **B.** | **Cook in a liquid that has a temperature of 212°F** |
| **a** | **C.**  | **Cook on top of the range in a fry pan** |
| **a** | **D.**  | **Cook under direct heat** |

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| **91.**  | **How does one braise a beef steak? (NCCTE.9\_12.FE.FN41.FF2.05)**  |

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| **a** | **A.** | **Cook by browning in a small amount of hot fat** |
| **a** | **B.** | **Cook by turning to a desired temperature for 10 minutes before adding food** |
| **a** | **C.**  | **Cook in a covered pan using low heat and a small amount of liquid Cook using vapor made by liquids that have reached 212°F** |
| **a** | **D.**  | **Cook using vapor made by liquids that have reached 212°F** |

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| **92.**  | **Which food takes the longest time to prepare? (NCCTE.9\_12.FE.FN41.FF2.05)**  |

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| **a** | **A.** | **Cheese biscuit** |
| **a** | **B.** | **Omelet** |
| **a** | **C.**  | **Three bean casserole** |
| **a** | **D.**  | **Tossed salad** |

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| **93.**  | **Buttermilk and kefir are examples of: (NCCTE.9\_12.FE.FN41.FF2.05)**  |

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| **a** | **A.** | **cultured milk products.** |
| **a** | **B.** | **milk solids.** |
| **a** | **C.**  | **non-dairy foods.** |
| **a** | **D.**  | **whey.** |

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| **94.**  | **The BEST dairy choices for low-fat diets are: (NCCTE.9\_12.FE.FN41.FF2.05)**  |

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| **a** | **A.** | **all dairy products.** |
| **a** | **B.** | **reduced-fat products.** |
| **a** | **C.**  | **imitation dairy foods.** |
| **a** | **D.**  | **processed cheeses.** |

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| **95.**  | **In order to cook with milk, cheese, and other dairy foods, use: (NCCTE.9\_12.FE.FN41.FF2.05)**  |

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| **a** | **A.** | **high heat.** |
| **a** | **B.** | **low heat.** |
| **a** | **C.**  | **temperatures that boil the foods.** |
| **a** | **D.**  | **whatever temperature you choose.** |

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| **96.**  | **Using too high cooking temperatures will cause milk to: (NCCTE.9\_12.FE.FN41.FF2.05)**  |

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| **a** | **A.** | **become creamier.** |
| **a** | **B.** | **curdle and scorch.** |
| **a** | **C.**  | **harden.** |
| **a** | **D.**  | **harden and become sweeter.** |

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| **97.**  | **How do the functions of milk and eggs in cooking differ? (NCCTE.9\_12.FE.FN41.FF2.05)**  |

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| **a** | **A.** | **Eggs are not considered a liquid ingredient; milk is a liquid ingredient.** |
| **a** | **B.** | **Eggs are used as a binder; milk is not a binder.** |
| **a** | **C.**  | **Milk and egg products must always be scalded before use.** |
| **a** | **D.**  | **Milk and eggs are used as a binder.** |

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| **98.**  | **How are omelets and scrambled eggs the same? (NCCTE.9\_12.FE.FN41.FF2.05)**  |

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| **a** | **A.** | **Omelets are more nutritious than scrambled eggs.** |
| **a** | **B.** | **Omelets may have ingredients like vegetables but scrambled eggs may not.** |
| **a** | **C.**  | **Scrambled eggs and omelets may have ingredients like vegetables or cheese.** |
| **a** | **D.**  | **Scrambled eggs are stirred when cooking.** |

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| **99.**  | **An example of a food made with cheese is: (NCCTE.9\_12.FE.FN41.FF2.05)**  |

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| **a** | **A.** | **baked beans.** |
| **a** | **B.** | **lasagna.** |
| **a** | **C.**  | **pasta with a butter sauce.** |
| **a** | **D.**  | **roasted sweet potatoes.** |

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| **100.**  | **An example of a food made with milk is: (NCCTE.9\_12.FE.FN41.FF2.05)**  |

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| **a** | **A.** | **cherry gelatin.** |
| **a** | **B.** | **marinated vegetables.** |
| **a** | **C.**  | **mayonnaise.** |
| **a** | **D.**  | **white sauce.** |

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| **101.**  | **An example of an egg that is simmered in water is a: (NCCTE.9\_12.FE.FN41.FF2.05)**  |

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| **a** | **A.** | **baked egg.** |
| **a** | **B.** | **fried egg.** |
| **a** | **C.**  | **hard-cooked egg.** |
| **a** | **D.**  | **poached egg.** |

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| **102.**  | **The BEST choice in cookware to use for scrambling eggs is a: (NCCTE.9\_12.FE.FN41.FF2.05)**  |

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| **a** | **A.** | **double boiler.** |
| **a** | **B.** | **sauce pan.** |
| **a** | **C.**  | **skillet.** |
| **a** | **D.**  | **stock pot.** |

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| **103.**  | **How does cooking eggs in a microwave compare with cooking eggs on top of the stove? (NCCTE.9\_12.FE.FN41.FF2.05)**  |

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| **a** | **A.** | **Eggs are less nutritious when cooked in the microwave.** |
| **a** | **B.** | **Eggs can only be successfully cooked in the microwave.** |
| **a** | **C.**  | **Eggs may be left in the shell to boil for hard- cooked eggs in the microwave; Eggs may be only fried on top of the stove.** |
| **a** | **D.**  | **Eggs must be taken out of the shell first and stirred before cooking in the microwave oven; eggs may be cooked in the shell or out of the shell on the stove.** |

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| **104.**  | **How do the nutritional contents of eggs and dairy products compare? (NCCTE.9\_12.FE.FN41.FF2.05)**  |

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| **a** | **A.** | **Both eggs and dairy products contain calcium.** |
| **a** | **B.** | **Both eggs and dairy products contain cholesterol.** |
| **a** | **C.**  | **Dairy products contain more nutrients than eggs.** |
| **a** | **D.**  | **Eggs contain more nutrients than dairy products.** |

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| **105.**  | **How does the quality of brown eggs compare with that of white eggs? (NCCTE.9\_12.FE.FN41.FF2.05)**  |

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| **a** | **A.** | **Brown eggs are more nutritious than white eggs.** |
| **a** | **B.** | **Brown eggs stay fresh longer than white eggs.** |
| **a** | **C.**  | **The quality is the same.** |
| **a** | **D.**  | **White eggs are more nutritious than brown eggs.** |

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| **106.**  | **How does the quality of milk produced compare among different breeds of cows? (NCCTE.9\_12.FE.FN41.FF2.05)**  |

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| **a** | **A.** | **The highest quality milk is from cow breeds from the western U.S.** |
| **a** | **B.** | **The quality is the same; they are just different breeds.** |
| **a** | **C.**  | **The quality varies from breed to breed.** |
| **a** | **D.**  | **Milk only comes from one breed of cow.** |

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| **107.**  | **When determining the freshness of milk, check the: (NCCTE.9\_12.FE.FN41.FF2.05)**  |

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

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| **108.**  | **Biscuits, muffins, and pancakes are classified as: (NCCTE.9\_12.FE.FN41.FF2.05)**  |

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| **a** | **A.** | **drop breads.** |
| **a** | **B.** | **fruited breads.** |
| **a** | **C.**  | **quick breads.** |
| **a** | **D.**  | **yeast breads.** |

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| **109.**  | **How do quick breads and yeast breads compare? Quick breads: (NCCTE.9\_12.FE.FN41.FF2.05)**  |

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| **a** | **A.** | **are more flavorful than yeast breads.** |
| **a** | **B.** | **do not have leavening agents like yeast breads.** |
| **a** | **C.**  | **have more liquids than yeast breads.** |
| **a** | **D.**  | **use baking powder and yeast breads use yeast.** |

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| **110.**  | **How do quick breads and yeast breads differ? (NCCTE.9\_12.FE.FN41.FF2.05)**  |

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| **a** | **A.** | **Quick breads are more flavorful than yeast breads.** |
| **a** | **B.** | **Quick breads do not have leavening agents like yeast breads.** |
| **a** | **C.**  | **Quick breads have more liquids than yeast breads.** |
| **a** | **D.**  | **Quick breads have a shorter preparation time than yeast breads.** |

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| **111.**  | **How are mixing methods ALIKE for quick breads? All quick breads: (NCCTE.9\_12.FE.FN41.FF2.05)**  |

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| **a** | **A.** | **are made using an electric mixer.** |
| **a** | **B.** | **have liquid and dry ingredients.** |
| **a** | **C.**  | **must have the flour sifted.** |
| **a** | **D.**  | **require two bowls when mixing ingredients.** |

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| **112.**  | **Jason cooked instant rice. He brought the water to a boil, added the rice: (NCCTE.9\_12.FE.FN41.FF2.05)**  |

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| **a** | **A.** | **and cooked uncovered.** |
| **a** | **B.** | **cooked 2 minutes, transferred to baking pan, and baked for 8 minutes.** |
| **a** | **C.**  | **covered, turned off the heat, and let stand for 10 minutes.** |
| **a** | **D.**  | **returned to boil, and boiled until all water had evaporated.** |

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| **113.**  | **Delores is a vegetarian. Which casserole would be best for her to eat? (NCCTE.9\_12.FE.FN41.FF2.05)**  |

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| **a** | **A.** | **Beef lasagna.** |
| **a** | **B.** | **Green bean casserole.** |
| **a** | **C.**  | **Ham and pineapple with cheese and cracker crumbs.** |
| **a** | **D.**  | **Shrimp casserole.** |

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| **114.**  | **Deborah is preparing to pour the liquid in the dry ingredients for a quick bread. She first needs to make a: (NCCTE.9\_12.FE.FN41.FF2.05)**  |

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| **a** | **A.** | **boiling water bath.** |
| **a** | **B.** | **greased pan.** |
| **a** | **C.**  | **preheated oven.** |
| **a** | **D.**  | **well in the mixture.** |

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| **115.**  | **Janis has several uncooked vegetables left from other meals. She wants to prepare a quick, low-calorie, inexpensive dinner. She could: (NCCTE.9\_12.FE.FN41.FF2.05)**  |

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| **a** | **A.** | **allow her pets to eat the leftovers and go out to eat.** |
| **a** | **B.** | **dispose of the vegetables and buy other ingredients.** |
| **a** | **C.**  | **prepare a rib eye steak to go with the vegetables.** |
| **a** | **D.**  | **prepare a vegetable stir-fry.** |

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| **116.**  | **Joan purchased a tougher cut of meat. To make the meat more tender, she should: (NCCTE.9\_12.FE.FN41.FF2.05)**  |

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| **a** | **A.** | **braise it.** |
| **a** | **B.** | **broil it.** |
| **a** | **C.**  | **microwave it.** |
| **a** | **D.**  | **pour off the liquid and then stir fry.** |

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| **117.**  | **Casseroles, soups, and protein salads compare favorably with other meals because they are: (NCCTE.9\_12.FE.FN41.FF2.05)**  |

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| **a** | **A.** | **easy to prepare, but not nutritious.** |
| **a** | **B.** | **difficult to prepare.** |
| **a** | **C.**  | **expensive, but satisfying meals.** |
| **a** | **D.**  | **inexpensive, nutritious and satisfying meals.** |

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| **118.**  | **Sarah doesn't want to spend the whole day cleaning after breakfast. To help this, she should: (NCCTE.9\_12.FE.FN41.FF2.05)**  |

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| **a** | **A.** | **clean as she cooks.** |
| **a** | **B.** | **load the dishwasher after the guests leave.** |
| **a** | **C.**  | **wash all dishes by hand.** |
| **a** | **D.**  | **wash all dishes the next day.** |

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| **119.**  | **Judy is preparing a Thanksgiving feast for the whole family. What can she do to save cleanup time? (NCCTE.9\_12.FE.FN41.FF2.05)**  |

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| **a** | **A.** | **Ask her family to complete certain tasks** |
| **a** | **B.** | **Clean after everyone leaves** |
| **a** | **C.**  | **Load the dishwasher after the guests leave** |
| **a** | **D.**  | **Wash all dishes by hand** |

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| **120.**  | **Wash glassware FIRST when dishwashing by hand because glassware: (NCCTE.9\_12.FE.FN41.FF2.05)**  |

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| **a** | **A.** | **is easy to break since it is made from glass.** |
| **a** | **B.** | **is the least dirty, and changing dishwater will be less frequent.** |
| **a** | **C.**  | **requires the coolest water to avoid glassware from breaking.** |
| **a** | **D.**  | **requires the hottest water to remove food residue.** |

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| **121.**  | **When loaded in the dishwasher, dishes should be placed: (NCCTE.9\_12.FE.FN41.FF2.05)**  |

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| **a** | **A.** | **at right angles to each other.** |
| **a** | **B.** | **facing the water source.** |
| **a** | **C.**  | **next to each other as close as they will go.** |
| **a** | **D.**  | **wherever they will fit.** |

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| **122.**  | **How do eggs differ from milk? (NCCTE.9\_12.FE.FN41.FF2.05)**  |

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| **a** | **A.** | **Eggs are expensive; milk is inexpensive.** |
| **a** | **B.** | **Eggs are inexpensive; milk can be expensive.** |
| **a** | **C.**  | **Eggs come from chickens, turkeys, and mammals; milk comes from cows, goats and other cold-blooded animals.** |
| **a** | **D.**  | **Eggs may be eaten raw; milk may be consumed in its natural state or cooked in a recipe.** |

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| **123.**  | **What is an example of a food made with eggs? (NCCTE.9\_12.FE.FN41.FF2.05)**  |

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| **a** | **A.** | **Congealed salad** |
| **a** | **B.** | **Fruit salad** |
| **a** | **C.**  | **Lasagna** |
| **a** | **D.**  | **Quiche** |

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| **124.**  | **What is an example of a food made with milk? (NCCTE.9\_12.FE.FN41.FF2.05)**  |

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| **a** | **A.** | **Hamburger** |
| **a** | **B.** | **Homemade vegetable soup** |
| **a** | **C.**  | **Rice** |
| **a** | **D.**  | **Sundae** |

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| **125.**  | **What is an example of a legume? (NCCTE.9\_12.FE.FN41.FF2.05)**  |

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| **a** | **A.** | **Artichokes** |
| **a** | **B.** | **Corn** |
| **a** | **C.**  | **Lentils** |
| **a** | **D.**  | **Squash** |

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| **126.**  | **What is an example of a legume? (NCCTE.9\_12.FE.FN41.FF2.05)**  |

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| **a** | **A.** | **Cabbage** |
| **a** | **B.** | **Dried butter beans** |
| **a** | **C.**  | **Onions** |
| **a** | **D.**  | **Potatoes** |

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| **127.**  | **What is the primary benefit of a legume? (NCCTE.9\_12.FE.FN41.FF2.05)**  |

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| **a** | **A.** | **Protein** |
| **a** | **B.** | **Vitamin C** |
| **a** | **C.**  | **Vitamin D** |
| **a** | **D.**  | **Water** |

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| **128.**  | **What is the primary benefit of a legume? (NCCTE.9\_12.FE.FN41.FF2.05)**  |

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| **a** | **A.** | **B vitamins** |
| **a** | **B.** | **Vitamin C** |
| **a** | **C.**  | **Vitamin D** |
| **a** | **D.**  | **Water** |

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| **129.**  | **How should a fruit be eaten to best preserve nutrients? (NCCTE.9\_12.FE.FN41.FF2.05)**  |

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| **a** | **A.** | **Baked with the skin left on** |
| **a** | **B.** | **Fried in oil** |
| **a** | **C.**  | **Grilled** |
| **a** | **D.**  | **Stewed in water and butter** |

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| **130.**  | **What are the health benefits of eating vegetables as compared to eating red meats? (NCCTE.9\_12.FE.FN41.FF2.05)**  |

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| **a** | **A.** | **May increase the amount of calorie intake in one day** |
| **a** | **B.** | **May increase the amount of fat in the diet** |
| **a** | **C.**  | **May increase the amount of protein in the diet** |
| **a** | **D.**  | **May reduce risk for stroke and other cardiovascular diseases** |

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| **131.**  | **Which protein foods are full of protein and have fewer calories in fat? (NCCTE.9\_12.FE.FN41.FF2.05)**  |

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| **a** | **A.** | **Bacon** |
| **a** | **B.** | **Beef** |
| **a** | **C.**  | **Fish** |
| **a** | **D.**  | **Pork** |

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| **132.**  | **How can calories be reduced when preparing grains? (NCCTE.9\_12.FE.FN41.FF2.05)**  |

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| **a** | **A.** | **Season with salted pork meat** |
| **a** | **B.** | **Season with spices and olive oil** |
| **a** | **C.**  | **Serve grain cereal with high sugar content** |
| **a** | **D.**  | **Serve grains with gravy** |

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| **133.**  | **How can calories be reduced when preparing protein foods? (NCCTE.9\_12.FE.FN41.FF2.05)**  |

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| **a** | **A.** | **Cook for a long time** |
| **a** | **B.** | **Cook in the crockpot** |
| **a** | **C.**  | **Select lean cuts of meat** |
| **a** | **D.**  | **Serve with gravy on meats** |

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| **134.**  | **How does frying compare with sautéing?**

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**(NCCTE.9\_12.FE.FN41.FF2.05)**  |

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| **a** | **A.** | **Frying involves shaking the pan back and forth; sautéing the pan remains still.** |
| **a** | **B.** | **Frying is high in calories; sautéing is lower in calories.** |
| **a** | **C.**  | **Frying uses a small amount of fat; sautéing uses a large amount of fat.** |
| **a** | **D.**  | **Frying usually involves very small pieces of  food; sautéing involves bigger pieces of food.** |

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| **135.**  | **How does microwaving compare with baking? (NCCTE.9\_12.FE.FN41.FF2.05)**  |

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| **a** | **A.** | **Microwaving bread is better than baking in the oven.** |
| **a** | **B.** | **Microwaving causes foods to brown better than baking in a conventional oven.** |
| **a** | **C.**  | **Microwaving is faster than baking in a conventional oven.** |
| **a** | **D.**  | **Microwaving is moister than baking in a conventional oven.** |

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| **136.**  | **What is an example of a quick bread? (NCCTE.9\_12.FE.FN41.FF2.05)**  |

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| **a** | **A.** | **Biscuit** |
| **a** | **B.** | **English muffin** |
| **a** | **C.**  | **Yeast doughnut** |
| **a** | **D.**  | **Yeast roll** |

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| **137.**  | **What is an example of a product made from adding eggs to flour and water? (NCCTE.9\_12.FE.FN41.FF2.05)**  |

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| **a** | **A.** | **Cornstarch** |
| **a** | **B.** | **Hominy** |
| **a** | **C.**  | **Noodles** |
| **a** | **D.**  | **Wheat germ** |

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| **138.**  | **How do all-purpose flour and self-rising flour differ? (NCCTE.9\_12.FE.FN41.FF2.05)**  |

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| **a** | **A.** | **All-purpose flour does not remain fresh as long as a self-rising.** |
| **a** | **B.** | **All-purpose flour is made from wheat and self-rising flour is made from potatoes.** |
| **a** | **C.**  | **All-purpose flour is plain and self-rising flour has added leavening and salt.** |
| **a** | **D.**  | **All-purpose flour makes a cake rise but self-rising does not help a cake rise.** |

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| **139.**  | **How can a person prevent bodily injury while cooking in the kitchen? (NCCTE.9\_12.FE.FN41.FF1.01)**  |

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| **a** | **A.** | **Avoid wearing a chef's hat** |
| **a** | **B.** | **Avoid wearing loose clothing and jewelry** |
| **a** | **C.**  | **Wear long pants and no shoes** |
| **a** | **D.**  | **Wear long pants and open-toed shoes** |

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| **140.**  | **A chef's apron caught on fire when cooking. What is BEST for extinguishing the fire on the apron? (NCCTE.9\_12.FE.FN41.FF1.01)**  |

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| **a** | **A.** | **Baking soda or drop and roll** |
| **a** | **B.** | **Flour or run to the closest water source** |
| **a** | **C.**  | **Salt or sugar** |
| **a** | **D.**  | **Water or any liquid** |

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| **141.**  | **A chef could not reach something on the top shelf of a cabinet.  He/she stepped on the counter to retrieve the item and fell.  What should have been done to avoid the accident? (NCCTE.9\_12.FE.FN41.FF1.01)**  |

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| **a** | **A.** | **Get another kitchen worker to lift the chef** |
| **a** | **B.** | **Step on a kitchen chair** |
| **a** | **C.**  | **Step on a sturdy trash can** |
| **a** | **D.**  | **Use a step stool** |

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| **142.**  | **What is a safe way to remove broken glass and to prevent injury? (NCCTE.9\_12.FE.FN41.FF1.01)**  |

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| **a** | **A.** | **Pick up glass pieces with bare hands** |
| **a** | **B.** | **Remove broken glass from a surface with tongs** |
| **a** | **C.**  | **Rinse broken glass down the garbage disposal** |
| **a** | **D.**  | **Sweep up broken glass** |

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| **143.**  | **A small appliance plastic covering is cracked.  What is the potential sanitation hazard? (NCCTE.9\_12.FE.FN41.FF1.01)**  |

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| **a** | **A.** | **It could cause the small apppliance not to work.** |
| **a** | **B.** | **It may indicate that the mixer is old.** |
| **a** | **C.**  | **The crack could contain contaminated food** |
| **a** | **D.**  | **There is no sanitation hazard.** |

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| **144.**  | **What is an example of cross-contamination? (NCCTE.9\_12.FE.FN41.FF1.01)**  |

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| **a** | **A.** | **Cutting raw vegetables with a clean chef's knife** |
| **a** | **B.** | **Placing raw meats on the same shelf of the refrigerator** |
| **a** | **C.**  | **Preparing raw chicken and vegetables on the same cutting board** |
| **a** | **D.**  | **Using clean hands and work surfaces when preparing food** |

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| **145.**  | **What is the result of eating raw oysters that have been held at 41°F and contaminated with animal fecal matter? (NCCTE.9\_12.FE.FN41.FF1.01)**  |

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| **a** | **A.** | **Campylobacter** |
| **a** | **B.** | **E-coli** |
| **a** | **C.**  | **Norwalk virus** |
| **a** | **D.**  | **Salmonella** |

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| **146.**  | **Why is the danger zone for home use different than food-service use? (NCCTE.9\_12.FE.FN41.FF1.01)**  |

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| **a** | **A.** | **Cooks at home keep their kitchens cleaner and more organized.** |
| **a** | **B.** | **Home cooks do not always check the correct internal temperature.** |
| **a** | **C.**  | **Portions at home are not as consistent in size or weight.** |
| **a** | **D.**  | **Utensils used for cooking food at home are more safe and sanitary than food service.** |

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| **147.**  | **What food was contaminated to cause gastrointestinal discomfort for a person who has Salmonella? (NCCTE.9\_12.FE.FN41.FF1.01)**  |

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| **a** | **A.** | **Contaminated dairy products** |
| **a** | **B.** | **Improperly cooked meat and poultry** |
| **a** | **C.**  | **Raw meat, unpasteurized dairy, leafy vegetables** |
| **a** | **D.**  | **Stool-contaminated food, water, or contaminated raw oysters** |

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| **148.**  | **Which is the BEST safe food sanitation procedure? (NCCTE.9\_12.FE.FN41.FF1.01)**  |

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| **a** | **A.** | **Keep children out of the kitchen** |
| **a** | **B.** | **Keep cooked turkey on the counter until it cools** |
| **a** | **C.**  | **Place raw meat next to raw vegetables in a grocery cart** |
| **a** | **D.**  | **Wash dishcloths and drying towels often** |

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| **149.**  | **The BEST way to check the internal temperature of food is to: (NCCTE.9\_12.FE.FN41.FF1.01)**  |

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| **a** | **A.** | **cut it open to see if it looks done.** |
| **a** | **B.** | **touch the inside of the food being cooked or stored.** |
| **a** | **C.**  | **touch the surface of the food to see if it feels hot to the touch.** |
| **a** | **D.**  | **use a food grade thermometer and place in the center of the food.** |

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| **150.**  | **What can be used to extinguish a small pan fire? (NCCTE.9\_12.FE.FN41.FF1.01)**  |

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| **a** | **A.** | **Baking soda** |
| **a** | **B.** | **Flour** |
| **a** | **C.**  | **Salt** |
| **a** | **D.**  | **Water** |

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| **151.**  | **Mary was excited when the meal was complete.  Everyone in the group did his or her part as assigned on the work plan.  This is an example of: (NCCTE.9\_12.FE.FN41.FF1.02)**  |

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| **a** | **A.** | **changes need to be made for the next meal.** |
| **a** | **B.** | **divide tasks to get the job done.** |
| **a** | **C.**  | **food is ready at the same time and served hot.** |
| **a** | **D.**  | **food prepared is safe and sanitary.** |

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| **152.**  | **John was excited to get all of the work done by himself for the Thanksgiving meal.  This is an example of: (NCCTE.9\_12.FE.FN41.FF1.02)**  |

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| **a** | **A.** | **being aware of jobs needing to be accomplished.** |
| **a** | **B.** | **divide tasks to get the job done.** |
| **a** | **C.**  | **food is ready at the same time and served hot.** |
| **a** | **D.**  | **food prepared is safe and sanitary.** |

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| **153.**  | **David was unhappy with the taste of the homemade soup he made.  He decided he would add more spice.  This is an example of what strategy of the work plan? (NCCTE.9\_12.FE.FN41.FF1.02)**  |

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| **a** | **A.** | **Develop a timetable** |
| **a** | **B.** | **Evaluate the work plan and product** |
| **a** | **C.**  | **Make and carry out a work plan** |
| **a** | **D.**  | **Select recipe** |

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| **154.**  | **Susan made hamburgers with lettuce, tomato, and mayonnaise, oven-baked sweet potato fries, and iced tea.  The hamburgers were cold by the time the fries were done and the ice had melted in the tea.  This is an example of which part of the work plan being left out? (NCCTE.9\_12.FE.FN41.FF1.02)**  |

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| **a** | **A.** | **Develop a timetable** |
| **a** | **B.** | **Evaluate the work plan and product** |
| **a** | **C.**  | **Make and carry out a work plan** |
| **a** | **D.**  | **Select recipe** |

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| **155.**  | **Even though it was not her job, Jan swept the floor and took out the trash after the meal was complete.  This is an example of: (NCCTE.9\_12.FE.FN41.FF1.02)**  |

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| **a** | **A.** | **Communication** |
| **a** | **B.** | **Cooperation** |
| **a** | **C.**  | **Organization** |
| **a** | **D.**  | **Responsibility** |

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| **156.**  | **Sam is exhausted from preparing a special Valentine's Day dinner for his girlfriend.  What could Sam do differently to save time?**  |

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| **a** | **A.** | **Accomplished all tasks with some help from his girlfriend** |
| **a** | **B.** | **Arranged for his girlfriend to come over earlier so he could have finished the meal and gone to bed earlier** |
| **a** | **C.**  | **Combined Valentine's day and birthday meals into one evening** |
| **a** | **D.**  | **Planned the meal and shopped the day before** |

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| **157.**  | **Sarah is organizing her timetable on her work plan for preparing tonight's dinner. She is making all recipes from scratch. Which recipes would she prepare FIRST if she has two hours to prepare the meal? The menu is:** **Pear and Walnut saladGrilled Pork TenderloinBaked Scalloped PotatoesGreen Bean AlmandineChocolate CakeBeverage** |

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| **a** | **A.** | **Green beans almandine** |
| **a** | **B.** | **Grilled pork tenderlion** |
| **a** | **C.**  | **Pear and walnut salad** |
| **a** | **D.**  | **Scalloped potatoes** |

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| **158.**  | **Nan is preparing lunch.  Which food product will take the LONGEST  to prepare? She plans to serve:** **TacosCornPurchased Chocolate Chip CookiesMilk** |

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| **a** | **A.** | **Corn** |
| **a** | **B.** | **Milk** |
| **a** | **C.**  | **Purchased cookies** |
| **a** | **D.**  | **Tacos** |