

Lesson 4, Standards and Procedures for Preparing Food, Chapter 4, Quiz

- 1) Which quality of eggs are most often sold in stores?
  - a. Grade A
  - b. Grade AA
  - c. Grade B
  - d. Grade AAA
- 2) All eggs sold must have:
  - a. Whites that are firm
  - b. Shells that are not cracked
  - c. Yolks that are high and round
  - d. Shells that are free from defect
- 3) Processed eggs will help the Certified Dietary Manager meet which food safety regulation?
  - a. Eggs for immediate service will be cooked to 145 degrees F
  - b. Eggs to be held for service will be cooked to 150 degrees F
  - c. Eggs used in nursing homes must be Grade A
  - d. Eggs are prohibited from being pooled
- 4) When making meringues that are not going to be cooked further, what type of egg whites should be used?
  - a. Grade AA egg whites
  - b. Egg white powder
  - c. Frozen liquid egg whites
  - d. Grade B egg whites
- 5) What are the two major types of cheese?
  - a. Processed and natural
  - b. Organic and non-organic
  - c. Domestic and imported
  - d. Soft and hard
- 6) Process cheese is best used in casseroles because:
  - a. It is inexpensive
  - b. It has the most flavor of any cheese
  - c. It melts uniformly
  - d. It doesn't separate at high heat
- 7) What determines the flavor of natural cheese?
  - a. The amount of fat in the cheese
  - b. The geographical area from which it is imported
  - c. How it is packaged
  - d. The type of milk used (cow, goat or sheep)

- 8) A client who is lactose intolerant may be able to eat what type of cheese?
- Aged natural cheese
  - Cheese spread
  - American cheese
  - Canned cheese
- 9) Research has shown that clients who have malabsorption syndrome may be able to tolerate which of the following?
- Ultra-pasteurized milk
  - Goat's milk
  - Natural cow's milk
  - Skim milk
- 10) Ultra-high-temperature pasteurized milk can be:
- Frozen
  - Stored only under refrigeration
  - Stored without refrigeration for up to three months
  - Stored without refrigeration for 7 days after opening
- 11) Yogurt is made by:
- Pasteurizing whole milk
  - Using goat milk
  - Culturing unpasteurized milk
  - Culturing with a lactic acid-producing bacteria
- 12) Why is unsalted butter used in some baking recipes?
- It is less expensive
  - The butter flavor is more prominent
  - It has a higher butter fat content
  - It makes a creamier product
- 13) Why should the Certified Dietary Manager use whole grains as much as possible?
- The cost is less than that of processed grains
  - The flavor is more acceptable to the elderly than processed grains
  - They are higher in nutrient content than processed grains
  - They are less expensive than other grains
- 14) Steel-cut oats is an example of:
- Flakes
  - Bran
  - Germ
  - Grits
- 15) An example of a gluten-free grain is:
- Corn starch
  - Rye flour

- c. Barley
- d. Graham flour

16) Meat can be irradiated to:

- a. Tenderize the different cuts
- b. Extend the shelf life
- c. Emphasize the flavor of the meat
- d. Preserve the vitamins in the meat

17) The main advantage of buying fresh produce from local farmers is:

- a. They are usually much less expensive
- b. They have the same grades as the large vendors
- c. The produce is higher in quality and nutritional value
- d. It helps out the local economy

18) One thing to check when purchasing pre-cleaned and cut produce is:

- a. If it will save the facility money
- b. If the clients like it
- c. Where it was processed
- d. If the vendor has a HACCP plan in place

19) IQF (Individually Quick Frozen) products may have more nutrients than fresh produce because:

- a. The best quality produce is used
- b. The freezing process increases the amount of nutrients in foods
- c. The produce is frozen shortly after harvesting
- d. There is less processing involved

20) The grading of canned and frozen fruits and vegetables is based on color, uniformity of size, shape and:

- a. The nutrient content of the food
- b. The amount of food per pound
- c. The taste of the product
- d. The lack of blemishes or lack of stems/leaves

21) Which grade would be best to purchase for using canned peaches in a cobbler?

- a. Grade A or Fancy
- b. Grade B Extra Select or Choice
- c. Grade C Standard
- d. A combination of Grade A and Grade B

22) By adding a quality standard to a recipe:

- a. Less time will be spent investigating mistakes by the staff
- b. The proper grade of product can be purchased
- c. There will be less waste
- d. Staff will know exactly how the product should look when completed

- 23) A standard for cooked eggs is to have no water separating from the eggs and:
- a. No greening of the eggs
  - b. A solid structure
  - c. Browning on the egg
  - d. No soft-semi solid structure
- 24) When cooking cheese, the temperature should be no higher than (?) to prevent curdling and toughness.
- a. 375 degrees F
  - b. 350 degrees F
  - c. 225 degrees F
  - d. 400 degrees F
- 25) The Certified Dietary Manager observes the cream of tomato soup is curdled. What is the cause of this?
- a. Heating the soup for too long
  - b. Heating the soup at too low of a temperature
  - c. Heating the soup at too high of a temperature
  - d. Heating the soup without using a whisk to stir
- 26) What can the Certified Dietary Manager do to prevent food waste?
- a. Develop a policy and procedure for food waste
  - b. Watch the cooks when they clean up after a meal
  - c. Change menus to use leftovers
  - d. Change recipes to make them easier for cooks to prepare
- 27) To assure that fish is safe and wholesome, what stamp should the CDM look for on frozen fish packages?
- a. PUFI
  - b. SOFA
  - c. USDA
  - d. FDA
- 28) What should the cook/chef use to substitute for buttermilk in a biscuit recipe?
- a. 1 cup sour cream
  - b. 1 c whipping cream
  - c. 3/4 c milk plus 1 TBSP lemon juice
  - d. 1/2 c Greek yogurt