**Take-Home State Test Review**

**Unit 1: Kitchen Safety Procedures & Sanitation Techniques**

1. Which of the following is **not** a safety practice when using electrical appliances?
   1. Use dry hands
   2. Stand on dry floor
   3. Keep away from water
   4. Use metal tongs to remove things to not burn yourself
2. Which of the following kitchen item **can be used** to extinguish a grease fire?
   1. Water
   2. Baking soda
   3. Flour
   4. All of the above can be used
3. T or F - Cleaning chemicals should be stored away from food in the original containers.
4. T or F - Sharp knives are more dangerous than dull knives.
5. Which of the following chemicals would create a toxic deadly gas?
   1. Ammonia & Bleach
   2. Lysol & Bleach
   3. Lysol & Ammonia
   4. Lysol, Bleach & Ammonia
6. What is the first aid treatment for a severely bleeding cut?
   1. Cold running water
   2. Super glue it closed
   3. Apply direct pressure
   4. Wrap it in a towel
7. What is the first aid treatment for a first degree burn?
   1. Place under cold running water
   2. Place under hot running water
   3. Apply direct pressure
   4. Wrapped in a towel
8. How long should you wash your hands for?
   1. 15 seconds
   2. 20 seconds
   3. 25 seconds
   4. 30 seconds
9. Which of the following do you **not** have to wash your hands after doing?
   1. Seasoning a steak with a dry rub
   2. Cracking eggs
   3. Chopping lettuce for a salad
   4. Sneezing or coughing
10. Which of the following is the correct order to wash dishes by hand?
    1. Rinse and scrape everything, wash silverware, glassware, pots/pans and last plates/bowls
    2. It doesn’t matter the order
    3. Once everything is rinsed and scraped it doesn’t matter what you wash first
    4. Rinse and scrape everything, wash glassware, silverware, next plates/bowls and last pots/pans.
11. Which of the following is **not** part of the three compartment sink method?
    1. Scrape
    2. Wash
    3. Rinse
    4. Sanitize
12. Which of the following is **not** a cleaning and sanitizing technique?
    1. Keep trash cans close by so you don’t have to walk around with your garbage
    2. Always clean up crumbs and spills to reduce pests/insects
    3. Keep all work surfaces clean
    4. All of the above are appropriate cleaning and sanitizing techniques
13. T or F - You should store glasses and cups rightside up to prevent the tops from getting dirty from the shelf.
14. T or F - You should store utensils with the tops down so you don’t touch the part that goes in your mouth.
15. Which of the following is **not** a type of microbe?
    1. Bacteria
    2. Virus
    3. Fungi
    4. Algae
16. Which food borne illness is associated with improperly canned foods?
    1. Botulism
    2. Hepatitis A
    3. E-coli
    4. Salmonella
17. Which food borne illness is found in undercooked ground beef?
    1. Botulism
    2. Hepatitis A
    3. E-coli
    4. Salmonella
18. Which food borne illness comes from improper hand washing after using the restroom?
    1. Botulism
    2. Hepatitis A
    3. E-coli
    4. Salmonella
19. Which food borne illness comes from raw poultry and eggs?
    1. Botulism
    2. Hepatitis A
    3. E-coli
    4. Salmonella
20. Which population group is more vulnerable to food borne illnesses?
    1. Young
    2. Old
    3. Pregnant
    4. Immune-Compromised
    5. All of the above
21. T or F - The majority of food borne illnesses can be prevented by practicing proper hand washing.
22. What is Temperature Danger Zone?
    1. 30 - 140 degrees
    2. 41 - 135 degrees
    3. 35 - 140 degrees
    4. 52 - 120 degrees
23. Which is the safest method to thaw food?
    1. In the refrigerator for 2-3 days
    2. In a sink of cold running water
    3. In the microwave
    4. On the counter a few hours before using
24. T or F - You should keep cold storage at or below 40 degrees.
25. Which of the following is **not** the appropriate cooking temperature?
    1. Seafood, beef, veal lamb and pork - 145 degrees
    2. Ground meats (pork, beef, veal, lamb) - 155 degrees
    3. All poultry (whole or ground) - 165 degrees
    4. Reheated foods - 150 degrees

**Unit 2: Kitchen Management**

1. Which kitchen equipment would you use to cut fat into flour?
   1. Pastry blender
   2. Straight edge spatula
   3. Wire whisk
   4. Slotted spoon
2. What kitchen equipment would you use to scrape brownie batter out of a bowl?
   1. Straight edge spatula
   2. Wooden spoon
   3. Rubber scraper
   4. Slotted spoon
3. Which of the following is **not** something that a microwave is attracted to?
   1. Fat
   2. Sugar
   3. Protein
   4. Water molecules
4. T or F - Microwaves create friction to cause vibrations that cooks the food.
5. Which of the following is **not** a microwave safe container?
   1. Plastic
   2. Metal
   3. Glass
   4. Paper
6. T or F Square containers cook better than round dishes in the microwaves.

Matching

1. 1 cup = \_\_\_\_\_ oz a. 2
2. 1 pint = \_\_\_\_\_ cup b. 8
3. 1 gallon = \_\_\_\_\_\_ cup c. 4
4. 1 gallon = \_\_\_\_\_\_ quart d. 16

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1. 1 tablespoon = \_\_\_\_\_\_ teaspoons a. 16
2. 4 tablespoons = \_\_\_\_\_\_ cup b. 4
3. 1 cup = \_\_\_\_\_\_ tablespoons c. ¼
4. 1 quart = \_\_\_\_\_\_ cup d. 3

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1. Pint a. qt
2. Quart b. t or tsp
3. Tablespoon c. pt
4. Teaspoon d. T or tbsp

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1. Hour a. min
2. Pound b. lb or #
3. Minute c. gal
4. Gallon d. Hr

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1. What is ¾ cup doubled?
   1. 1 cup
   2. 2 cup
   3. 1 ½ cup
   4. 6/8 cup
2. What is ⅔ cup halved?
   1. ½ cup
   2. ⅓ cup
   3. 4/6 cup
   4. ¼ cup
3. What is half of ¼ cup?
   1. ⅛ cup
   2. ½ cup
   3. 2/8 cup
   4. 2/4 cup

**Unit 3: Carbohydrates**

1. Which of the following **is** an example of a simple carbohydrate?
   1. Potatos
   2. Beans
   3. Apple
   4. Pasta
2. What is an another name for a complex carbohydrate?
   1. Sugar
   2. Starch
   3. Fructose
   4. Glucose
3. Carbohydrates provide how many calories per gram?
   1. 4
   2. 6
   3. 8
   4. 10
4. Fiber is an example of which type of carbohydrate?
   1. Simple
   2. Complex
5. T or F - Fiber attracts water to our intestines and moves food through the intestines faster.
6. Which part of the wheat kernel is the least beneficial?
   1. Endosperm
   2. Germ
   3. Bran
7. How many grams of fiber is recommended by the National Cancer Institute?
   1. 10 - 20 grams
   2. 15 - 30 grams
   3. 20 - 35 grams
   4. 25 - 40 grams
8. Which of the following is **not** an example of a quick breads?
   1. Muffins
   2. Biscuits
   3. Bread
   4. Pancake

Matching

Match the ingredient to their role in quick breads

1. Flour a. Provides Moisture
2. Liquid b. Provides structure and is the main ingredient
3. Leavening Agent c. Makes the quick bread rise

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1. Fat a. Provides tenderness, richness and some flavor
2. Salt b. Provides flavor
3. Sugar c. Provide flavor and browning

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1. What does al Dente mean?
   1. Firm to the bite
   2. Firm to the tooth
   3. Firm to the taste
   4. Firm to the chew

**Unit 4: Lipids**

1. Which of the following is **not** one of the 7 functions of fat?
   1. Reserve supply of energy
   2. Adds flavor in food
   3. Build and repair body tissue
   4. Insulates the body from shock and temperature changes
2. T or F - Cholesterol is only found in plants, it is never present in animal tissue.
3. Which type of cholesterol is considered “good” cholesterol?
   1. High Density Lipoprotein (HDL)
   2. Low Density Lipoprotein (LDL)
4. Which type of fat raises your HDLs and lowers your LDLs, and is considered to be the best type of fat?
   1. Saturated Fats
   2. Polyunsaturated Fats
   3. Monounsaturated Fats
   4. Trans Fatty Acids
5. Fat provides how many calories per gram?
   1. 6
   2. 9
   3. 12
   4. 15

**Unit 5: Protein**

1. What is the primary function of protein?
   1. To remove waste from the body
   2. To repair build and repair body tissue
   3. To provide energy
2. Protein provides how many calories per gram?
   1. 4
   2. 6
   3. 8
   4. 10
3. It is recommended that we eat at least how many ounces of seafood per week?
   1. 4 oz
   2. 6 oz
   3. 8 oz
   4. 10 oz
4. Which of the following is **not** true about amino acids?
   1. There are 22 amino acids but only 9 are considered essential
   2. Amino acids are the building blocks for proteins
   3. Complete proteins contain all 9 essential amino acids
   4. The body produces enough amino acids that we don’t need to consume any in our diets
5. Which of the following is **not** a type of protein?
   1. Cellular
   2. Complete
   3. Incomplete
   4. Complementary

Match the function of eggs to its example

1. Binder a. Breading on chicken
2. Thickener b. Mayonnaise
3. Coating c. Meatloaf
4. Leavening Agent d. Angel Food Cake
5. Emulsifier e. Pudding
6. T or F - The best way to store eggs is in the original container in the refrigerator.
7. How many cups of milk or dairy is recommended each day?
   1. 2 cups
   2. 3 cups
   3. 4 cups
   4. 5 cups
8. What does pasteurization mean?
   1. Heating milk to prevent burning
   2. Milk that has had the fat particles broke down and evenly distributed so the fat will not separate from the milk
   3. Milk that has been heat treated to remove harmful bacteria
   4. Milk that has had vitamins A and D added
9. When you burn milk it is called what?
   1. Boiling
   2. Scalding
   3. Simmer
   4. Scorching

**Unit 6: Vitamins/Minerals & Fruits/Vegetables**

1. Which of the following is **not** a fat-soluble vitamin?
   1. K
   2. A
   3. D
   4. C
2. What vitamin is considered to be the “Sunshine Vitamin”?
   1. Vitamin A
   2. Vitamin D
   3. Vitamin C
   4. Vitamin K
3. T or F - Minerals help build strong bones and teeth.
4. Which of the following is **not** a function of water?
   1. Carries water soluble vitamins
   2. Carries waste through the body
   3. Too much can causes dehydration
   4. Regulates body temperature through perspiration
5. How much water is recommended daily?
   1. 50 ounces
   2. 54 ounces
   3. 60 ounces
   4. 64 ounces
6. What color should your urine be?
   1. Pale Yellow
   2. Yellow
   3. Dark Yellow
7. Fruits provide all of the following nutrients **except**:
   1. Vitamins
   2. Minerals
   3. Fat
   4. Fiber
8. T or F - Boiling vegetables is the best way to preserve its nutrients.
9. Which of the following is **not** one of the farm-to-table steps?
   1. Farm
   2. Preparing
   3. Processing
   4. Transportation
10. What is oxidation?
    1. When the enzymes in the fruits react with the oxygen and cause browning
    2. The carbohydrates turn from HDLs to LDLs
    3. The starches turn to sugars which makes the fruit sweeter
    4. The texture of fruits get softer

**Unit 7: MyPlate**

1. Which of the following is the average American diet low in?
   1. Fat
   2. Sugar
   3. Fiber
   4. Calories
2. T or F - Each food group provides some, but not all of the nutrients you need.
3. Low-fat or fat-free dairy products have \_\_\_\_\_\_\_\_ calcium and other essential nutrients as whole milk, but less fat and calories.
   1. More
   2. Less
   3. The same
4. Dietary guidelines suggest that you replace solid fats with which of the following.
   1. Butter
   2. Shortening
   3. Oils
   4. Margarine
5. According to MyPlate, to help balance the following meal you should add:

MEAL: chicken, bread sticks, steamed broccoli, milk

* 1. Green beans
  2. Dinner roll
  3. Fruit Salad
  4. Beef steak

1. Lean protein choices mean they are:
   1. Low in fat
   2. Easy to cook
   3. Cut extra thin
   4. Empty calories
2. What ingredient would be really high in processed foods and bread products, keeping them from going stale for a longer period of time?
   1. Sodium
   2. Vitamin E
   3. Iron
   4. Fat
3. According to MyPlate, at least what portion of your daily grains should be whole grains?
   1. ⅛
   2. ½
   3. ⅓
   4. ¼
4. What should you choose in place of some meat/poultry each week?
   1. 8 oz. seafood
   2. 1 dozen eggs
   3. 8 oz. ground beef
   4. 1 cup peanut butter
5. What do Americans consume too much of in their diet?
   1. Fat, sodium, sugar and calories
   2. Fat, vitamins, and fiber
   3. Sugar, vitamins, fiber and protein
   4. Whole grains, fiber, nutrient dense foods
6. Processed foods and beverages and diet drinks are usually high in:
   1. Vitamins and minerals
   2. Sodium and added sugars
   3. Insoluble fiber and protein
   4. Fat and soluble fiber
7. When cooking protein, which of the following cooking methods adds extra fat?
   1. Grilling
   2. Broiling
   3. Roasting
   4. Pan Frying
8. Nutrient dense means
   1. High in nutrients, low in calories
   2. High in calories and low in vitamins and minerals
   3. Low in sodium and high in protein
   4. High in sodium and low in calories
9. Too much \_\_\_\_\_\_\_\_\_ in food choices has been linked to high blood pressure.
   1. Sugar
   2. Sodium
   3. Fat
   4. Protein
10. The key recommendation for fruits and vegetables is to make them:
    1. ½ your plate
    2. ¼ of your plate
    3. ⅔ of your plate
    4. All of your plate
11. Does everyone have the same caloric needs?
    1. Yes
    2. No