

Kitchen Basics – Foods II Test

DO NOT WRITE ON THIS TEST!

1. The best utensil for leveling a dry measuring cup is:
 - a. Rubber scraper
 - b. Butter knife
 - c. Straight edge metal spatula
 - d. Paring knife
2. When tasting foods that are cooking:
 - a. Use a clean spoon rather than the stirring spoon.
 - b. Use the one that is stirring as the heat will destroy all bacteria
 - c. Use the one used for stirring as long as you don't have a cold.
 - d. Food should never be tasted during cooking.
3. The handles on a saucepan should:
 - a. Point toward the inside of the stove top
 - b. Hang over the edge of the stove top
 - c. Point to the outside of the stove top
 - d. All of the above
4. Which of the following would be the most likely to cause an accident?
 - a. Using electric appliances when your hands are dry
 - b. Using an appliance only when you are standing on a dry floor.
 - c. Plugging a lot of appliances into one outlet.
 - d. A and B
5. To remove a hot pan from the oven, one should use:
 - a. A dry pot holder
 - b. A towel or apron
 - c. A wet dishcloth
 - d. Nothing, because the handles don't usually get hot.
6. How should a lid be lifted off a pan that is full of hot food?
 - a. Lift the lid so the steam is directed toward you.
 - b. Lift the lid straight up
 - c. Lift the lid so the steam is directed away from you
 - d. All of the above
7. In case of a grease fire, you should do all of the following EXCEPT:
 - a. Cover the pan with a lid
 - b. Smother the fire with salt
 - c. Pour water on the fire
 - d. Sprinkle the fire with baking soda
8. Dull knives are:
 - a. Safer than very sharp knives
 - b. Easy to work with
 - c. Dangerous
 - d. Efficient

9. To childproof a kitchen is to:
 - a. Not let children in
 - b. Put up signs warning of danger
 - c. Eliminate dangerous situations
 - d. A and B
10. When cooking, you will usually use:
 - a. Very high heat
 - b. High heat
 - c. Moderate heat
 - d. Low heat
11. All of the following are appropriate ways to prevent accidental poisonings EXCEPT:
 - a. Transfer all household cleaners, chemicals, and other poisons to other containers.
 - b. Close all poison containers securely
 - c. Store all household chemicals and cleaners in a locked cabinet
 - d. Do not store poisons in the same cabinets with food.
12. To give first aid for minor/first degree burns:
 - a. Place the burned area under cold, running water
 - b. Apply butter or oil to the burn
 - c. Break any blisters that form
 - d. Wrap the burned area tightly with sterile gauze
13. Any food that has an off odor should be:
 - a. Tasted before thrown out, to make sure it really is spoiled.
 - b. Heated thoroughly and then tasted.
 - c. Frozen for one week before tasting
 - d. Thrown out without tasting, freezing, or heating.
14. Chlorine bleach:
 - a. Can be used with ammonia to boost cleaning power
 - b. Can be diluted and used to disinfect counters and work areas
 - c. Can be used to prevent food borne illness in raw foods
 - d. Can be stored in a cupboard with food
15. Before you start to prepare food, you should:
 - a. Wash your hands with hot soapy water
 - b. Check to make sure you have the needed ingredients
 - c. Check to make sure you have the needed equipment
 - d. A, B, and C
16. In a kitchen it is all right to sit on:
 - a. the table
 - b. a chair
 - c. any work surface
 - d. a counter top
17. Freezing temperatures cause most bacteria to:
 - a. Increase in number
 - b. Decrease in number
 - c. Stop multiplying
 - d. Die of and disappear

18. Holidays, parties, and other large gatherings are special problems for food sanitation because:
 - a. They usually involve large quantities of food, which heat and cool slowly
 - b. People can easily become careless about proper food handling
 - c. Foods sit out longer than usual
 - d. All of the above
19. All of the following are safety procedures for serving hot foods EXCEPT:
 - a. Always cook them thoroughly
 - b. Cook them partially and finish the cooking at a later time
 - c. Make sure leftovers are heated correctly before serving again.
 - d. Use warming trays or heated units to serve foods while keeping them hot.
20. Frozen poultry and meats can be safely thawed by:
 - a. Placing them in the refrigerator for 1 to 3 days
 - b. Placing them in a warm oven for several hours
 - c. Placing them in a sink of hot water
 - d. Placing them on a counter overnight, but no longer.
21. What conditions are necessary for the growth of bacteria?
 - a. Warmth and moisture
 - b. Moisture and food
 - c. Warmth, moisture and food
 - d. Moisture and warmth
22. People with a food borne illness:
 - a. Can always tell they have eaten contaminated food since it has an off odor.
 - b. Can always tell they have eaten contaminated food since it will be moldy.
 - c. Can not always tell they have eaten contaminated food since it doesn't always have an off odor.
 - d. Never confuse the symptoms of food borne illness with those of the flu.
23. Most infections of E. Coli bacteria come from eating:
 - a. Salads made with mayonnaise
 - b. Any food containing eggs
 - c. Undercooked ground beef
 - d. Fresh produce that has been thoroughly washed.
24. Meat contaminated with E. Coli bacteria:
 - a. Will have an off odor
 - b. Will not be a bright red
 - c. Will have the distinct flavor of spoiled meat
 - d. Will look and smell normal
25. To measure brown sugar:
 - a. Spoon sugar lightly into the cup
 - b. Sift before measuring
 - c. Scoop, pack and level
 - d. All of the above
26. When measuring liquids:
 - a. Pour the liquid in a metal measuring cup
 - b. Use a clear measuring cup, on a level surface, and measure at eye level.
 - c. Hold the clear cup in your hand and bring to eye level
 - d. Fill the liquid to the top of the measuring cup.

27. Which step is and INCORRECT measuring step or procedure for flour?
- Select the correct size and type of measuring cup.
 - Pour the flour into the sifter
 - Spoon the flour into the cup
 - After filling the cup, tap the measuring cup on the counter/table top to level.
28. Which is an incorrect use of measuring spoons?
- Measuring a small amount of liquid ingredients
 - Measuring small amounts of dry ingredients
 - Measuring 2 T. of water
 - Measuring 8 T. of shortening
29. A faster way to measure 5 tablespoons + 1 teaspoon is:
- $\frac{1}{4}$ c.
 - $\frac{1}{3}$ c.
 - $\frac{1}{2}$ c.
 - $\frac{3}{4}$ c.
30. One cup equals:
- 12 tablespoons
 - 16 tablespoons
 - 10 tablespoons
 - 14 tablespoons
31. One tablespoon is equal to:
- 2 teaspoons
 - 3 teaspoons
 - 4 teaspoons
 - 5 teaspoons
32. One gallon is equal to:
- $1\frac{1}{2}$ quarts
 - 2 quarts
 - 3 quarts
 - 4 quarts
33. To cut a recipe in half that calls for $1\frac{1}{3}$ cup, what measurement is correct?
- $\frac{3}{4}$ cup
 - $\frac{1}{8}$ cup
 - $\frac{1}{2}$ cup
 - $\frac{2}{3}$ cup
34. What will not change when a recipe is halved?
- The amount of ingredients
 - The cooking temperature
 - The size of the pan
 - The cooking time
35. What task would a wire whisk be used for?
- Stirring spaghetti
 - Picking up hot foods
 - Mixing dough
 - Blending milk and eggs

36. All of the following are safe to use in a microwave EXCEPT:
- a. Plastic cups
 - b. Paper plates
 - c. An aluminum pie pan
 - d. A glass dish
37. When microwave cooking, covering foods does all of the following EXCEPT:
- a. Holds in moisture
 - b. Helps food to cook more evenly
 - c. Prevents food from splattering
 - d. Prevents over cooking
38. All of the following are safety guidelines EXCEPT:
- a. Keep clothing away from direct heat
 - b. Avoid reaching inside the oven
 - c. Avoid metal objects touching the working parts of electrical appliances
 - d. When cutting, slant the knife toward you
39. All of the following are preventative safety practices EXCEPT:
- a. Arrange oven racks when oven is hot.
 - b. Avoid using plastic items near the range
 - c. Stand to the side when you open the oven door
 - d. Avoid long curtains on a window near a range
40. Scrub your hands for a minimum of _____ seconds with soap and warm water before handling food.
- a. 5
 - b. 10
 - c. 15
 - d. 20
41. The food most likely to be contaminated with salmonella bacteria is:
- a. Cooked spaghetti
 - b. Fresh poultry
 - c. Bread
 - d. Salad dressing
42. All of the following are true about handling raw poultry EXCEPT:
- a. Washing your hands with hot soapy water
 - b. Washing the utensils used on poultry immediately afterwards
 - c. Washing off the work surfaces with warm water
 - d. Washing cutting boards with hot soapy water
43. Freezer temperatures should be checked periodically to be sure they are at _____ degrees Fahrenheit or lower.
- a. 40
 - b. 32
 - c. 24
 - d. 0

44. The danger zone for food borne bacteria and germs is between:
- 0 and 165 degrees Fahrenheit
 - 40 and 140 degrees Fahrenheit
 - 60 and 120 degrees Fahrenheit
 - 32 and 212 degrees Fahrenheit
45. The correct abbreviation for ounce is
- ou.
 - oc.
 - oz.
 - oun.
46. To prevent cross contamination, remember to
- Store foods where they fit
 - Clean and sanitize tools during preparation and when switching from one task to another.
 - Always cook food
 - Cut raw foods first, before going on to cut cooked ones
47. If your recipe calls for 1 $\frac{1}{2}$ cups of butter, how many cubes would this be?
- 2
 - 3
 - 4
 - 5
48. Eight fluid ounces equals
- $\frac{1}{2}$ cup
 - $\frac{3}{4}$ cup
 - 1 cup
 - 1 $\frac{1}{2}$ cups
49. If a recipe calls for 2 tablespoons of sugar and you are doubling the recipe, which of the following measurements is the correct amount?
- 1 tablespoon
 - 1 tablespoon + 1 teaspoon
 - $\frac{1}{4}$ cup
 - None of the above
50. When tripling a recipe that calls for $\frac{1}{4}$ cup of brown sugar, which of the following is the correct and most efficient way to measure brown sugar?
- Measure with the $\frac{1}{4}$ cup, three times
 - Measure with the $\frac{1}{2}$ cup and $\frac{1}{4}$ cup
 - Measure with 1 cup
 - Measure with $\frac{1}{3}$ cup, twice
51. Microwaves are attracted to all of the following molecules EXCEPT:
- Fat
 - Protein
 - Sugar
 - Water

52. When measuring liquids, the important thing to remember is to get the liquid to the top of the liquid measuring cup.
- True
 - False
53. When microwave cooking, hot foods can create hot containers.;
- True
 - False
54. A remedy for handling accidental poisoning differs with each type of poison.
- True
 - False
55. Liquid measurement utensils should be set on the counter and checked at eye level for accuracy.
- True
 - False
56. When measuring dry ingredients, they should be leveled off with a table knife.
- True
 - False
57. Using the same spoon to taste the food and to stir the food is a good idea because it cuts down on dirty dishes.
- True
 - False
58. It is safe to use recipes where eggs remain raw or partially cooked.
- True
 - False
59. Doubling $\frac{3}{4}$ cup is equal to 1 and $\frac{2}{3}$ cup.
- True
 - False
60. The same type of measuring spoon is used for measuring small amounts of both dry and liquid ingredients.
- True
 - False
61. To avoid cuts, never put knives in the dish water with other dishes.
- True
 - false
62. A colander and strainer are both used for separating solids from liquids.
- True
 - False
63. Foods should not be in the danger zone for more than three hours.
- True
 - False
64. A strainer is free standing and has large holes
- True
 - False
65. Thermometers are used to check external temperatures of food.
- True
 - False

66. In microwave cooking, the greater the volume the shorter the cooking time.
- a. True
 - b. False
67. Wear gloves to prepare food when you have a cut or open sore on your hands
- a. True
 - b. False
68. Divide large amounts of leftovers in small shallow containers for quick cooling.
- a. True
 - b. False
69. Microwaves are attracted to protein, sugar and water.
- a. True
 - b. False
70. Standing time is not necessary when microwaving as it only lets the food sit longer.
- a. True
 - b. False