

Quick Bread Test  
Corrected by: \_\_\_\_\_

Unit \_\_\_\_\_

Name \_\_\_\_\_ Key \_\_\_\_\_  
Score \_\_\_\_\_

80 points possible

### I. Matching (5)

- |                                 |  |
|---------------------------------|--|
| 1. <u>  C  </u> flour           | A. Makes the bread tender                                |
| 2. <u>  D  </u> liquid          | B. Enables bread to rise and become light and porous     |
| 3. <u>  E  </u> salt            | C. Gives structure and body to the bread                 |
| 4. <u>  A  </u> shortening      | D. Provides moisture and is needed to develop the gluten |
| 5. <u>  B  </u> leavening agent | E. Improves the flavor                                   |

### II. True or False (11) (Answer is in Bold)

6. **T** or F Baking powder is the leavening agent most often used in “quick breads”.
7. **T** or F Griddle cakes and waffles are both made from a drop batter.
8. **T** or F Muffins are made from a pour batter.
9. **T** or F If you over mix muffins, tunnels will probably develop on the inside.
10. **T** or F Soft doughs should be kneaded for about 10 minutes to develop all the gluten necessary as in “quick breads”.
11. **T** or F “Quick breads” should be stored tightly wrapped.
12. **T** or F Most “quick breads” do not freeze well.
13. **T** or F Too much liquid makes the dough too stiff.
14. **T** or F It is best to add as much flour to the bread dough as possible.
15. **T** or F Four servings are the recommended daily amount for the bread and cereal group.
16. **T** or F The amount of gluten is the same in all types of flour.

### III. Fill-in-the-blank (29)

17. “Quick breads” are of two types – batters and doughs. List the two examples under each type. (4)

batters

a) \_\_\_\_\_ *drop batter* \_\_\_\_\_

b) \_\_\_\_\_ *pour batter* \_\_\_\_\_

doughs

a) \_\_\_\_\_ *soft dough* \_\_\_\_\_

b) \_\_\_\_\_ *stiff dough* \_\_\_\_\_

18. All “quick breads” contain the basic ingredients of \_\_\_\_\_ *flour* \_\_\_\_\_, \_\_\_\_\_ *salt* \_\_\_\_\_, \_\_\_\_\_ *liquid* \_\_\_\_\_, \_\_\_\_\_ *leavening agent* \_\_\_\_\_, \_\_\_\_\_ *fat* \_\_\_\_\_, and sometimes \_\_\_\_\_ *eggs* \_\_\_\_\_ and \_\_\_\_\_ *sugar* \_\_\_\_\_. (7)

19. \_\_\_\_\_ *pancakes* \_\_\_\_\_, \_\_\_\_\_ *waffles* \_\_\_\_\_, \_\_\_\_\_ *biscuits* \_\_\_\_\_, \_\_\_\_\_ *muffins* \_\_\_\_\_, and \_\_\_\_\_ *coffee cake* \_\_\_\_\_ are five examples of “quick breads”. (5) (*nut breads, cinnamon rolls, st. shortcake, popovers*)

20. A flour that contains thiamin, riboflavin, niacin and iron is called

- \_\_\_\_\_ enriched \_\_\_\_\_. (1)
21. \_\_\_\_\_ *Gluten* \_\_\_\_\_ is an elastic substance formed when flour and water are mixed together. (1)
22. \_\_\_ *pancake, waffle, popover* \_ is an example of a pour batter. (1)
23. \_\_\_ *muffin coffee cake, nut bread* \_ is an example of a drop batter. (1)
24. \_\_\_ *biscuits, scones, cinnamon roll* \_ is an example of a soft dough. (1)
25. \_\_\_ *pie crust* \_\_\_\_\_ is an example of a stiff dough. (1)
26. “Quick breads” belong to the \_\_\_ *Bread and Cereal, Grain* \_\_\_ group in the Food Pyramid. (1)
27. What is the best method to store “quick breads”? (2)  
*Tightly closed container, frozen*
28. *Baking soda, baking powder, eggs (whites) and steam* are examples of leavening agents in quick breads. (4)

#### IV. Short Answer (25)

29. Describe step-by-step the “biscuit method”. (10)
- |   |                                       |
|---|---------------------------------------|
| <i>Sift dry ingredients</i>               | <i>Knead dough 8 – 10 times</i>       |
| <i>Measure and cut in shortening</i>      | <i>Roll out, Cut</i>                  |
| <i>Make a well</i>                        | <i>Bake on ungreased cookie sheet</i> |
| <i>Measure and add liquid ingredients</i> |                                       |
| <i>Stir with a fork to form a ball</i>    |                                       |
30. Describe step-by-step the “muffin method”. (10)
- Sift dry ingredients*  
*Make a well*  
*Measure and add liquid ingredients*  
*Stir with a fork until moistened*  
*Drop batter into greased muffin tins*  
*Bake*
31. What are three nutritional contributions of “quick breads”? (3)
- |                         |  |
|-------------------------|--|
| a. <i>Carbohydrates</i> | <i>Protein</i>                         |
| b. <i>B Vitamins</i>    | <i>Fat</i>                             |
| c. <i>Iron</i>          | <i>Fiber, depending on ingredients</i> |
32. What are two reasons that “quick breads” are called “quick breads”? (2)
- |  |
|--|
| a. <i>Fast, easy to prepare</i>                        |
| b. <i>Use baking powder or soda as leavening agent</i> |

#### V. Preparation (10)

33. Yes or No I brought my own writing utensil to class. (2 if yes, 0 if no)
34. Yes or No I was present the day of the test. (4 if yes, 0 if no)
35. Yes or No I was on time and not tardy the day of the test. (4 if yes, 0 if no)