

Milk and Dairy Test Unit # _____

Name _____ Key _____
Score _____

Corrected by _____

75 points possible

True or False (8)

1. **T** or **F** Milk is an excellent source of minerals, vitamins, and proteins.
2. **T** or **F** Milk doesn't have an abundant source of calcium.
3. **T** or **F** The production and sale of milk is controlled by the Dairy Association.
4. **T** or **F** Proper storage of milk will protect the flavor and nutritive value.
5. **T** or **F** You can usually save a few cents per quart by buying containers larger than quart size.
6. **T** or **F** Cheese, ice cream and other milk products can replace part of the milk you need daily.
7. **T** or **F** Yogurt, ice cream and ice milk can replace milk in diets, but at added cost.
8. **T** or **F** There is **NO** substitute for milk in the diet.

Fill-in-the-blanks (23)

9. **Pasteurized** milk has been heated at a temperature below boiling to destroy harmful organisms. (1)
10. Most whole milk being sold is **fortified** by adding vitamin D. (1)
11. Milk has two general uses. It is used as a **beverage** and as an **ingredient** in food. (2)
12. Soup is eaten with a **soup** **spoon** . It is **larger** than a teaspoon and **smaller** than a tablespoon. (4)
13. In using a soup spoon, dip the spoon **away** from you. (1)
14. After finishing the soup with the soup spoon, place it on the **plate** . (1)
15. Two garnishes served with soup are **crackers** and **croutons** . (2) **cheese, parsley, popcorn**
16. Hot soups should be served **hot** and cold soups should be served **cold** . (2)
17. Two principles to remember when cooking with milk are: **stir constantly** and **low temperature** , (4)
18. An example of a soup made **with meat stock** is **bouillon/consommé** . (1)
19. An example of a soup made **without meat stock** is **cream/chowder** . (1)
20. Soups can be purchased in several forms: **canned** , **frozen** , and **dried** are three types. (3) **fresh, concentrated**

Definitions (22)

21. Raw milk – **milk directly from the cow**
22. Pasteurized milk – **milk which has been heated below boiling to destroy harmful organisms**
23. Skim milk - **milk with most of the butterfat removed fortified with A and D**
24. Chocolate milk – **2% milk with chocolate flavoring added**

25. Evaporated milk – ***Milk with half the water removed***
26. Dry whole milk – ***Whole milk mechanically treated to remove all water in powder form***
27. Whole milk – ***Milk that does not have the butterfat removed***
28. Homogenized milk – ***Milk that has been pasteurized and mechanically treated to breakup butterfat to evenly distribute them through milk***
29. Buttermilk – ***Fresh milk to which a culture has been added to give its characteristics and flavor***
30. Sweetened condensed milk – ***Whole milk to which sugar has been added, half the water removed***
31. Nonfat dry milk – ***Milk which has both fat and water removed in powdered form***
- Short answer (11)**
32. Name three nutrients that milk supplies the body with. (3)
Protein, carbohydrates, fat phosphorus, vitamin A & D, calcium
33. How do you make a medium 1 cup white sauce? (Give recipe ingredients (2) and directions (3))

<i>2 tbs. flour</i>	<i>Melt butter in saucepan. Add flour, salt and</i>
<i>2 tbs. butter</i>	<i>pepper. Stir until mixed and bubbly. Gradually</i>
<i>1/4 tsp. salt</i>	<i>add 1 cup milk. Stir constantly, until desired</i>
<i>dash pepperthickness.</i>	
<i>1 cup milk</i>	

34. What are three uses for a white sauce. (3)
Soups, casseroles, vegetables, sauces, gravies

Miscellaneous (11)

35. Yes or No I was present the day of the test.
5 points if yes, 0 points if no
36. Yes or No I was on time and not tardy the day of the test.
4 points if yes, 0 points if no
37. Yes or No I brought my own writing utensil to class to take this test.
2 points if yes, 0 points if no