How to use this test bank

- Click on the check box beside the best answer to each question. Use the spaces provided in the short answer questions to type or write your response.

- Questions in this test bank are grouped around five main categories. Icons beside each question provide a cue to their focus.

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group one

What nutrient is added to all milk produced in Alberta?

☐ a. Vitamin A
☐ b. Lactose
☐ c. Milk fat
☐ d. Vitamin D

What ingredient is added back to fluid milk to produce 1%, 2% and 3.25% milk products?

☐ a. Vitamin A
☐ b. Lactose
☐ c. Milk fat
☐ d. Vitamin D

What nutrient is not necessary to add to 3.25%, or whole, milk?

☐ a. Vitamin A
☐ b. Lactose
☐ c. Milk fat
☐ d. Vitamin D

In what ways is Balkan-style yogurt different than Greek style yogurt?

☐ a. Fat content and taste
☐ b. Sugar content and taste
☐ c. Texture and protein content
☐ d. Fat content and texture

How do high evaporation temperatures during pasteurization affect the appearance of sweetened condensed and evaporated milk?

☐ a. Results in a lighter colour and watery texture
☐ b. Results in a creamy colour and thick texture
☐ c. Results in a darker colour and sticky texture
☐ d. Results in a lighter colour and thick texture
What are buttermilk and kefir both examples of?

- a. Homogenized milk products
- b. Cultured milk products
- c. Lactose free milk products
- d. Products with unsaturated milk fat

What does the word "cultured" in front of the name of a milk product indicate?

- a. The product has cultural origins.
- b. The product has more than one vitamin added to it.
- c. The product has appropriate bacteria added to it.
- d. The product is more expensive.

What does milk provide that no other food product provides?

- a. Calcium
- b. Phosphorous
- c. Lactose
- d. Fatty acids

Which of these products is an East Indian form of clarified butter?

- a. Kefir
- b. Crème fraîche
- c. Cultured butter
- d. Ghee

Approximately what percentage of water is contained in milk?

- a. 3 %
- b. 50 %
- c. 72 %
- d. 87 %
**How can cheese best be described?**

☐ a. A cultured food made from whey  
☐ b. A preserved food made from milk curd  
☐ c. A dried mixture of whey and curds from milk  
☐ d. A fermented food made from milk curd

**What sequence of steps are involved in making cheese?**

☐ a. Curdling, draining, pressing and ripening  
☐ b. Draining, curdling and ripening  
☐ c. Curdling, mixing, pasteurizing and ripening  
☐ d. Draining, pasteurizing and pressing

**What step is added to the cheese making process to create a rind cheese?**

☐ a. The milk curd is heated and placed into a mould lined with a rind.  
☐ b. A culture such as Penicillium Candidum is sprayed on, or added to, the curd.  
☐ c. The curd is dry salted and put into a form where the rind forms.  
☐ d. The ripened cheese is coated with a culture that forms the rind.

**What characteristics determine a cheese be called a fresh cheese?**

☐ a. The cheese is aged for a long time but packaged fresh from the ripening room.  
☐ b. The cheese is pressed quickly into a form so it is fresh for the consumer.  
☐ c. The cheese has a fresh and light texture, aroma and taste.  
☐ d. The cheese is not aged but packaged immediately.

**What characteristics are common to many hard cheeses?**

☐ a. They are aged for a short period of time, have a higher moisture content and are mild in taste.  
☐ b. They are aged for a long time, have veins and a soft, creamy texture.  
☐ c. They are aged for a long time, have less humidity and are sharper in taste.  
☐ d. They are aged for a short period of time, are salty and have a firm texture.
You are preparing a cheese tray and need a cheese that can be easily spread on crackers. Which cheese would you select?

☐ a. Cheddar
☐ b. Parmesan
☐ c. Brie
☐ d. Saint-Paulin

Which cheese is recognizable by its brine packaging?

☐ a. Bocconcini
☐ b. Paneer
☐ c. Cottage
☐ d. Feta

What product results when skim milk or cream is added to curds that are drained but not pressed?

☐ a. Cheddar cheese curds
☐ b. Yogurt
☐ c. Cottage cheese
☐ d. Butter

Which cheese is best described as a hard, yellow-white cheese with a sharp flavour?

☐ a. Gouda
☐ b. Parmesan
☐ c. Mozzarella
☐ d. Swiss

Which cheese is recognized by its paraffin wax packaging?

☐ a. Gouda
☐ b. Parmesan
☐ c. Cottage
☐ d. Swiss
Which cheese is classified as a fresh cheese?

☐ a. Gouda
☐ b. Parmesan
☐ c. Cottage
☐ d. Swiss

Which cheese forms eyes during the ripening process?

☐ a. Gouda
☐ b. Parmesan
☐ c. Cottage
☐ d. Swiss

What three factors are eggs graded for?

☐ a. Size, weight, colour
☐ b. Shell quality, weight, interior quality
☐ c. Colour, weight, interior quality
☐ d. Size, shell quality, colour

What are the signs of a fresh egg?

☐ a. Prominent chalazae cords
☐ b. Yolk stands high and round
☐ c. Albumen is thick, clear and firm
☐ d. Yolk is bright yellow

How are Grade A eggs used most?

☐ a. Retail stores for personal cooking and baking
☐ b. Commercial baking, hospitals and restaurants
☐ c. Processed egg products
☐ d. Farm supplies
How are Grade B eggs used most?

☐ a. Retail stores for personal cooking and baking
☐ b. Commercial baking, hospitals and restaurants
☐ c. Processed egg products
☐ d. Farm supplies

How are Grade C eggs used most?

☐ a. Retail stores for personal cooking and baking
☐ b. Commercial baking, hospitals and restaurants
☐ c. Processed egg products
☐ d. Farm supplies

Which of the following products are considered processed eggs?

☐ a. Free range and vitamin-enhanced eggs
☐ b. Pasteurized egg whites, liquid eggs and frozen egg products
☐ c. Organic and enriched eggs
☐ d. Vegetarian eggs

What are two different milk products that have water removed?

1. ______________________________
2. ______________________________

What are two steps involved in the production of butter?

1. ____________________________
2. ____________________________

What is clarified butter?
group two

What is one food group serving of fluid milk?

☐ a. 150 ml
☐ b. 200 ml
☐ c. 250 ml
☐ d. 275 ml

Why is milk considered to be nutrient-rich?

☐ a. Milk contains 16 essential nutrients including significant amounts of both calcium and vitamin D.
☐ b. Milk provides the full daily recommended percentage of protein.
☐ c. Milk provides the full daily recommended percentage of more than one vitamin.
☐ d. Milk combines the recommended daily allowance of potassium and riboflavin.

What is the primary nutrient in cheese curd?

☐ a. Protein
☐ b. Fat
☐ c. Carbohydrate
☐ d. Lactose

What is lactose?

☐ a. The protein in milk
☐ b. The fat in milk
☐ c. The carbohydrate in milk
☐ d. The minerals in milk

Why does cheese provide a source of nutrients for healthy bone growth?

☐ a. It is a source of carbohydrates.
☐ b. It is a source of calcium.
☐ c. It provides over 15 essential nutrients.
☐ d. It provides cholesterol.
What is the purpose of food group serving recommendations in *Canada’s Food Guide*?

- a. Food guide serving recommendations provide food group examples.
- b. Food guide serving recommendations indicate how much food from each food group is recommended daily to meet nutrient needs.
- c. Food guide serving recommendations identify balanced food combinations.
- d. Food guide serving recommendations indicate the foods that are most nutritious for different age groups.

How can moderate servings of cheese be a healthy part of a daily diet?

- a. It provides complex carbohydrates.
- b. It contributes to a person’s daily recommendations for vitamin C.
- c. It can help a person meet daily recommendations for calcium.
- d. It meets all of a person’s daily recommendations for iron.

Which two nutrients are important to replace in other food sources for a person with lactose intolerance or a milk allergy?

- a. Iron & sodium
- b. Iron & potassium
- c. Calcium & potassium
- d. Calcium & iron

You plan a breakfast menu that is nutritionally balanced. Which menu do you select?

- a. Fried eggs, hash browns, cheddar cheese slice, orange juice
- b. Cereal, skim milk, whole wheat toast with jam
- c. Whole wheat toast, poached egg, milk, apple slices
- d. Pancakes with syrup, blueberry compote, whipped cream, milk

You go for lunch at a restaurant and order a whole wheat pita and green salad with chicken, pecans and raisins. What can you add to make this meal more nutritionally balanced?

- a. Chocolate milk
- b. Hard boiled eggs
- c. Sautéed shrimp
- d. Hummus
Why is fortified soy beverage identified in Canada’s Food Guide as a milk alternative while almond or rice beverages are not?

☐ a. Fortified soy beverage provides higher levels of protein than these other beverages.
☐ b. Fortified soy beverage is fortified with vitamin D while the other beverages are not.
☐ c. Fortified soy beverage is the only milk alternative that does not contain cholesterol.
☐ d. Fortified soy beverage has the same natural levels of calcium as milk.

Why are eggs considered to be a good “brain” food?

☐ a. Eggs provide many different nutrients.
☐ b. The lutein in eggs contributes to eye health.
☐ c. Eggs provide a protein-rich energy source.
☐ d. The choline in egg yolks contributes to cellular development.

What nutrient is removed from skim milk?

☐ a. Fat
☐ b. Carbohydrates
☐ c. Protein
☐ d. Calcium

What statement is true about egg yolks?

☐ a. Egg yolks contain three-fourths of the calories, most of the minerals and vitamins, and all of the fat in an egg.
☐ b. Egg yolks contain more than half the protein and riboflavin in the egg.
☐ c. Egg yolks coagulate faster than egg whites.
☐ d. Egg yolks constitute two-thirds of an egg’s weight.
Chocolate milk provides the same 16 essential nutrients as white milk.

☐ a. True
☐ b. False

Brown eggs are more nutritious than white eggs.

☐ a. True
☐ b. False

Eggs are rich in Vitamin C.

☐ a. True
☐ b. False

Eggs contain vitamins A, D, E, K and B-complex vitamins.

☐ a. True
☐ b. False

Identify two important functions of calcium.

a. ____________________________________________________
b. ____________________________________________________

What do eggs and milk products have in common nutritionally? How are they different? Identify two similarities in the first column and two differences in the second column.

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<td>2</td>
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What is one difference between omega-3 eggs and other eggs?

What is osteoporosis? Identify one way that people can reduce their risk of developing it?

Underline three nutrients that are provided by cheese.

Protein
Calcium
Carbohydrates
Phosphorus
Vitamin A
Niacin
Vitamin B12
Vitamin C
Vitamin D

Identify two ways that cheese can promote healthy bone and teeth development.

1

2
How does lactose intolerance affect a person?

☐ a. It does not affect his or her ability to digest milk.
☐ b. He or she has difficulty digesting naturally occurring sugar in milk.
☐ c. He or she has difficulty digesting the protein in milk.
☐ d. He or she has difficulty digesting processed milk products, such as yogurt or cheeses.

How does a milk allergy affect a person?

☐ a. He or she cannot consume milk that is in its liquid form only.
☐ b. He or she has a reaction to naturally occurring sugar in milk and milk products.
☐ c. He or she has a reaction to the protein in milk and milk products.
☐ d. He or she has a reaction to the vitamins and minerals present in milk and milk products.

Why could a dish made with Cheddar or Swiss cheese be acceptable for a person with lactose intolerance?

☐ a. Hard cheeses are almost lactose free.
☐ b. Ripened cheeses contain the same amount of lactose as whole milk.
☐ c. Lactose is concentrated in aged cheeses.
☐ d. Removing whey during the manufacturing process increases the lactose in cheeses.

Why can yogurt still be eaten by people with lactose intolerance?

☐ a. Yogurt contains bacterial culture that helps breaks down the lactose.
☐ b. Yogurt has a lower fat content than many other milk products.
☐ c. The fruit in yogurt adds more nutrients that break down lactose.
☐ d. The liquids that contain lactose are strained from the yogurt.

People with lactose intolerance can consume milk and milk products.

☐ a. True
☐ b. False
People with milk allergies must avoid all milk products.

☐ a. True
☐ b. False

The best time to introduce a small amount of milk into the diet of a person who is lactose intolerant is with meals.

☐ a. True
☐ b. False

Food Guide based dairy alternatives, such as rice or almond beverages, can replace all the nutrients found naturally in milk.

☐ a. True
☐ b. False

What is one primary difference between lactose intolerance and a milk allergy?

Why can hard cheese be easier to digest than milk if a person is lactose intolerant?
Milk processing involves both pasteurization and homogenization. What is pasteurization?

- a. The evaporation of liquid under vacuum, leaving a concentrate
- b. The addition of bacterial starter cultures
- c. The reduction of fat globules by forcing milk or cream through a very small opening under pressure
- d. The rapid heating of milk to very high temperatures to kill disease-causing bacteria in the milk product

You select a milk product with a label that indicates it is HTST pasteurized. What does HTST stand for?

- a. Homogenous tempering short time
- b. High temperature short time
- c. Hot temperature short tempering
- d. Homogenization time scalding temperature

What must be indicated on food products that are processed with the addition of a nutrient such as vitamin D?

- a. Irradiated
- b. Fermented
- c. Nutrified
- d. Fortified

What methods are used to process shelf stable milk that does not require refrigeration until opening?

- a. Ultra high temperatures and aseptic packaging
- b. Sterilization and irradiation
- c. Fortification and sterilization
- d. Aseptic packaging and irradiation
What two factors are most important to the pasteurization process for milk products?

☐ a. Temperature and volume
☐ b. Time and volume
☐ c. Time and temperature
☐ d. Type of milk product and temperature

What process is used to break down fat globules in milk products so they separate and disperse evenly in the liquid?

☐ a. Homogenization
☐ b. Pasteurization
☐ c. Encapsulation
☐ d. Emulsification

Why is the sale of raw milk illegal in Canada?

☐ a. The active enzymes in raw milk do not aid digestion.
☐ b. Production of raw milk is difficult to regulate and control.
☐ c. Diseases such as salmonella and E. coli can be spread.
☐ d. Raw milk is unable to be pasteurized.

What enzyme causes curd formation in cheese?

☐ a. Amylase
☐ b. Rennet
☐ c. Lactase
☐ d. Maltase

What best describes the way that most cheeses should be stored?

☐ a. In plastic wrap in a dry storage panty
☐ b. In plastic wrap in the refrigerator
☐ c. In a plastic sealed container in the freezer
☐ d. In wax paper wrapping in the refrigerator
At what temperature is cheese best served?

☐ a. Chilled
☐ b. Room temperature
☐ c. Slightly warm
☐ d. Very cold

How are storage times different for firmer cheeses compared to softer cheeses?

☐ a. The more processed the cheese, the longer it will keep.
☐ b. The stronger flavoured the cheese, the longer it will keep.
☐ c. The softer the cheese, the longer it will keep.
☐ d. The firmer the cheese, the longer it will keep.

How is the grade of eggs determined?

☐ a. They are sorted according to size.
☐ b. Candling is used to make the interior of the egg visible.
☐ c. They are inspected for shell condition, size of air cell and yolk position.
☐ d. They are washed and sanitized.

Why is it important that eggs are graded within 24 hours of arriving at a grading station?

☐ a. Eggs can only be stored in a temperature-controlled storage room for a short time.
☐ b. Eggs must be kept at an optimum temperature and humidity while graded to maintain their freshness and quality.
☐ c. They must be shipped to supermarkets, restaurants or other places within 7 days.
☐ d. Eggs are perishable and must be handled with care.

How long can eggs be stored at a temperature of 27°C before they start to deteriorate?

☐ a. 2 hours
☐ b. 4 hours
☐ c. 6 hours
☐ d. 8 hours
Raw milk is unpasteurized.

☐ a. True
☐ b. False

Foods should be put away in the fridge or freezer within two hours.

☐ a. True
☐ b. False

Milk and eggs should be stored in the refrigerator door.

☐ a. True
☐ b. False

It's okay to thaw perishable dishes that contain milk products or eggs on the kitchen counter or in the sink.

☐ a. True
☐ b. False

One of the best ways to prevent food contamination is to wash your hands.

☐ a. True
☐ b. False

You can tell if milk products or eggs are still safe to eat by smelling them.

☐ a. True
☐ b. False

Keep raw foods and cooked foods separate.

☐ a. True
☐ b. False

Aged cheeses can be frozen.

☐ a. True
☐ b. False
Fresh cheese are highly perishable.
☐ a. True
☐ b. False

Soft cheeses, such as Brie or Camembert, can be kept in the refrigerator for over a month.
☐ a. True
☐ b. False

Firm cheeses, such as Cheddar and Parmesan, can be kept in the refrigerator for several months if wrapped properly.
☐ a. True
☐ b. False

Eggs should be stored at temperatures below 7°C and at a relative humidity of 70 to 80 percent.
☐ a. True
☐ b. False

Fresh eggs are best for hard-cooking.
☐ a. True
☐ b. False

Pasteurization of an egg is achieved when a whole egg is held at a temperature of over 60°C for 3 minutes.
☐ a. True
☐ b. False

Place the following sentences in the correct order to describe the process of cheese-making.

1. The curds are pressed into blocks or rounds.
2. When rennet or a lactic acid is added to milk, it curdles the milk.
3. Whey is drained from the curds.

The curds are pressed into blocks or rounds. When rennet or a lactic acid is added to milk, it curdles the milk. Whey is drained from the curds.
What are three egg grading steps represented in the photograph below?

1. ____________________________________________
2. ____________________________________________
3. ____________________________________________

How are eggs best stored?

What three signs tell you that an egg has aged and is no longer fresh?

1. ____________________________________________
2. ____________________________________________
3. ____________________________________________

What two products should be kept well wrapped or in their original package when stored in the fridge?

1. ____________________________________________
2. ____________________________________________

Why should products like butter be kept wrapped and away from strong-smelling foods?
What results when cooking milk with a temperature that is too high?
- a. Curdling and scorching
- b. Thickening
- c. Separating and curdling
- d. Souring

At what temperatures are milk, cream, cheese and other milk products best cooked?
- a. Low
- b. Medium
- c. Medium high
- d. High

When milk is heated, what reacts with amino acids to contribute to the tan color and slightly caramelized flavor of cooked milk products?
- a. Lactose
- b. Casein
- c. Whey
- d. Milk fat

What type of reaction occurs when milk is mixed with acids such as lemon or tomato juice?
- a. Souring
- b. Blending
- c. Curdling
- d. Thickening

When can a skin form if milk is heated?
- a. When the fat in the milk reacts to heat
- b. When milk is heated too quickly or at a high heat
- c. When the carbohydrates in milk rise to the surface
- d. When steam begins to form on the surface of the milk
You have followed a recipe for a cream soup and after the required cooking time you notice the soup is still thin. What can you do to thicken it?

- a. Mix flour with cold milk or water and then whisk the mixture into the soup.
- b. Add flour into the soup and whisk.
- c. Add more milk or cream and simmer the soup for a longer period of time.
- d. Turn up the temperature and allow the soup to boil.

When a starch, such as flour, is added directly to a hot milk mixture, what happens?

- a. Curdling
- b. Scorching
- c. Burning
- d. Lumpng

Which of these cheeses have a tendency to release oil to the surface of a food?

- a. Cheeses with a high moisture content
- b. Cheeses that are high in fat
- c. Cheeses that are high in protein
- d. Cheeses that are aged longer

For what amount of time and at what temperature should cheese be cooked?

- a. Long time at a high temperature
- b. Long time at a low temperature
- c. Short time at a high temperature
- d. Short time at a low temperature

You are preparing a cheese sauce and you want to be certain it is free of lumps. How do you ensure the sauce is smooth?

- a. Blend the fat and flour thoroughly before adding the milk.
- b. Add the cheese before heating the sauce.
- c. Combine the fat and milk before adding the flour.
- d. Do not stir until the sauce has a chance to thicken.
The recipe for a custard says, “In a small bowl, beat egg yolks and whole egg with sugar and salt until blended. Gradually add small amounts of hot milk, stirring constantly.” Why must you add small amounts of milk?

☐ a. To stop the milk from curdling
☐ b. To gradually warm up the egg mixture so the eggs do not cook and create lumps
☐ c. To prevent scorching
☐ d. To prevent the formation of a thick scum on the surface of the custard

How can you prevent eggs from being overcooked in a microwave?

☐ a. Use a medium to high power setting.
☐ b. Stop and stir often.
☐ c. Undercook them slightly and allow them to stand for a brief time.
☐ d. Do not allow any standing time.

You prepare hot chocolate with milk, cocoa powder and sugar. How can you avoid the formation of scum?

☐ a. Heat the mixture quickly on a high heat.
☐ b. Add the sugar last.
☐ c. Cover the pan while heating.
☐ d. Remove the milk before it scalds.

You prepare a chocolate pudding with unbeaten eggs, and using high heat and stirring. What is the result?

☐ a. A soft consistency
☐ b. Curdling
☐ c. A smooth texture
☐ d. A lumpy texture

You use an egg and milk mixture to make scrambled eggs. What happens if this mixture is overcooked?

☐ a. Moisture appears in the pan.
☐ b. The curds remain large and browned.
☐ c. The eggs change colour.
☐ d. The eggs dry out and curds become crumbly and small.
What would overcooked scrambled eggs look like?

☐ a. Spongy and browned
☐ b. Flattened
☐ c. Moist and fluffy
☐ d. Dark yellow in colour

If hard boiled eggs are overcooked, what can the egg look like when it is cut in half?

☐ a. The egg yolk is dark yellow in colour.
☐ b. A green ring may appear around the yolk.
☐ c. The egg white looks discoloured.
☐ d. The egg shell is thickened.

What increases stability and volume when mixed with egg whites?

☐ a. Flour
☐ b. Cornstarch
☐ c. Cream of tartar
☐ d. Baking powder

What is the best way to separate eggs?

☐ a. Pass the egg yolk back and forth in shell halves.
☐ b. Use an egg separator to avoid contamination.
☐ c. Use a spoon to scoop the yolk out of the half shell.
☐ d. Scoop the egg yolk out after breaking it into a bowl.

What do overbeaten egg whites look like?

☐ a. They start to liquefy again.
☐ b. They are flat.
☐ c. They are dark in colour.
☐ d. They become dense and thick.
How do the functions of milk and eggs in cooking differ?

☐ a. Eggs are not considered a liquid ingredient; milk is a liquid ingredient.
☐ b. Eggs are used as a binder; milk is not a binder.
☐ c. Milk and egg products must always be scalded before use.
☐ d. Milk and eggs are used as a binder.

How should sugar be added to egg whites?

☐ a. Add sugar before you whip the egg whites.
☐ b. Add sugar gradually in small amounts once the egg whites are foamy.
☐ c. Add sugar all at once when the egg whites are foamed.
☐ d. Add half the sugar before starting to whip the egg whites and half once they are foamed.

Which ingredient can help stabilize an egg white foam?

☐ a. Cream
☐ b. Baking soda
☐ c. Vinegar or lemon juice
☐ d. Vanilla

At what temperature are egg whites best foamed?

☐ a. Cold temperature
☐ b. Warm temperature
☐ c. Slightly cool temperature
☐ d. Room temperature

What ingredient is responsible for the whipping properties of cream?

☐ a. Milk protein
☐ b. Milk fat
☐ c. Whey
☐ d. Lactose
The chemical composition of a cheese determines its functional characteristics and how it can be used in food preparation.

☐ a. True
☐ b. False

Fat determines the melting characteristics of cheese.

☐ a. True
☐ b. False

Cheese cannot be frozen because of its fat content.

☐ a. True
☐ b. False

Egg whites should be cold before whipping, as this helps form better foam.

☐ a. True
☐ b. False

Egg yolks coagulate between 65°C and 70°C.

☐ a. True
☐ b. False

Egg whites coagulate between 62°C and 65°C.

☐ a. True
☐ b. False

Egg whites coagulate before egg yolks.

☐ a. True
☐ b. False
What is one advantage of using clarified butter, or ghee, in cooking?

What are two common products used most often to thicken milk?

1. ______________________________

2. ______________________________

Describe the process of heating milk, selecting one of the following two methods:

1. Double boiler method

2. Microwave method
Eggs perform many functions in dishes. For each dish listed below, identify the function of the eggs.

### Mayonnaise
- ☐ a. Thickening agent
- ☐ b. Emulsifying agent
- ☐ c. Leavening agent
- ☐ d. Binding agent
- ☐ e. Coating agent

### Hamburgers
- ☐ a. Thickening agent
- ☐ b. Emulsifying agent
- ☐ c. Leavening agent
- ☐ d. Binding agent
- ☐ e. Coating agent

### Angel food cake
- ☐ a. Thickening agent
- ☐ b. Emulsifying agent
- ☐ c. Leavening agent
- ☐ d. Binding agent
- ☐ e. Coating agent

### Baked chicken drumsticks
- ☐ a. Thickening agent
- ☐ b. Emulsifying agent
- ☐ c. Leavening agent
- ☐ d. Binding agent
- ☐ e. Coating agent

### Pudding
- ☐ a. Thickening agent
- ☐ b. Emulsifying agent
- ☐ c. Leavening agent
- ☐ d. Binding agent
- ☐ e. Coating agent
Describe one way that cooking eggs in a microwave is similar to, or different from, cooking eggs on top of the stove.

What can cause the green ring in hard cooked eggs?
What are the four primary taste sensations used to assess the flavour of a dish?

☐ a. Bitter, metallic, sour, sweet
☐ b. Bitter, salt, sour, sweet
☐ c. Metallic, salt, burned, sweet
☐ d. Burned, bitter, salt, sour

What are the eggs pictured in the photograph called?

☐ a. Over easy
☐ b. Scrambled
☐ c. Sunny side up
☐ d. Poached

How should pan fried eggs be cooked?

☐ a. Over low heat with a cover
☐ b. Over low heat without a cover
☐ c. Over high heat without a cover
☐ d. Over high heat with a cover

How do you know when sunny side up eggs are cooked?

☐ a. The yolks are hard.
☐ b. The whites are opaque in colour.
☐ c. The whites are set.
☐ d. The yolks are dark yellow in colour.
In what common egg-based recipe is cream of tartar used?

☐ a. Soufflé
☐ b. Omelette
☐ c. Fritatta
☐ d. Hollandaise sauce

When is the best time to add cheese to a white sauce?

☐ a. Before the sauce is thickened
☐ b. Before the sauce is completely cooked
☐ c. When the sauce is served
☐ d. Once the sauce is thickened

What is the fat and flour mixtures used to make a white sauce called?

☐ a. Roux
☐ b. Soufflé
☐ c. Puree
☐ d. Choux

What assumption do many recipes usually make about the size of eggs used?

☐ a. Small
☐ b. Medium
☐ c. Large
☐ d. Extra large

What is the cause of curdling in a recipe that combines milk products and blueberries?

☐ a. The acid in the fruit
☐ b. The tannin in the fruit
☐ c. The lactose in the milk
☐ d. The fat in the milk
Why is a roux used as the base for a scalloped potato recipe that includes ham?

☐ a. The salt in the ham can curdle the milk.
☐ b. The acid in the potatoes combines with the ham to separate the milk.
☐ c. The salt in the ham prevents the milk from thickening.
☐ d. The starch in the roux keeps the potatoes and ham together.

Why is milk or cream with a higher fat content recommended in a recipe for a cream soup?

☐ a. The higher fat content prevents the soup from scorching.
☐ b. The higher fat content makes the soup thicker.
☐ c. The higher fat content decreases the chance of curdling.
☐ d. The higher fat content makes it easier to add additional ingredients.

What is the function of lemon juice in a paneer recipe?

☐ a. It thickens the milk.
☐ b. It prevents the milk from scorching when heated.
☐ c. It causes the whey to drain from the curds.
☐ d. It causes milk proteins to coagulate and separate from the whey.

The function of a slurry is to act as a thickening agent.

☐ a. True
☐ b. False

Different types of liquids can be used to poach eggs.

☐ a. True
☐ b. False

Egg whites that are beaten or whipped turn thick, colourless and transparent.

☐ a. True
☐ b. False
If ingredients for a recipe are not measured accurately, how will this affect the end result?

How would you adapt each of the following lasagne ingredients to make the recipe higher in fibre and lower in fat?

- Ground beef
- Lasagne noodles
- Milk
- Cheese
- Flour

How should the cooking procedure be adjusted when making scrambled eggs with egg whites only?
Which of the following two ingredients are essential to make a frittata?

Onions  
Bacon  
Potatoes  
Tomatoes  
Eggs  
Milk  
Cheese  
Cream  
Butter

1. __________________________
2. __________________________

Which of the following two ingredients act as a thickening agent in a soufflé recipe?

Butter  
Flour  
Salt  
Milk  
Eggs  
Cream of tartar

1. __________________________
2. __________________________