

Name: _____

Hour: _____

SALADS QUESTIONS

24 points

Answer the following questions by circling the correct answer.

1. This type of salad is served before the meal to help stimulate the appetite.
 - a. Appetizer
 - b. Accompaniment
 - c. Main dish
 - d. Dessert
2. This type of salad must be substantial and satisfying.
 - a. Appetizer
 - b. Accompaniment
 - c. Main dish
 - d. Dessert
3. This type of salad is served with the main course of the meal.
 - a. Appetizer
 - b. Accompaniment
 - c. Main dish
 - d. Dessert
4. Which is NOT a principle of salad making?
 - a. Place on a chilled plate
 - b. Use plenty of dressing to flavor the salad
 - c. Make salads just before eating
 - d. Combine crisp with soft ingredients
5. Which is NOT a principle of salad making?
 - a. Ingredients should be well drained
 - b. Choose fresh and good quality produce
 - c. Handle greens as little as possible
 - d. Lettuce leaves should be half their original size.
6. Salad greens (lettuce) can become bruised and wilted if over handled.
 - a. True
 - b. False
7. Spinach is the most popular salad plant in the nation.
 - a. True
 - b. False
8. It is okay to freeze lettuce.
 - a. True
 - b. False
9. Iceberg lettuce is by far the major type of salad lettuce.
 - a. True
 - b. False

Match the description with the lettuce/salad green type.

- | | | |
|---------------|------------|------------|
| a. leaf | b. romaine | c. iceberg |
| d. butterhead | e. spinach | f. endive |

10. _____ Heads are large, round, and solid.
11. _____ Includes Big Boston and Bibb varieties. Slightly flat on top.
12. _____ Plants are tall and cylindrical. Famous for its use in Caesar Salad.
13. _____ This type of lettuce has broad, tender, fairly smooth leaves that vary in color depending on variety.
14. _____ Often used raw in salads.

15. This type of salad may be sweetened and whipped cream added to the dressing.
 - a. Appetizer
 - b. Accompaniment
 - c. Main dish
 - d. Dessert
16. This type of salad should contrast pleasantly with the rest of the meal in color, flavor, and texture.
 - a. Appetizer
 - b. Accompaniment
 - c. Main dish
 - d. Dessert
17. Which of the following is an example of an oil based dressing?
 - a. Mayonnaise
 - b. Ranch
 - c. Italian
 - d. White sauce
18. Which is an example of a dairy dressing?
 - a. Mayonnaise
 - b. Ranch
 - c. Italian
 - d. White sauce
19. Which would be a good choice to reduce fat and calories found in salad dressing?
 - a. Use sour cream in the dressing
 - b. Use cottage cheese as the main dressing ingredient
 - c. Use whole milk when making ranch dressing
 - d. Use mayonnaise in the salad dressing
20. Meat is usually in which type of salad?
 - a. Appetizer
 - b. Accompaniment
 - c. Main dish
 - d. Dessert
21. Salad dressings act as a binding agent to hold salads together.
 - a. True
 - b. False
22. This type of salad includes garden salads which are gently mixed.
 - a. Tossed
 - b. Arranged
 - c. Molded
23. This type of salad holds its shape.
 - a. Tossed
 - b. Arranged
 - c. Molded
24. This type of salad has pieces placed in striking patterns.
 - a. Tossed
 - b. Arranged
 - c. Molded