Margarine and Alternatives

Test

Improve your knowledge. Choose the correct answer.

1. Margarine is typically made from:

a) animal fat b) vegetable oil c) milk d) cheese

2. Which of these is a plant-based alternative to butter?

a) ghee b) yogurt c) margarine d) cream

3. What is often added to margarine to make it yellow?

a) turmeric b) carotene c) mustard d) paprika

Processing and Nutrition

4. What is pasteurization?

a) freezing milk b) adding sugar c) heating milk to kill bacteria d) mixing milk with cream

5. Which dairy product is highest in calcium?

a) ice cream b) cheese c) butter d) cream

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