

SALAD QUIZ

Name _____ Period ____ Assign

Match the type of salad with the description:

- ___ 1. A chef's salad bowl is an example of this type of salad.
- ___ 2. Small salad used as a first course.
- ___ 3. A side dish that goes with the main dish.
- ___ 4. Served as a dessert.
- ___ 5. A main dish salad must contain which nutrient?
- a. carbohydrates
b. protein
c. fat
d. vitamin C
e. all of the above
- ___ 6. The purpose of an appetizer is to:
- a. tide you over until the meal is served
b. help to curb your appetite
c. whet your appetite
d. none of the above
e. a and b
- ___ 7. In a main dish salad, the body of the salad is made up mainly of:
- a. fruit
b. greens
c. meat
d. salad dressing
e. none of the above
- ___ 8. In salads other than main dish salads, the body is made up mainly of:
- a. fruit
b. greens
c. meat
d. whipping cream
e. none of the above
- ___ 9. What causes some fruits to turn brown when exposed to air?
- a. oxidation
b. dehydration
c. preservation
d. all of the above
e. none of the above
- ___ 10. What are some things you can use to prevent fruit from going brown in salads?
- a. water
b. water, lemon juice
c. water, pineapple juice, ascorbic acid
e. lime juice
f. all of the above