

Topic 7. Control test.

1. This is the best method for retaining nutrients in rice.

- a) Absorption method
- b) Boiling Method
- c) Rice Cooker Method
- d) Steaming and Simmering

2. This is characterized by the use of a flavored liquid (usually stock) and the addition of aromatic ingredients.

- a) Boiling method
- b) Paella method
- c) Pilaf method
- d) Risotto method

3. Which of these is best served with cereals?

- a) sugar
- b) cream
- c) milk
- d) fruits

4. Washing rice removes the loose starch and prevents the rice from becoming pasty in cooking.

- a) False
- b) True

5. _____ are the seeds of certain grasses, the most important of which are wheat, oats, rice, barley, corn, rye, and buckwheat.

- a) cereals or grains
- b) starch
- c) flour
- d) lignans

6. What is any grain used for food?

- a) Cereal
- b) Rice
- c) Wheat
- d) Whole

7. It is a classic Italian cooking method for medium grain rice.

- a) Risotto Method
- b) Pilaf Method
- c) Steaming Method
- d) Cooker Method

8. It is the simplest method of preparation _____

- a) Boiling Method
- b) Absorption Method
- c) Steaming Method
- d) Simmering Method

9. The following are sources of food starch from Pulses EXCEPT _____

- a) Chestnuts
- b) Almond
- c) Wheat
- d) Red lentils

10. One of the main ingredients in pasta is _____.

- a) Salt
- b) Flour
- c) Brown Sugar
- d) Sugar

11. Product made from semolina that is milled from wheat.

- a) Enriched Rice
- b) Wild Rice
- c) Parboiled Rice
- d) Couscous

12. Sauteing the grain in oil or butter before adding the liquid.

- answer choices
- a) Enriched Rice
 - b) Polenta
 - c) Pilaf Method
 - d) Couscous