

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?
- carbohydrates
 - protein
 - fat
 - vitamin C
 - all of the above
- ___ 6. The purpose of an appetizer is to:
- tide you over until the meal is served
 - help to curb your appetite
 - whet your appetite
 - none of the above
 - a and b
- ___ 7. In a main dish salad, the body of the salad is made up mainly of:
- fruit
 - greens
 - meat
 - salad dressing
 - none of the above
- ___ 8. In salads other than main dish salads, the body is made up mainly of:
- fruit
 - greens
 - meat
 - whipping cream
 - none of the above
- ___ 9. What causes some fruits to turn brown when exposed to air?
- oxidation
 - dehydration
 - preservation
 - all of the above
 - none of the above
- ___ 10. What are some things you can use to prevent fruit from going brown in salads?
- water
 - water, lemon juice
 - water, pineapple juice, ascorbic acid
 - lime juice
 - all of the above