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