

Bahamas Academy of Seventh – Day Adventist

Food and Nutrition Second Term Unit Test

Pulses, Nuts, Milk, Cream, Cheese

Name: _____ Grade: ____ Score: ____/42

1. Pulses are dried seeds with a high nutritional value.

a. Name: (3)

i. ONE pulse high in biological protein - _____

ii. TWO other pulses - _____

b. State TWO rules for cooking pulses. (2)

c. State how you would store pulses. (2)

2. Milk is an excellent source of calcium and phosphorus which are necessary for the development and maintenance of strong, healthy bones and teeth.

a. Explain why powdered milk rather than sterilized milk is more suitable when preparing for a hurricane? (2)

b. Explain why it is inadvisable to give cow's milk to infants. (2)

c. Why is milk homogenized? (2)

d. Define the following types of milk. (7)

i. Pasteurized milk

ii. Sterilized milk

iii. Evaporated milk

iv. Skimmed Milk

v. Semi Skimmed Milk

vi. Dried Milk

vii. Condensed Milk

e. What affects the amount and quality of milk produced by the cow? (2)

f. How should fresh milk be stored in the home? (2)

3. Cream is made up of natural fats, which are lighter than the liquid in milk, as a result, they float to the top forming a layer of cream.

a. How is the legal definition of cream determined? (2)

b. Name TWO products made from cream. (2)

c. Explain how cream should be stored in the home to maintain good quality and freshness. (2)

d. What is whey? (1)

e. What are curds? (1)

4. Cheese is derived from milk.

a. Name TWO: (2)

i. Unripened cheese -

ii. Cheese that are used in Italian cooking -

b. What is ripening as used in cheese making and what occurs during the ripening of cheese? (2)

c. Explain why each of the following is inadvisable: (2)

i. Overheating cheese -

ii. Storing cheese without wrapping I properly. -

d. Why is rennet important to the cheese making process? (2)

e. Give ONE reason for each of the following when cooking cheese: (2)

i. Cook at a low temperature -

ii. Cut cheese into small pieces -
