

Methods of cooking vegetables

1. Prepare vegetable as close to service time as possible and in small quantities.
a)FALSE b)TRUE
2. Cut vegetables uniformly for even cooking
a) TRUE b)FALSE
3. Frozen vegetable requires longer time in cooking
a) FALSE b) TRUE
4. In the Standard Quality of Cooked Vegetables the color of cooked vegetable should be dull and brown in color.
a) FALSE b)TRUE
5. Vegetables should be cooked separately for different cooking times, and then combined.
a) TRUE b)FALSE
6. This are the Effects of Cooking Vegetables except:

a) Changes in size b) Changes in color
c) Changes in nutrients d) changes in texture
7. The vegetables are rich in chlorophyll except one:
a) broccoli b)collard greens
c) green cabbage d)carrots
8. Choose method of cooking where we use water ?
a) steaming b) baking
c) roasting d) frying
9. What is GRILLING?
a) To quickly cook food directly under a heat source.
b) Cooking food by hot air in an oven.
c) Foods cooked by vapors from boiling water.
d) Food cooked quickly above a heat source in a skillet or on a metal grate over a fire.
10. Which of the following is NOT included in the general rules of vegetables cookery?
a) Cut vegetables uniformly for even cooking
b) Don't overcook.
c) Baking soda can be used with green vegetables
d) Cook green vegetables and strong flavored vegetables uncovered