

## Unit I Quiz Cards—Front

When do pot handles present special dangers, and why?

What is a pathogen?

What are mycelium?

What is fermenting?

At what temperature do most molds and yeast begin to die?

What is cross contamination?

What are anti-darkening agents?

Why should you use heat-resistant plastic or non-metal stirring utensils when you stir food in a boiling pot?

What special precautions should be taken with wooden cutting boards?

What is the number one thing you can do to prevent the spread of germs and bacteria in the kitchen?

## Unit II Quiz Cards—Front

What is dehydration?

What is case hardening?

Why is a microwave not a good choice for drying fruits and vegetables?

Why should you leave a conventional oven door open when drying foods?

Which method of cooking vegetables will cause the loss of more food nutrients: boiling or steaming?

Where should you store dried vegetables?

Name a disadvantage of drying food in a conventional oven.

Name an advantage of drying food in a conventional oven.

CREATE YOUR OWN QUIZ CARD:

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## Unit II Quiz Cards—BACK

Case hardening is the result of microwaving food for too long. It becomes hard and brittle on the outside and soft on the inside.

Dehydration is the loss of moisture. Foods can be preserved through dehydration, but people cannot!

Proper dehydration requires circulating air.

Microwaves do not dry food evenly. The outside may appear dry but there may still be moisture in the center.

In a cool dry place.

**Boiling**

**Advantages:**  
No need for special equipment.  
Not dependent on the weather.

**Disadvantages:**  
Results in a less flavorful product.  
Energy costs are higher.

## Unit I Quiz Cards—BACK

A virus or microorganism that can cause disease.

When they are wet (because they conduct heat) or when they are left close to open flame.

The process of molecular breakdown, which is used in making breads, vinegar, and alcohol.

The roots of mold.

Cross contamination is the movement of germs or bacteria from one food source to another, caused by using the same utensils or failing to wash your hands.

Molds and yeast begin to die at 140° Fahrenheit.

A metal spoon would conduct heat and might burn your hand.

Anti-darkening agents, such as ascorbic acid, help fruit maintain its color after it is exposed to oxygen.

Wash your hands.

Wooden cutting boards need to be washed thoroughly with warm soapy water and bleach. They absorb more bacteria than plastic or glass cutting boards.

**Unit III Quiz Cards—Front**

If you discover your IQF foods frozen into a block, what might be the issue?

Where is the coldest part of the refrigerator?

What is freezer burn?

How can you avoid freezer burn?

What is a sugar pack?

When people develop a disease because they don't get enough Vitamin C it is called:  
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What is the correct way to thaw fruit?

How can you avoid food taking on the smell of the frozen fish in your freezer?

Name one advantage to preparing your own frozen "convenience" foods.

CREATE YOUR OWN QUIZ CARD:

**Unit IV Quiz Cards—Front**

What does a pH scale measure?

Why is acidity important when using the boiling water bath method?

How do you sterilize empty jars?

Why do you have to increase the processing time (boiling time) at higher elevations?

What does "Hot Pack" mean?

Why shouldn't you cool hot jars on a cold surface? (Or hot pots on a cool glass surface?)

When do you begin counting processing time if you are using the boiling water bath method of canning?

What does sugar do to enhance jam or jelly?

CREATE YOUR OWN QUIZ CARD:

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## Unit IV Quiz Cards—BACK

Only foods with a low pH should be canned using a boiling water bath. Foods without acidity are more likely to spoil.

Acidity

Water boils at lower temperatures at higher elevations. Lower temperatures mean less ability to kill bacteria.

Boil them in a canning pot, on a rack, for ten minutes.

The difference in temperatures causes molecular agitation, and the jar (or glass surface) might explode.

Preheated food is packed hot into hot jars.

It helps gel formation, serves as a preserving agent, and adds to the flavor of the jellied product.

Start counting time when the water reaches a rolling (bubbling) boil.

## Unit III Quiz Cards—BACK

Toward the back, along the sides.

Non-constant freezer temperatures.

Properly seal freezer containers or wraps with as little air as possible. Freeze new items in the coldest part of the freezer first.

The dehydration of improperly packed frozen food. It causes loss of flavor, texture, and color.

Scurvy.

A method of freezing fruit that uses dry sugar.

Use odor-proof containers.

In the refrigerator.

Saves money by purchasing in bulk or when items are on sale. Saves time by having the meal prepared ahead of time. Individual portions can be frozen for later use: lunches, snacks, etc.