

## Health Cooking Quiz

| Sr | Questions  | Answers Choice   |
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| 1  | In the latest "choose my plate" health campaign, what are the different food groups? | <p>A. Fruits, Grains, Dairy, Vegetables, Protein</p> <p>B. Fruits, Bread, Milk, Vegetables, Protein</p> <p>C. Fruits, Grains, Sweets, Dairy, Protein</p> <p>D. Fruits, Grains, Dairy, Meat</p> |
| 2  | Which of these is the lemon rich in?   | <p>A. vitamin D</p> <p>B. potassium</p> <p>C. vitamin C</p> <p>D. vitamin A</p>  |
| 3  | Which of these is a berry?   | <p>A. Strawberry</p> <p>B. Banana</p> <p>C. Raspberry</p> <p>D. Blackberry</p>   |
| 4  | What is the active ingredient in baking soda?  | <p>A. sodium bicarbonate</p> <p>B. sodium chloride</p> <p>C. sodium benzoate</p> <p>D. sodium disulfide</p>  |
| 5  | Which country invented the French fry?   | <p>A. France</p> <p>B. Belgium</p> <p>C. England</p> <p>D. Italy</p>   |
| 6  | The 'rump' cut of beef is located on which part of a cow?                            | <p>A. Underbelly</p> <p>B. Shoulder</p> <p>C. Thigh</p> <p>D. Rear</p>   |
| 7  | In a place of work, the best way to dry your hands after washing them is to;         | <p>A. Use a cotton towel.</p> <p>B. Just shake excess water away.</p> <p>C. Use a paper towel</p> <p>D. Use a air dryer.</p>   |
| 8  | What is the boiling temperature of water?  | <p>A. 100°C</p> <p>B. 110°C</p> <p>C. 120°C</p> <p>D. 130°C</p>  |
| 9  | What is the common name for sodium chloride?   | <p>A. salt</p> <p>B. baking soda</p> <p>C. Clorox</p> <p>D. soda pop</p>   |
| 10 | What is the correct temperature that frozen food should be kept at?                  | <p>A. 0 degrees</p> <p>B. 15 degrees or lower</p> <p>C. -18 degrees or lower</p> <p>D. 20 degrees or lower</p>   |
| 11 | Which of the following does bacteria need to assist it to grow and multiply;         | <p>A. Water.</p> <p>B. Food.</p> <p>C. Warm temperatures.</p> <p>D. All of the above.</p>  |
| 12 | Which of the following is not a grain?   | <p>A. Apple</p> <p>B. Bread</p> <p>C. Rice</p> <p>D. Pasta</p>   |