

Health Cooking Quiz

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