

NAME:

Points: /40

1. List 3 different types of flour. (3 pts)
2. What is rice's classification? (1 pt)
3. Is it faster to cook pasta in the microwave? (1pt)
4. How much longer does brown rice take to cook than white rice? (1 pt)
5. Should you rinse pasta after draining it, why or why not? (2 pts)
6. What is hominy? (2 pt)
7. What is cornstarch often used for in cooking? (1 pt)
8. Which type of flour is the least expensive? (1 pt)

9. What are the 2 kinds of cereal and an example of each? (4 pts)

10. What 2 things do cooked cereals require? (2 pts)

11. What are 2 reasons cereals cooked? (2 pt)

12. Why do we add cereal to water a particular way when making cooked cereals? (1 pt)

13. What is gelatinization? (1 pt)

14. Define starch. (2 pts)

15. List the 6 main grains used for food? (6 pts)

16. Any grain can be made into what product? (1 pt)

17. How much grains and cereals do you need each day? (1 pt)

18. T / F Cereals are usually low in fat. (1 pt)

19. List each part of the kernel. (3 pts)

20. How much water does rice require to cook? (1 pt)

21. How do you store flour and uncooked pasta? (1pt)

22. What is the difference between cake flour and other flours? What is it used for? (2 pts)