* **1.**

Which cooking method is the LEAST healthiest?

* + A.

Grilling

* + B.

Baking

* + C.

Frying

* + D.

Broiling

Ans-C

* **2.**

Which disorders are associated with eating too much fried food?

* + A.

Obesity

* + B.

High Blood Pressure

* + C.

High Cholesterol

* + D.

Extreme Happiness

Ans-B,C

* **3.**

[Should you decide to fry your food, which methods are the best?](https://www.proprofs.com/discuss/q/1353990/should-you-decide-to-fry-your-food-which-methods-are-the-bes)

[Discuss](https://www.proprofs.com/discuss/q/1353990/should-you-decide-to-fry-your-food-which-methods-are-the-bes" \o "Discuss" \t "_blank)

* + A.

Use copious amounts of peanut oil

* + B.

Thoroughly coat the pan with lard

* + C.

Use non-fat cooking sprays

* + D.

Use oils low in non-saturated fat

Ans-C,D

* **4.**

What types of cooking utensils/equipment can be used to reduce fat?

* + A.

"Fry Daddy" or deep fryer

* + B.

Non-stick cooking pan

* + C.

Oven/Broiler

Ans-C

* **5.**

How many teaspoons are in a tablespoon?

* + **A.**

**Three**

* + B.

Five

* + C.

Six

* + D.

Two

* + E.

Four

* **6.**

How many ounces in a cup?

* + A.

Two

* + B.

Three

* + C.

Five

* + D.

Seven

* + E.

**Eight**

* **7.**

How many cups are in a quart?

* + A.

One

* + **B.**

**Four**

* + C.

Two

* + D.

Eight

* + E.

Five

* **8.**

How many quarts are in a gallon?

* + A.

One

* + B.

Three

* + C.

Six

* + **D.**

**Four**

* + E.

Nine

* **9.**

How long does it takes to boil water?

* + A.

One minute

* + B.

Five minutes

* + C.

Ten minutes

* + **D.**

**5-8 minutes**

* + E.
  1. inutes

10.A mixture of rough cut or diced vegetables, herbs, and spices, used for seasoning

* + **A.**

**Mirepox**

* + B.

Mise en place

* + C.

Sear

* + D.

Saute