

# Section One – Definitions Review Questions

**Multiple Choice – Select the best answer.**

**1. Which list best represents potatoes from least to most processed?**

- a) Russet Potatoes, Instant Mashed Potato Flakes, French Fries, Potato Chips
- b) Russet Potatoes, Potato Chips, French Fries, Instant Mashed Potato Flakes
- c) Russet Potatoes, French Fries, Potato Chips, Instant Mashed Potato Flakes
- d) Russet Potatoes, French Fries, Instant Mashed Potato Flakes, Potato Chips

**2. Which of the following is not a natural method of processing?**

- a) Stone-grinding grain into flour
- b) Mixing soybean meal with hexane to separate the oil
- c) Adding salt to preserve fish
- d) Pressing olives to extract the oil

**3. Items carrying the Organic seal are certified by**

- a) US Department of Agriculture
- b) Third party certifiers such as Oregon Tilth and Quality Assurance International
- c) The individual farmer or producer
- d) US Food and Drug Administration

**4. A Certified Organic Retailer must do all of the following except:**

- a) Keep documentation tracking connections with organic suppliers for five years.
- b) Display organic product with proper and accurate signage
- c) Keep organic certificates on file for farms from whom the store buys directly
- d) Submit pricing information on a monthly basis

**5. Which of the following is true about Fair Trade Certification?**

- a) Direct trade with farmer organizations and all known middlemen
- b) Fair prices for farmers, and decent working and living conditions for workers
- c) No access to pre-financing, and additional premiums for business development
- d) Agricultural and farm management practices that include use of agrochemicals and GMOs

## Section Two – Whole Grains Review Questions

Fill in the blank – Complete the sentences and lists with the correct terms.

1) Whole grains are made up of 3 layers. The \_\_\_\_\_, or outermost layer, contains most of the fiber. The middle layer, or \_\_\_\_\_, contains most of the vitamins and minerals, while the \_\_\_\_\_, or innermost layer, contains mostly starch.

2) Name two (2) types of Japanese noodles sold in the co-ops.

1. \_\_\_\_\_

2. \_\_\_\_\_

3) Grains come in many forms. Name three (3) of the grains that are sold rolled or flattened.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Matching – Pair the grain with its best description.

- |                  |   |
|------------------|---|
| 1) ___ Buckwheat | a. small yellow round grain commonly recognized as bird seed      |
| 2) ___ Corn      | b. naturally contains a preservative which extends shelf life     |
| 3) ___ Millet    | c. cracked endosperm of durum wheat                               |
| 4) ___ Oats      | d. similar to wheat, but those with wheat allergy may tolerate it |
| 5) ___ Spelt     | e. known as kasha when roasted                                    |
| 6) ___ Rye       | f. wheat that has been steamed, dried and cracked                 |
| 7) ___ Couscous  | g. second only to wheat in popularity for bread baking            |
| 8) ___ Bulgur    | h. the only grain that is a good source of vitamin A              |

Matching – Pair the rice with its best description.

- |                               |  |
|-------------------------------|--|
| 1) ___ Short grain brown rice | a. has a distinct aroma and flavor                     |
| 2) ___ Basmati rice           | b. when cooked it is separate and fluffy               |
| 3) ___ Wild rice              | c. rice with the bran and germ removed                 |
| 4) ___ Sweet brown rice       | d. extremely sticky when cooked; used to make Mochi    |
| 5) ___ White rice             | e. when cooked it is moist and sticky                  |
| 6) ___ Long grain brown rice  | f. not a rice or grain, but a seed of an aquatic grass |

Matching – Pair the type of flour with the words that best describe it.

- |                               |                             |
|-------------------------------|-----------------------------|
| 1) ___ graham flour           | a. refined; less nutritious |
| 2) ___ soft whole wheat flour | b. best for bread           |
| 3) ___ durum flour            | c. cakes and pastries       |
| 4) ___ hard whole wheat flour | d. used for pasta           |
| 5) ___ gluten flour           | e. gummy; high protein      |
| 6) ___ unbleached white flour | f. coarsely ground          |

## Section Three – Beans, Seeds and Nuts Review Questions

Matching – Pair the bean with its best description.

- |               |                              |
|---------------|------------------------------|
| 1)___Black    | a. small, maroon             |
| 2)___Fava     | b. tan, heart-shaped         |
| 3)___Aduki    | c. also known as turtle bean |
| 4)___Garbanzo | d. maroon and white marbled  |
| 5)___Lentil   | e. round, green              |
| 6)___Navy     | f. disc shaped               |
| 7)___Anasazi  | g. large, brown              |
| 8)___Mung     | h. small, white              |

Multiple Choice – Select the correct answer. -----

**1. Which bean is not traditionally used as a flour?**

- a) Mung
- b) Pinto
- c) Garbanzo
- d) Soybean

**2. When describing tofu, all of the following are correct except:**

- a) It is also known as bean curd
- b) It is available in extra firm, firm or soft forms
- c) It is very flavorful by itself and should not be cooked with marinades or sauces
- d) It can be used for a variety of dishes from stir-fries to dips to pies

**3. Which of these products is not made from soybeans?**

- a) miso
- b) tofu
- c) seitan
- d) tamari

**4. Which of the following is true about seeds?**

- a) Only a few varieties can be sprouted
- b) Seeds are too small to be a good source of nutrients
- c) Seeds are the dried fruits of trees
- d) Seeds are higher in iron than nuts

**5. Sesame butter differs from tahini because**

- a) It is made from unhulled instead of hulled sesame seeds
- b) Most people like it better
- c) It is used for more products
- d) It tastes different but looks the same

## Section Four – Sweeteners, Thickeners, Oils and Condiments Review Questions

Multiple Choice – Select the best answer

**1. Which of the following describes stevia?**

- a) Strong, malt flavor
- b) Final residue of sugar cane extraction
- c) Perennial herb with very sweet leaves
- d) Dehydrated sugar cane juice

**2. Which of these products is not made from corn?**

- a) Commercial Fructose
- b) High Fructose Corn Syrup
- c) Muscovado Sugar
- d) Cornstarch

**3. Monounsaturated oils such as olive oil**

- a) contain oleic acid
- b) are clear liquids even when refrigerated
- c) are the most harmful to heart health
- d) contain Omega-3 fatty acids

**4. Oils can become rancid if exposed to**

- a) heat, light, loud noises
- b) heat, air, rotten eggs
- c) heat, light, air
- d) light, air, cold

**5. Which sea vegetable is cooked with beans to make them more digestible?**

- a) hijiki
- b) kombu
- c) wakame
- d) nori

**Matching – Pair the food with its best description.**

- |                  |   |
|------------------|---|
| 1)___Wasabi      | a. a salty macrobiotic condiment                          |
| 2)___Gomasio     | b. known as a Japanese horseradish; sold in powdered form |
| 3)___Umeboshi    | c. roasted sesame seed salt                               |
| 4)___Barley Malt | d. a thickener that looks and acts like cornstarch        |
| 5)___Arrowroot   | e. a mild, syrup-like grain based sweetener               |

## Section Five – Dairy Products, Eggs, Meat and Poultry, Fish & Seafood, Produce

### Review Questions

Fill in the Blank – Choose the correct term from the following list:

#### Homogenization, Pasteurization, Goat Milk, Lactose-free Milk, Acidophilus Milk

- 1) \_\_\_\_\_ is the process in which milk is heated to very high temperatures destroying both harmful and good bacteria.
- 2) \_\_\_\_\_ is sterilized low-fat milk that has had a live bacteria culture, *Lactobacillus acidophilus*, added to it.
- 3) \_\_\_\_\_ has a digestive enzyme added to it for those individuals unable to digest milk sugar or lactose.
- 4) \_\_\_\_\_ is the process which breaks up the fat particles of the cream and disperses them evenly throughout the milk.
- 5) \_\_\_\_\_ has more iron and protein in it and the fat particles are smaller making it easier to digest.

#### Multiple Choice – Select the best answer.

**1. Organic dairy or eggs are from farms where all of the following are true except:**

- a) The animals are fed organically grown feed
- b) The eggs are always fertile
- c) The animals are not given antibiotics or hormones
- d) The animals are permitted to move about in open pastures

**2. The term “free range” is defined and regulated for which product?**

- a) Eggs
- b) Pork
- c) Beef
- d) Chicken

**3. Which product might contain added hormones?**

- a) Ham
- b) Beef Roast
- c) Chicken Breast
- d) Organic Milk

**4. Which vegetable is also known as the Japanese radish?**

- a) Shiitake
- b) Daikon
- c) Fennel
- d) Shallot

**5. Which of the following is not a salad green?**

- a) Portabello
- b) Arugula
- c) Watercress
- d) Escarole

## **Section Six – Nutrients, Functional Foods and Food Supplements, Diet Choices, Food Allergies Review Questions**

**Multiple Choice** – Select the best answer.

**1. What do salmon and walnuts have in common?**

- a) They are both good sources of calcium
- b) They are rarely the source of food allergies
- c) They both contain high levels of soluble fiber
- d) They are both good sources of Omega 3 fatty acids

**2. Which of the following foods is not a good source of probiotics?**

- a) Yogurt
- b) Oat bran
- c) Miso
- d) Kefir

**3. You are having dinner with some vegans. Which food would they not eat?**

- a) Barbecue seitan
- b) Tempeh salad
- c) Kefir
- d) Tofu quiche

**4. Which meal best represents the standard macrobiotic diet?**

- a) Macaroni and cheese, broccoli, blueberry crisp
- b) Miso soup, mushroom and cheese omelet, pineapple muffins
- c) Miso soup, barley and mushrooms, aduki beans, sweet potatoes
- d) Chicken Caesar salad, breadsticks

**5. Individuals with gluten sensitivity would need to avoid which food item?**

- a) Malted milk candies
- b) Plain rice
- c) Popcorn
- d) Flaxseed oil

# Case Studies

– Answer these questions as if you were talking to a shopper. Give as many ideas as you can think of.

## Case Study #1

Peter has chosen to become a lacto vegetarian. He says he eats a lot of grains and beans but is wondering if there are any meat-like substitutes that he could also include in his diet. He is interested in substitutes that would work well in things like chili, casseroles, or to bring to a barbecue. He also likes to bake and wonders what he can replace eggs with.

- 1) What is a lacto-vegetarian?
- 2) What are some meat-like substitutes that you could recommend?
- 3) What egg replacements would you recommend?

## Case study #2

Charlie has been diagnosed with a wheat allergy. He is overwhelmed trying to figure out what he could possibly eat if he cannot include wheat in his diet. He has come to the co-op looking for some assistance. How would you respond to his list of questions?

- 1) Are there wheat-free breads available? If so, what are they?
- 2) What types of pasta would you recommend?
- 3) What types of cereal can I substitute for my usual “Cream of Wheat” in the morning?
- 4) I snack on crackers at work. Any ideas of what I can snack on now?

## Case study #3

Elena discovered that when she eliminated dairy from her diet her indigestion and chronic colds disappeared, along with the dark circles under her eyes. She is happy to be feeling better but is concerned with how to put together a balanced diet without dairy products. How would you help her with the following questions.

- 1) What other types of milks are there?
- 2) Do these other milks contain a similar amount of calcium & vitamin D as cow's milk?
- 3) What are other sources of calcium?
- 4) My favorite food is cheese. Is there any cheese I can eat?
- 5) One of the main reasons I eat yogurt is because of the beneficial bacterial cultures it contains. What non-dairy foods have beneficial cultures?