✅ Measuring & Ingredients Quiz

Culinary 1 · Unit 2 · Level 2 (modified). 15 questions · 3 choices each · 1 point each.

Name: _____ Date: _____ Period: _____

Circle the best answer. You may have the questions read aloud.

1. 🌾 What does flour do for baked food?

A. Gives structure | B. Makes it tender | C. Helps it rise

2. 🧈 What does fat do in a recipe?

A. Helps it rise | B. Makes it tender | C. Gives structure

3. 🍗 What temperature must chicken reach inside?

A. 145°F | B. 155°F | C. 165°F

4. 🌡️ What is the Temperature Danger Zone?

A. 41°F to 135°F | B. 51°F to 150°F | C. 35°F to 135°F

5. 👵 Who is most likely to get sick from food?

A. A volleyball team | B. Older adults in a care home | C. College students

6. 🥄 How many teaspoons are in 1 tablespoon?

A. 3 | B. 4 | C. 6

7. 🥣 How many tablespoons are in 1 cup?

A. 4 | B. 8 | C. 16

8. 🥛 How many ounces are in 1 cup?

A. 8 | B. 12 | C. 16

9. 📏 Which ingredient do you fluff, scoop, and level?

A. Salt | B. Flour | C. Brown sugar

10. 🧈 Beat fat and sugar with a mixer until light and fluffy. This is called…

A. Stirring | B. Whipping | C. Creaming

11. 🎂 Which flour has the least protein?

A. Cake flour | B. Bread flour | C. Whole wheat flour

12. 🥛 A clear cup with a spout and lines is used to measure…

A. Dry ingredients | B. Liquid ingredients | C. Spices

13. 🥄 Which are measuring spoon sizes?

A. ¼ tsp, ½ tsp, 1 tsp, 1 Tbsp | B. ⅓ tsp, 2 tsp, 3 tsp | C. 1 cup, 2 cups, 3 cups

14. 🍬 Which ingredient adds sweet flavor and helps food turn brown?

A. Flour | B. Salt | C. Sugar

15. 🍪 What is the FIRST step of the creaming method?

A. Stir in chocolate chips | B. Beat fat and sugar | C. Bake the cookies