Practice Questions

1. Slow twitch muscle
   a. Have high amounts of myoglobin and are used for long endurance type of work
   b. Have high amounts of myoglobin and are used for short bursts of movement
   c. Do not fuel from sugar and fat
   d. Are often white in color
   e. Have high amounts of fat tissue

2. Myoglobin's job in the cell is to
   a. Color tissue based on its use
   b. Brake down ATP
   c. Bind oxygen for muscle tissue
   d. Keep water in the tissue
   e. None of the above

3. Meat that has been treated with CO (carbon monoxide) will have what color?

4. Pork is a white meat because of which of the following
   a. They are mostly fast twitch muscle animals
   b. They have high levels of myoglobin
   c. They do not move as much and are typically harvested younger than beef cattle
   d. Because... pigs CAN fly!

5. Meat will stiffen a few hours after eating. This is called rigor mortis. What is the result of freezing meat in rigor?
   a. The ATP remaining will be locked in the meat giving a more savory flavor
   b. The actin and myosin will break down more efficiently giving a softer meat
   c. The tissue will tear giving a mushy feel to the tooth
   d. The bundles of tissue will decrease in their overlapping

6. Ocean fish have a different savory or umami flavor due to the salt in the water. What is the actual cause of this flavor?
   a. Low water content in the meat?
   b. Increased amino acids to counter the salt in the water
   c. Higher salt concentrations of the tissue
   d. Trimethylamine oxides found in all ocean fish
   e. Decreased levels of myoglobin

7. Fish muscles are arraigned differently than land animals. They form into what arragement?
   a. Collegen free tissue
   b. Myotomes
   c. Fatty connected tissue
   d. Slow twitch muscles

8. Wheat is used in cooking primarily for which component
   a. Simple carbohydrates like sucrose
   b. Complex carbohydrates or starches
   c. The germ cell as a source or protein
   d. All of the above
   e. None of the above

9. The main component of the wheat seed which contains starch is the __________

10. Soft wheat ________
    a. Have a lower amount of weaker gluten proteins
    b. Makes up a majority of the US Wheat Crop
    c. Is used primarily to make pasta
    d. Is the same as white wheat
    e. Has a low flour content, thus "soft" wheat

11. The main purpose of bleaching flour is ________
    a. To enhance the off flavors of the germ and bran
    b. To sterilize the flour
    c. To change the sulfur bonds on gluten
    d. To whiten the flour
    e. To make a tastier but less nutritious flour

12. Shortening ________
    a. refers to how fats limit or weaken gluten contacts
    b. is a special kind of fat that works best for cakes
    c. results in shorter biscuits
    d. is used in pies to increase the gluten structure
    e. none of the above

13. A flaky pie dough has several layers of pastry. This is because of
    a. how the sugar inhibits gluten formation
    b. how the fat and oil molecules bond to gluten preventing cross linking
    c. because there is little leavening in the presence of fat
    d. all of the above
    e. None of the above

14. A leavening agent is ________
    a. the result of yeast cells producing carbon dioxide
    b. the fat which stops gluten from forming
    c. is made in the dough by yeast
    d. a compound which produces carbon dioxide
    e. ethyl alcohol (ethanol)

15. Yeast metabolism describes ________
    a. the production of carbon dioxide and alcohol from glucose and oxygen
    b. how the yeast creates acid as in sourdough breads
    c. is the disease yeast cause if the wrong yeast infects bread dough
    d. the production of glucose from carbon dioxide and oxygen
    e. all of the above

16. The primary fuel for yeast fermentation (metabolism) is what?

17. At mid baking what happens to the gas pockets
    a. expand and form separate but larger gas bubbles
    b. interact with the steam to get larger
    c. grow so large the protein cages can not contain them and they rupture
    d. the bottom of the bread browns as the gas escapes

18. A true sourdough bread gets its bacteria from what source?
    a. The environment
    b. Boston or California
    c. No where - sourdough should only have yeast that produces acid
    d. From baker’s quick rising yeast
    e. From freshly baked bread

19. The kind of quick bread that has loose dough with baking soda is(are) ________
    a. biscotti
    b. rye bread
    c. scones
    d. sourdough
    e. biscuits

20. MSG is...
    a. Mono Sodium Glutamate – a natural amino acid
    b. An excitatory neurotransmitter
    c. Safe in small doses
    d. Synergizes with salt flavors
    e. All of the above