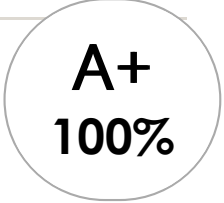


31 Multiple choice questions



A+
100%

1. a shape similar to a spiral
 - a. gel
 - b. roux
 - c. pectin
 - d. **CORRECT: helix**

2. a chemical that stops oxidation, preventing oxidative damage in the body or, in food, preventing fats and oils becoming rancid
 - a. rancid
 - b. lipids
 - c. aeration
 - d. **CORRECT: antioxidant**

3. the formation of solid crystals that occurs when a very concentrated (supersaturated) sugar solution cools
 - a. homogenisation
 - b. gelatinisation
 - c. **CORRECT: crystallisation**
 - d. coagulation

4. a bond that holds amino acids together in a polypeptide chain
 - a. **CORRECT: peptide bond**
 - b. gelation
 - c. pectin
 - d. dextrination

5. the molecules that form the basic building blocks of protein
 - a. lipids
 - b. ageing process
 - c. rancid
 - d. **CORRECT: amino acids**

6. the process of forming a gel
 - a. pectin
 - b. coagulation
 - c. **CORRECT: gelation**
 - d. aeration

7. the process in which the size of the fat globules is reduced to small, uniform particles, which are then distributed evenly throughout the liquid
 - a. gelatinisation
 - b. **CORRECT: homogenisation**
 - c. gelation
 - d. coagulation

8. a chemical substance that acts as a catalyst
 - a. **CORRECT: enzyme**
 - b. foam
 - c. lipids
 - d. roux

9. a process that takes place when the enzymes in fruit and vegetables react with oxygen, producing a brown colour on the surface of the food
 - a. **CORRECT: enzymic browning**
 - b. enzyme
 - c. emulsion
 - d. peptide bond

10. food that has the unpleasant smell or taste of decomposing oils or fats
 - a. lipids
 - b. roux
 - c. starch
 - d. **CORRECT: rancid**

11. the browning that occurs when a protein and sugar are heated
 - a. **CORRECT: Maillard reaction**
 - b. denaturation
 - c. gelatinisation
 - d. aeration

12. the process in which starch breaks down into dextrins
 - a. **CORRECT: dextrination**
 - b. denaturation
 - c. aeration
 - d. dextrin

13. the general name given to a range of substances that include fats, oils, fatty acids, phospholipids, sterols, glycolipids and waxes; most of these are not soluble
 - a. rancid
 - b. foam
 - c. helix
 - d. **CORRECT: lipids**

14. formed when air is beaten into a liquid
 - a. **CORRECT: foam**
 - b. roux
 - c. gel
 - d. starch

15. a polysaccharide found in fruit and some vegetables; used to make jams set
 - a. **CORRECT: pectin**
 - b. dextrin
 - c. protein
 - d. gelation

16. a method which allows natural enzymes to break down the tough connective tissue in meats and for water to evaporate, leading to a more concentrated flavour
- denaturation
 - CORRECT: ageing process**
 - protein
 - amino acids
17. the process that starch goes through as it absorbs water in the presence of heat, resulting in the thickening of the liquid
- dextrination
 - denaturation
 - homogenisation
 - CORRECT: gelatinisation**
18. when a protein separates from other nutrients and turns from a liquid to a solid
- aeration
 - CORRECT: coagulation**
 - denaturation
 - gelation
19. a combination of butter and flour, cooked until it bubbles
- gel
 - foam
 - CORRECT: roux**
 - helix
20. one of the main nutrients needed by the body to repair and build cells, produce enzymes and hormones, and which can be used as a source of energy
- CORRECT: protein**
 - pectin
 - gluten
 - dextrin

21. a substance that helps a chemical reaction to occur
- lipids
 - CORRECT: catalyst**
 - foam
 - starch
22. a substance that has an attraction for both lipids and water; these substances cause stable mixtures to form
- CORRECT: emulsifier**
 - enzyme
 - lipids
 - emulsion
23. a polysaccharide of glucose that forms the energy stored in plants
- rancid
 - foam
 - roux
 - CORRECT: starch**
24. the process of adding air to a substance
- dextrin
 - CORRECT: aeration**
 - gelation
 - pectin
25. an elastic solid that can be formed when protein, starch or pectin surrounds small droplets of water
- roux
 - helix
 - gluten
 - CORRECT: gel**
26. one of the main nutrients needed by the body, providing energy and fibre
- CORRECT: carbohydrate**
 - catalyst
 - antioxidant
 - coagulation

27. occurs when the helix structure of the protein breaks apart
- dextrination
 - aeration
 - CORRECT: denaturation**
 - coagulation
28. a type of protein found in grains that will stretch and form the structure of a flour product
- gelation
 - CORRECT: gluten**
 - protein
 - gel
29. the half-way stage in the breakdown of starch to glucose
- protein
 - helix
 - pectin
 - CORRECT: dextrin**
30. in cheese making this term refers to the lactic acid bacteria that change the milk sugar to lactic acid
- catalyst
 - CORRECT: bacterial culture**
 - aeration
 - carbohydrate
31. a stable lipid and water combination
- gelation
 - aeration
 - CORRECT: emulsion**
 - emulsifier