

MCQ Marathon- Food Production 1

1. **What type of sauce is used in Coleslaw?**

- a. Tomato sauce
- b. Vinegar-based dressing
- c. Creamy mayonnaise dressing
- d. Chasseur sauce

Answer: c. Creamy mayonnaise dressing **Explanation:** Coleslaw typically uses a creamy mayonnaise-based dressing, which gives it a tangy and smooth texture.

2. **What are the main ingredients of Chasseur sauce?**

- a. Mushrooms, shallots, tomatoes, tarragon, white wine, and demi-glace
- b. Garlic, basil, olive oil, and tomatoes
- c. Butter, flour, and milk
- d. Vinegar, sugar, and ketchup

Answer: a. Mushrooms, shallots, tomatoes, tarragon, white wine, and demi-glace

Explanation: Chasseur sauce is made with mushrooms, shallots, tomatoes, tarragon, white wine, and demi-glace, creating a rich and flavorful blend.

3. **Which country is the origin of Risotto?**

- a. France
- b. Spain
- c. Italy
- d. Greece

Answer: c. Italy **Explanation:** Risotto is an Italian dish known for its creamy texture, made by slowly cooking arborio rice with broth.

4. **Baklava is made from which type of pastry?**

- a. Puff pastry
- b. Shortcrust pastry
- c. Phyllo pastry
- d. Choux pastry

Answer: c. Phyllo pastry **Explanation:** Baklava is made from phyllo pastry, which is known for its thin, flaky layers.

5. **What is a key ingredient in Caldo Verde?**

- a. Spinach
- b. Kale
- c. Lettuce
- d. Broccoli

Answer: b. Kale **Explanation:** Caldo Verde, a traditional Portuguese soup, prominently features kale.

6. **Which of the following is NOT a component of a Club Sandwich?**

- a. Turkey
- b. Bacon
- c. Lettuce
- d. Ham

Answer: d. Ham **Explanation:** A traditional Club Sandwich includes turkey, bacon, lettuce, and tomato, but not ham.

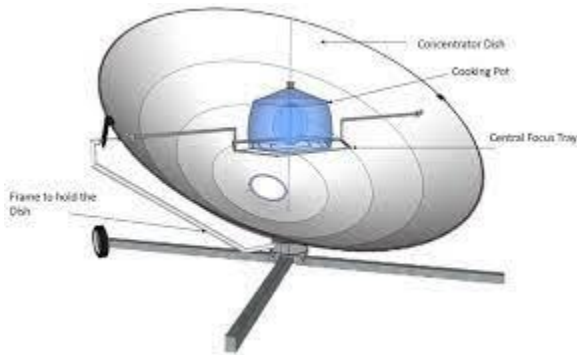
7. **What type of solar cooker uses a parabolic mirror?**

- A) Box cooker
- B) Parabolic cooker
- C) Panel cooker

D) None of the above

Answer: B) Parabolic cooker

Explanation: Parabolic cookers use a parabolic mirror to concentrate sunlight onto a single focal point, generating high temperatures for cooking.



8. **Which material is commonly used for mirrors in solar cookers to reflect sunlight?**

- A) Plastic
- B) Polished aluminum
- C) Wood
- D) Fabric

Answer: B) Polished aluminum

Explanation: Polished aluminum is commonly used for mirrors in solar cookers because of its high reflectivity and durability, which efficiently concentrates sunlight.

9. **Box solar cookers are best suited for which type of cooking?**

- A) Frying
- B) Slow cooking and baking
- C) Boiling
- D) Grilling

Answer: B) Slow cooking and baking

Explanation: Box solar cookers are insulated and have reflective panels to focus sunlight, making them ideal for slow cooking and baking.

10. Which of the following is an eco-friendly and cost-effective method of cooking?

- A) Using LPG
- B) Using electricity
- C) Using a solar cooker
- D) Using charcoal

Answer: C) Using a solar cooker

Explanation: Solar cookers utilize the sun's energy, making them an eco-friendly and cost-effective method of cooking, as they do not require traditional fuels or electricity.

11. Why are concave mirrors used in solar cookers?

- A) They reflect light in all directions.
- B) They reflect light to a single focal point.
- C) They absorb all the light.
- D) They scatter light evenly.

Answer: B) They reflect light to a single focal point.

Explanation: Concave mirrors are used in solar cookers because they reflect light falling on them to a single focal point, concentrating the sunlight to generate high temperatures.

12. What is the primary function of a concave mirror in a solar cooker?

- A) To scatter light
- B) To absorb sunlight

- C) To concentrate sunlight at a single point
- D) To reflect light in multiple directions

Answer: C) To concentrate sunlight at a single point

Explanation: The primary function of a concave mirror in a solar cooker is to concentrate sunlight at a single focal point, increasing the temperature for cooking.

13. Which type of mirror is used in a solar cooker?

- A) Plane mirror
- B) Convex mirror
- C) Concave mirror
- D) Spherical mirror

Answer: C) Concave mirror

Explanation: Concave mirrors are used in solar cookers because they have the ability to focus sunlight onto a single point, which increases the temperature and efficiency of the cooker.

14. Which of the following is a root vegetable?

- A) Broccoli
- B) Carrot
- C) Spinach
- D) Cauliflower

Answer: B) Carrot

Explanation: Carrots are root vegetables because the edible part grows underground.

15. Which of these vegetables is considered a bulbous vegetable?

- A) Potato

- B) Onion
- C) Lettuce
- D) Tomato

Answer: B) Onion

Explanation: Onions are bulbous vegetables because they grow from bulbs, which are underground storage structures.

16. Which vegetable is not classified as a root vegetable?

- A) Beetroot
- B) Radish
- C) Turnip
- D) Celery

Answer: D) Celery

Explanation: Celery is a stalk vegetable, not a root vegetable.

17. Which root vegetable is known for its high beta-carotene content?

- A) Potato
- B) Sweet Potato
- C) Turnip
- D) Radish

Answer: B) Sweet Potato

Explanation: Sweet potatoes are rich in beta-carotene, which gives them their orange color and is a precursor to vitamin A.

18. What is margarine primarily made from?

- A) Animal fat

- B) Vegetable oils
- C) Dairy cream
- D) Fruit extracts

Answer: B) Vegetable oils

Explanation: Margarine is primarily made from vegetable oils, which are hydrogenated to solidify at room temperature.

19. Which vitamin is commonly added to margarine to enhance its nutritional value?

- A) Vitamin C
- B) Vitamin D
- C) Vitamin A
- D) Vitamin K

Answer: C) Vitamin A

Explanation: Vitamin A is often added to margarine to enhance its nutritional value, making it a good source of this essential vitamin.

20. What is the main difference between margarine and butter in terms of fat content?

- A) Margarine has more saturated fat
- B) Butter has more trans fat
- C) Margarine has more unsaturated fat
- D) Butter has more polyunsaturated fat

Answer: C) Margarine has more unsaturated fat

Explanation: Margarine typically contains more unsaturated fats derived from vegetable oils, whereas butter contains more saturated fats from animal sources.

21. Which process is used to convert vegetable oils into the solid form of margarine?

- A) Fermentation
- B) Hydrogenation
- C) Pasteurization
- D) Homogenization

Answer: B) Hydrogenation

Explanation: Hydrogenation is the process used to convert liquid vegetable oils into solid margarine by adding hydrogen atoms to the oil molecules.

22. Why is margarine considered a popular substitute for butter?

- A) It has a higher protein content
- B) It is cheaper and has a longer shelf life
- C) It has a higher carbohydrate content
- D) It contains fewer calories

Answer: B) It is cheaper and has a longer shelf life

Explanation: Margarine is often chosen as a substitute for butter because it is usually cheaper and has a longer shelf life, making it a cost-effective option for many consumers and caterers.

23. What is the purpose of hydrogenation in the production of margarine?

- A) To add flavor
- B) To convert oils into solid fats
- C) To remove impurities
- D) To add vitamins

Answer: B) To convert oils into solid fats

Explanation: Hydrogenation is used to convert liquid vegetable oils into solid or semi-solid fats, making them more stable and suitable for use in margarine.

24. What type of fat is primarily formed during the hydrogenation process?

- A) Saturated fat
- B) Polyunsaturated fat
- C) Monounsaturated fat
- D) Trans fat

Answer: D) Trans fat

Explanation: The hydrogenation process can create trans fats, which are unsaturated fats with trans-isomer fatty acids.

25. Why was margarine originally created?

- A) As a flavor enhancer
- B) As a butter substitute
- C) As a dietary supplement
- D) As a cooking oil

Answer: B) As a butter substitute

Explanation: Margarine was originally created as a cheaper and more stable substitute for butter.

26. What is one health concern associated with the consumption of margarine?

- A) High carbohydrate content
- B) High protein content
- C) Presence of trans fats
- D) Presence of gluten

Answer: C) Presence of trans fats

Explanation: The presence of trans fats in margarine has been associated with negative health effects, such as an increased risk of heart disease.

27. According to the FOOD SAFETY AND STANDARDS (LABELLING AND DISPLAY) REGULATIONS, 2020, which of the following items is not required to have an "Expiry" date?

- A) Fresh fruits and vegetables that have been peeled
- B) Fresh fruits and vegetables, including potatoes which have not been peeled, cut or similarly treated
- C) Fresh fruits and vegetables that have been cut
- D) Fresh fruits and vegetables that have been treated

Answer: B) Fresh fruits and vegetables, including potatoes which have not been peeled, cut or similarly treated

Explanation: The regulations specify that "Expiry" indications are not required for fresh fruits and vegetables, including potatoes, as long as they have not been peeled, cut, or similarly treated.

28. Which of the following beverages is exempt from the requirement to display an "Expiry" date under the FOOD SAFETY AND STANDARDS (LABELLING AND DISPLAY) REGULATIONS, 2020?

- A) Soft drinks
- B) Wine
- C) Fruit juice
- D) Energy drinks

Answer: B) Wine

Explanation: The regulations state that all types of wine are exempt from the requirement to display an "Expiry" date.

29. Under the FOOD SAFETY AND STANDARDS (LABELLING AND DISPLAY) REGULATIONS, 2020, alcoholic beverages containing what minimum percentage of alcohol by volume are not required to indicate an "Expiry" date?

- A) 5%
- B) 10%
- C) 15%
- D) 20%

Answer: B) 10%

Explanation: Alcoholic beverages containing 10% or more by volume of alcohol are exempt from the requirement to display an "Expiry" date according to the regulations.

30. Which of the following products is exempt from displaying an "Expiry" date and is used primarily for its preservation properties?

- A) Vinegar
- B) Olive oil
- C) Honey
- D) Maple syrup

Answer: A) Vinegar

Explanation: Vinegar is one of the products listed in the regulations that is not required to have an "Expiry" date.

31. According to the FOOD SAFETY AND STANDARDS (LABELLING AND DISPLAY) REGULATIONS, 2020, which of the following confectioneries does not require an "Expiry" date?

- A) Chocolate bars
- B) Chewing gum and bubble gum

- C) Toffees
- D) Candies with fillings

Answer: B) Chewing gum and bubble gum

Explanation: The regulations state that chewing gum and bubble gum are exempt from the requirement to display an "Expiry" date.

32. What is the requirement for "Expiry" dates for food grade salt used for industrial purposes as per the FOOD SAFETY AND STANDARDS (LABELLING AND DISPLAY) REGULATIONS, 2020?

- A) It must display an "Expiry" date
- B) It is exempt from displaying an "Expiry" date
- C) It must display a "Best Before" date
- D) It must display a "Manufactured On" date

Answer: B) It is exempt from displaying an "Expiry" date

Explanation: Food grade salt for industrial use is not required to have an "Expiry" date according to the regulations.

33. Which of the following cereals containing gluten must be declared as an allergen?

- A) Rice
- B) Wheat
- C) Corn
- D) Sorghum

Answer: B) Wheat

Explanation: Wheat is a cereal that contains gluten and must be declared as an allergen under the regulations.

(i) Cereals containing gluten; i.e., wheat, rye, barley, oats, spelt or their hybridized strains and products of these (To be declared as name of the cereal);

except: (a) wheat based glucose syrups including dextrose* (b) wheat based maltodextrins*; (c) glucose syrups based on barley; (d) cereals used for making alcoholic distillates including ethyl alcohol of agricultural origin; *And the products thereof, provided these ingredients have been assessed as safe and gluten shall not be more than 20 mg/kg.

34. What is the required declaration for soybeans and their products?

- A) Soy
- B) Bean
- C) Legume
- D) Protein

Answer: A) Soy

Explanation: Soybeans and their products must be declared as "Soy" according to the allergen labeling regulations.

35. Which ingredient does not require a declaration if it contains gluten but has been assessed as safe and contains less than 20 mg/kg of gluten?

- A) Wheat based glucose syrups including dextrose
- B) Barley malt extract
- C) Whole wheat flour
- D) Rye bread

Answer: A) Wheat based glucose syrups including dextrose

Explanation: Wheat based glucose syrups including dextrose are exempt from declaration if they have been assessed as safe and contain no more than 20 mg/kg of gluten.

36. Which of the following ingredients does NOT require allergen labeling?

- A) Peanuts
- B) Crustaceans
- C) Wheat-based maltodextrins
- D) Milk

Answer: C) Wheat-based maltodextrins

Explanation: Wheat-based maltodextrins are exempt from allergen labeling if they have been assessed as safe and contain no more than 20 mg/kg of gluten. The other ingredients listed (peanuts, crustaceans, and milk) all require allergen labeling.

37. Which of the following ingredients MUST be labeled as an allergen?

- A) Glucose syrups based on barley
- B) Alcoholic beverages containing 10% or more by volume of alcohol
- C) Peanuts
- D) Vinegar

Answer: C) Peanuts

Explanation: Peanuts are a common allergen and must be declared as such on food labels. The other items listed (glucose syrups based on barley, alcoholic beverages, and vinegar) do not require allergen labeling under certain conditions.

38. Which of the following cereals must be declared as an allergen?

- A) Rice
- B) Wheat
- C) Quinoa
- D) Buckwheat

Answer: B) Wheat

39. Which of the following ingredients MUST be labeled as an allergen?

- A) Peanuts
- B) Cornstarch
- C) Sugar
- D) Olive oil

Answer: A) Peanuts

Explanation: Peanuts are a common allergen and must be declared as such on food labels. Cornstarch, sugar, and olive oil are not typically allergens and do not require allergen labeling.

40. Which of the following must be declared as an allergen on a food label?

- A) Soybeans
- B) Rice flour
- C) Honey
- D) Sunflower oil

Answer: A) Soybeans

Explanation: Soybeans and their products must be labeled as allergens. Rice flour, honey, and sunflower oil are not allergens according to the labeling regulations.

41. Which ingredient is required to be labeled as an allergen due to its gluten content?

- A) Barley
- B) Corn
- C) Tapioca
- D) Coconut oil

Answer: A) Barley

Explanation: Barley contains gluten and must be declared as an allergen. Corn, tapioca, and coconut oil do not contain gluten and are not required to be labeled as allergens.

42. Which of the following products needs allergen labeling due to the presence of milk?

- A) Almond milk
- B) Soy milk
- C) Cheese
- D) Coconut water

Answer: C) Cheese

Explanation: Cheese contains milk, which is a known allergen and must be labeled. Almond milk, soy milk, and coconut water do not contain milk and are not required to be labeled as such.

43. Which food ingredient must be declared as an allergen if it is present in a product?

- A) Wheat
- B) Carrots
- C) Brown rice
- D) Lentils

Answer: A) Wheat

Explanation: Wheat contains gluten and must be declared as an allergen. Carrots, brown rice, and lentils are not common allergens and do not require such labeling.

44. At what concentration must sulphites be labeled as allergens in food products?

- A) 5mg/kg

- B) 8mg/kg
- C) 10mg/kg
- D) 12mg/kg

Answer: C) 10mg/kg

Explanation: Sulphites must be labeled as allergens if they are present in food products at a concentration of 10mg/kg or more.

45. Which of the following food items would require allergen labeling for sulphites if present in a concentration of 10mg/kg or more?

- A) Fresh apples
- B) Dried apricots
- C) Whole wheat bread
- D) Fresh milk

Answer: B) Dried apricots

Explanation: Dried apricots often contain sulphites to preserve their color and must be labeled as containing sulphites if the concentration is 10mg/kg or more. Fresh apples, whole wheat bread, and fresh milk typically do not contain added sulphites.

46. Which of the following concentrations of sulphites in a food product requires allergen labeling?

- A) 5mg/kg
- B) 7mg/kg
- C) 9mg/kg
- D) 11mg/kg

Answer: D) 11mg/kg

Explanation: Sulphites need to be labeled as allergens in food products if their concentration is 10mg/kg or more. Therefore, a concentration of 11mg/kg requires labeling, whereas concentrations of 5mg/kg, 7mg/kg, and 9mg/kg do not.

47. What must be included on the label of a non-retail food container to indicate the regulatory authority?

- A) Manufacturer's contact number
- B) FSSAI Logo and License number
- C) Barcode
- D) Expiry date

Answer: B) FSSAI Logo and License number

Explanation: The FSSAI Logo and License number are required to indicate that the food product complies with the regulations set by the Food Safety and Standards Authority of India.

48. Which of the following is NOT a mandatory requirement on a non-retail food container label?

- A) Lot No.
- B) Date marking
- C) Country of origin for imported packages
- D) Cooking instructions

Answer: D) Cooking instructions

Explanation: Cooking instructions are not a mandatory requirement for non-retail food container labels. Mandatory information includes Lot No., Date marking, and the country of origin for imported packages.

49. For a non-retail food container, what information about the manufacturer must be provided?

- A) Manufacturer's website

- B) Name and address of the manufacturer or packer
- C) Manufacturer's social media handles
- D) Manufacturer's annual turnover

Answer: B) Name and address of the manufacturer or packer

Explanation: The name and address of the manufacturer or packer must be included on the label to provide traceability and contact information.

50. Which of the following must be included on the label of a non-retail food container for identification of production batches?

- A) Nutritional information
- B) Lot No.
- C) Storage instructions
- D) Ingredients list

Answer: B) Lot No.

Explanation: The Lot No. is mandatory on non-retail food container labels to identify production batches, which is crucial for traceability and quality control.

51. Frozen Desserts/Frozen Confection is made with _____.

- A) Animal Fat
- B) Edible Vegetable Oil and Vegetable Fat
- C) Coconut Milk
- D) Soy Milk

Answer: B) Edible Vegetable Oil and Vegetable Fat

Explanation: Frozen Desserts/Frozen Confection are made with Edible Vegetable Oil and Vegetable Fat, which are key ingredients in their formulation.

52. Which of the following is NOT typically used in making Frozen Desserts/Frozen Confections?

- A) Edible Vegetable Oil
- B) Vegetable Fat
- C) Animal Fat
- D) Butter

Answer: C) Animal Fat

Explanation: Frozen Desserts/Frozen Confections are made with Edible Vegetable Oil and Vegetable Fat, not Animal Fat.

53. Which logo must be displayed on food that has undergone irradiation as per Food Safety and Standards (Food Products Standards and Food Additives) Regulations, 2011?

- A) Radura logo
- B) Organic logo
- C) Recycle logo
- D) FSSAI logo

Answer: A) Radura logo

Explanation: The Radura logo is required for any food that has undergone the process of irradiation, according to the Food Safety and Standards (Food Products Standards and Food Additives) Regulations, 2011.



54. What color must the Radura logo be for irradiated foods?

- A) Red
- B) Blue
- C) Green
- D) Yellow

Answer: C) Green

Explanation: The Radura logo must be displayed in green color on the label of any food that has been irradiated.


55. According to the regulations, what additional declaration must accompany the Radura logo on the label of irradiated foods?

- A) "Organic Product"
- B) "Genetically Modified"
- C) "Irradiated to Ensure Safety"
- D) "Contains Artificial Flavors"

Answer: C) "Irradiated to Ensure Safety"

Explanation: The label must include a declaration stating that the food has been irradiated to ensure safety, along with the Radura logo.

(b) Any food that has undergone the process of irradiation provided under regulation 2.13 of Food Safety and Standards (Food Products Standards and Food Additives) Regulations, 2011, shall bear the Radura logo in green colour and following declaration on the label, namely: -

<p>PROCESSED BY RADIATION</p>  <p>Name of the Product:</p> <p>Purpose of Radiation Processing:</p> <p>Operating License No. :</p> <p>Batch Identification No. (BIN) (as provided by facility):</p> <p>Date of Processing.....”</p>

56. Under which regulation must irradiated food bear the Radura logo and declaration?

- A) Regulation 2.5
- B) Regulation 2.10
- C) Regulation 2.13
- D) Regulation 2.20

Answer: C) Regulation 2.13

Explanation: Regulation 2.13 of the Food Safety and Standards (Food Products Standards and Food Additives) Regulations, 2011, mandates the use of the Radura logo for irradiated foods.

57. What is the purpose of the Radura logo on food labels?

- A) To indicate the food is organic
- B) To show the food is recyclable

- C) To signify the food has been irradiated
- D) To label genetically modified food

Answer: C) To signify the food has been irradiated

Explanation: The Radura logo indicates that the food has undergone irradiation, a process used to ensure food safety by eliminating pathogens and extending shelf life.

58. Which of the following exaggerated expressions is prohibited for use on the package, label, or advertisement of edible refined vegetable oils and fats?

- A) Super-Refined
- B) Organic
- C) Natural
- D) Healthy

Answer: A) Super-Refined

Explanation: The regulation prohibits the use of exaggerated expressions like "Super-Refined" on the package, label, or advertisement of edible refined vegetable oils and fats.

59. What percentage of Rice bran oil content in vanaspati requires a specific label declaration according to the regulation?

- A) More than 20%
- B) More than 30%
- C) More than 40%
- D) More than 50%

Answer: B) More than 30%

Explanation: Vanaspati made from more than 30 percent of Rice bran oil must bear a specific label declaration stating, "This package of vanaspati is made from more than 30 per cent Rice bran oil by weight."

60. Which of the following expressions is allowed for use on the package, label, or advertisement of edible refined vegetable oils and fats according to the regulation?

- A) Super-Refined
- B) Extra-Refined
- C) Ultra-Refined
- D) Pure

Answer: D) Pure

Explanation: While exaggerated expressions like "Ultra-Refined" are prohibited, terms like "Pure" may be acceptable for use on the package, label, or advertisement of edible oils and fats, provided they are not misleading.

Further it states that the FBOs need to put a disclaimer when the trademark, brand name or fancy name containing adjectives such as "natural," "fresh," "pure," "original," "traditional," "authentic," "genuine," "real," and so on, appearing in the labeling, presentation or advertising of a food is such that it is likely to mislead consumer as to the nature of the food.

61. Which statement accurately reflects the labeling requirement for gluten-free products manufactured in a facility where gluten-containing products are also made?

- a) Gluten-free products must bear a green Radura logo.
- b) The label must include the phrase "May contain traces of gluten."
- c) The product should be labeled as "Processed in a plant where gluten-containing products are manufactured."
- d) There is no specific labeling requirement for such products.

Answer: c) The product should be labeled as "Processed in a plant where gluten-containing products are manufactured."

Explanation: According to the Food Safety and Standards (Food Products Standards and Food Additives) Regulations, 2011, if a gluten-free product is manufactured in a facility where gluten-containing products are also made, it must be clearly labeled as "Processed in a plant where gluten-containing products are manufactured." This labeling ensures transparency and helps consumers with gluten sensitivities make informed choices about the products they consume.

62. Which category of menu items is characterized by high profitability and high popularity?

- a) Plowhorses
- b) Puzzles
- c) Dogs
- d) Stars

Answer: d) Stars

Explanation: Stars are menu items that are both highly profitable and extremely popular among customers. These items are the top performers for a restaurant, generating significant revenue and profit.

63. What defines Puzzle items on a menu?

- a) Low profitability and high popularity
- b) High profitability and low popularity
- c) Low profitability and low popularity
- d) High profitability and high popularity

Answer: b) High profitability and low popularity

Explanation: Puzzle items are dishes with high profitability but low customer demand or popularity. They may not be widely known or favored, but they offer good profit margins.

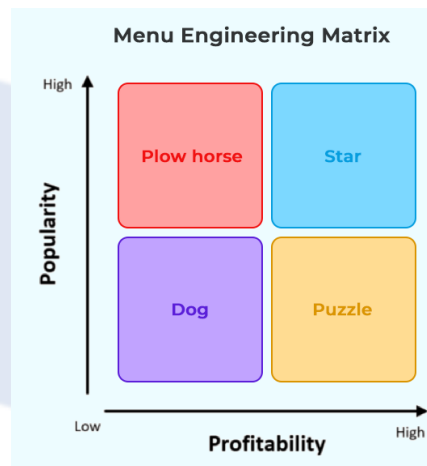
64. Which category of menu items may need reevaluation or removal from the menu to improve overall profitability?

- a) Stars
- b) Puzzles

- c) Dogs
- d) Plowhorses

Answer: c) Dogs

Explanation: Dog items are neither profitable nor popular among customers. They may need reevaluation or removal from the menu to improve overall profitability.



65. What is the primary purpose of Hors-d'-oeuvres in a French Classical Menu?

- a) To provide a main course dish
- b) To serve as a palate cleanser
- c) To increase appetite and hunger
- d) To offer a dessert option

Answer: c) To increase appetite and hunger

Explanation: Hors-d'-oeuvres are appetizers served at the beginning of a meal to stimulate appetite. They typically have sharp, tangy, or salty flavors and are served in small quantities to whet the appetite.

66. Which category of Hors-d'-oeuvres includes bite-sized appetizers or finger foods?

- a) General Hors-d'-oeuvres

- b) Classical Hors-d'-oeuvres
- c) Fish plate
- d) Cold fish plate

Answer: a) General Hors-d'-oeuvres

Explanation: General Hors-d'-oeuvres include different varieties of salad and canapés. Canapés are bite-sized appetizers or finger foods typically consisting of a small piece of bread or a cracker topped with various spreads, cheeses, meats, seafood, or vegetables.

67. Which of the following items is classified under Classical Hors-d'-oeuvres?

- a) Canapés
- b) Russian Salad
- c) Smoked Salmon
- d) Melon Frappe

Answer: c) Smoked Salmon

Explanation: Classical Hors-d'-oeuvres include specific items like Caviar, Oyster, Smoked Salmon, Snail (escargots), and Seafood Cocktail.

68. What is the primary characteristic of Consommé in French Classical Menu?

- a) It is a cloudy soup
- b) It is served with bread rolls
- c) It is a thick, creamy soup
- d) It is a clear soup

Answer: d) It is a clear soup

Explanation: Consommé is a richly flavored clear soup made by simmering stock with lean meat, vegetables, seasoning, and egg whites. The protein in the egg white and meat coagulate and bind most of the cloudy material, resulting in a clear soup.

69. Which type of soup is known for its thick, creamy consistency?

- a) Consommé
- b) Broth
- c) Veloute
- d) Cream Soup

Answer: d) Cream Soup

Explanation: Cream Soup is prepared by blending Béchamel sauce with purees of vegetables or meat. Milk may be added to dilute and give an even consistency, resulting in a thick, creamy soup. Examples include cream of tomato soup, cream of mushroom soup, and cream of asparagus soup.

70. What is the primary ingredient of Omelette espagnole?

- a) Onions, peppers, and tomato
- b) Ham and cheese
- c) Spinach and mushrooms
- d) Bacon and sausage

Answer: a) Onions, peppers, and tomato

Explanation: Omelette espagnole is a flat omelette that includes onions, peppers, and tomato as primary ingredients. It is typically cooked into a thick, round omelette and served as a slice or wedge.

71. What is the cooking method used for Oeufs en cocotte a la crème?

- a) Grilling
- b) Baking in a Bain Marie

- c) Deep-frying
- d) Boiling

Answer: b) Baking in a Bain Marie

Explanation: Oeufs en cocotte a la crème is cooked in its own dish in a Bain Marie, which involves placing the dish in a water bath and baking it in the oven. It is garnished with cream before serving.

72. Which dish consists of poached egg on a bed of spinach, coated with a cheese sauce?

- a) Omelette aux champignons
- b) Farineaux
- c) Oeuf poche Florentine
- d) Paella

Answer: c) Oeuf poche Florentine

Explanation: Oeuf poche Florentine is a dish that features a poached egg on a bed of spinach, coated with a cheese sauce. It is a classic French dish known for its rich and creamy flavor.

73. What is the primary ingredient of Omlette aux champignons?

- a) Onions, peppers, and tomato
- b) Mushrooms
- c) Ham and cheese
- d) Spinach

Answer: b) Mushrooms

Explanation: Omlette aux champignons is a mushroom omelette, where mushrooms are the primary ingredient. It is a savory dish commonly enjoyed for breakfast or brunch.

74. Which dish is traditionally made with layers of sliced eggplant, ground meat, tomatoes, and a creamy béchamel sauce?

- a) Spaghetti Napolitana
- b) Moussaka
- c) Cannelloni
- d) Risotto

Answer: b) Moussaka

Explanation: Moussaka is a traditional Mediterranean and Middle Eastern dish made with layers of sliced eggplant, ground meat, tomatoes, and a creamy béchamel sauce. It is baked until golden brown and has a rich, hearty flavor.



75. What is the primary characteristic of a Releve in a French classical menu?

- a) Small portions meant for palate cleansing
- b) Larger joints of meat requiring carving
- c) Fruit-based frozen dessert
- d) Fish and seafood dishes

Answer: b) Larger joints of meat requiring carving

Explanation: A Releve in a French classical menu typically consists of larger joints of meat that require carving. These joints are poeled or roasted and are served in full plates with large knives and forks.

76. Which course in a French classical menu serves as a palate cleanser between courses?

- a) Releve
- b) Sorbet
- c) Roti
- d) Farineaux

Answer: b) Sorbet

Explanation: Sorbet is traditionally served as a palate cleanser between courses in a French classical menu. It is a fruit-based frozen dessert that is light, refreshing, and typically dairy-free.

77. What is typically served alongside roasted meat items in the Roti course?

- a) Fish gravy
- b) Apple sauce and cranberry sauce
- c) Tomato salsa
- d) Garlic butter

Answer: b) Apple sauce and cranberry sauce

Explanation: Roasted meat items in the Roti course are typically accompanied by sauces such as apple sauce and cranberry sauce, along with herbs, onion stuffing, chopped salad, roast gravy, brown bread, and butter.

78. Which course of the French classical menu is served after fish and meat courses?

- a) Releve
- b) Sorbet
- c) Farineaux

d) Roti

Answer: b) Sorbet

Explanation: Sorbet is served after fish and meat courses in the French classical menu. It acts as a palate cleanser between courses, refreshing the taste buds before proceeding to the next course.

79. What is the primary characteristic of the Sorbet course?

- a) Large joints of meat requiring carving
- b) Resting period between courses
- c) Fruit-based frozen dessert
- d) Roasted meat items

Answer: c) Fruit-based frozen dessert

Explanation: The Sorbet course in the French classical menu is characterized by a fruit-based frozen dessert. It is typically served in a water goblet as a palate cleanser between courses.

80. Which course of the French classical menu consists of a variety of cold dishes laid out for guests to serve themselves?

- a) Poisson
- b) Salades
- c) Buffet froid
- d) Dessert

Answer: c) Buffet froid

Explanation: Buffet froid, or "cold buffet," is a style of serving food where a variety of cold dishes are laid out for guests to serve themselves. It typically includes cold meats, seafood, salads, cheese platters, charcuterie, chilled soups, fresh fruit, dips and spreads, quiches, finger sandwiches, crudité platters, and desserts.

81. Which course of the French classical menu serves as a palate cleanser between courses?

- a) Farineaux
- b) Salades
- c) Entremets
- d) Sorbet

Answer: d) Sorbet

Explanation: Sorbet is traditionally served as a palate cleanser between courses in the French classical menu. It is a fruit-based frozen dessert that is light, refreshing, and typically dairy-free.

82. What type of cheese is commonly served with fondue and quiches?

- a) Brie
- b) Gouda
- c) Roquefort
- d) Gruyère

Answer: d) Gruyère

Explanation: Gruyère is a semi-hard cheese commonly served with fondue and quiches. It is known for its nutty flavor and excellent melting properties.

83. Which course of the French classical menu typically includes a variety of cheeses served with accompaniments?

- a) Salades
- b) Fromage
- c) Entremets
- d) Sorbet

Answer: b) Fromage

84. What is typically served alongside roasted meat items in the Roti course?

- a) Hollandaise sauce
- b) Mayonnaise sauce
- c) Tomato salsa
- d) Roast gravy

Answer: d) Roast gravy

Explanation: Roasted meat items in the Roti course are typically accompanied by roast gravy, along with herbs, onion stuffing, chopped salad, brown bread, and butter.

85. Which course of the French classical menu serves as the first meat course?

- a) Sorbet
- b) Poisson
- c) Releve
- d) Legumes

Answer: c) Releve

Explanation: Releve serves as the first meat course in the French classical menu, featuring larger joints of meat that require carving.

86. Which type of coffee is made by forcing boiling water through finely ground coffee beans?

- a) Caffè Americano
- b) Café Latte
- c) Espresso

d) Flat White

Answer: c) Espresso

Explanation: Espresso is made by forcing boiling water through finely ground coffee beans, resulting in a strong and concentrated coffee flavor.

87. What is the primary characteristic of Caffè Americano?

- a) It contains steamed milk
- b) It is topped with chocolate shavings
- c) It is diluted with hot water
- d) It is served with whipped cream

Answer: c) It is diluted with hot water

Explanation: Caffè Americano is made by adding hot water to a shot of espresso, resulting in a simple and diluted coffee flavor.

88. Which coffee beverage consists of espresso with a dash of foamed milk?

- a) Cappuccino
- b) Macchiato
- c) Mochaccino
- d) Filter Coffee

Answer: b) Macchiato

Explanation: Macchiato, also known as Piccolo Latte, consists of espresso with a dash of foamed milk, making it stronger and smaller than a cappuccino.

89. What distinguishes a Flat White from a Latte?

- a) Flat White has more frothy milk
- b) Latte originated in New Zealand and Australia
- c) Flat White is topped with chocolate shavings

d) Latte is diluted with hot water

Answer: a) Flat White has more frothy milk

Explanation: A Flat White combines espresso with creamy steamed milk, but it has less frothy milk compared to a Latte.

90. What sets Irish Coffee apart from other coffee beverages?

- a) It contains Irish whiskey
- b) It is served with whipped cream
- c) It is made with two shots of espresso
- d) It is topped with chocolate powder

Answer: a) It contains Irish whiskey

Explanation: Irish Coffee contains Irish whiskey, hot coffee, brown sugar, and a layer of cream, making it distinct due to its alcohol content.

91. Which coffee type features ground coffee beans immersed in hot water and then filtered?

- a) Mochaccino
- b) Vienna
- c) Filter Coffee
- d) Affogato

Answer: c) Filter Coffee

Explanation: Filter Coffee involves ground coffee beans immersed in hot water and then filtered, resulting in a milder, less bitter coffee.

92. What makes Affogato unique compared to other coffee beverages?

- a) It is served with whipped cream
- b) It is made with two shots of espresso

- c) It is poured over ice cream
- d) It is topped with chocolate shavings

Answer: c) It is poured over ice cream

Explanation: Affogato is not a coffee but a shot of espresso poured over ice cream, making it a delightful coffee-flavored dessert.



93. What is the distinguishing feature of Vienna coffee?

- a) It is served with whipped cream
- b) It is diluted with hot water
- c) It contains Irish whiskey
- d) It is topped with chocolate powder

Answer: a) It is served with whipped cream

Explanation: Vienna coffee is made with two shots of espresso and whipped cream, combining the strength of espresso with sugary cream.

94. What is the minimum internal cooking temperature recommended for poultry to ensure it is safe to eat?

- a) 145°F (63°C)
- b) 155°F (68°C)
- c) 165°F (74°C)

d) 175°F (79°C)

Answer: c) 165°F (74°C)

Explanation: Poultry, including chicken and turkey, should be cooked to a minimum internal temperature of 165°F (74°C) to ensure that harmful bacteria such as Salmonella and Campylobacter are killed, making it safe for consumption.

95. Which of the following inventory management techniques ensures that the oldest stock is used first?

- a) Just-in-time (JIT)
- b) Economic Order Quantity (EOQ)
- c) First In, First Out (FIFO)
- d) Last In, First Out (LIFO)

Answer: c) First In, First Out (FIFO)

Explanation: The FIFO method ensures that the oldest inventory items are used first, which helps in minimizing food spoilage and waste. This is particularly important in the catering industry to maintain food quality and safety.

96. When planning a menu for a school catering service, which of the following factors is most important to consider?

- a) The cost of ingredients
- b) Nutritional requirements of the students
- c) Popularity of dishes among students
- d) Popularity of dishes among teachers

Answer: b) Nutritional requirements of the students

Explanation: While all factors are important, the primary consideration for a school catering service should be the nutritional requirements of the students. Ensuring that meals are balanced and meet dietary guidelines is crucial for the health and development of the children.

97. In a large-scale catering operation, what is the most effective method for maintaining food temperature during service?

- a) Using insulated containers
- b) Reheating food as needed
- c) Serving food in small batches
- d) Placing food under heat lamps

Answer: a) Using insulated containers

Explanation: Insulated containers are the most effective method for maintaining food temperature during service. They are designed to keep hot foods hot and cold foods cold, ensuring that food remains at safe and appetizing temperatures throughout the serving period.

98. How often should medical examinations of food handlers be conducted to ensure they are free from infectious, contagious, and communicable diseases?

- a) Once every six months
- b) Once every two years
- c) Once a year
- d) Twice a year

Answer: c) Once a year

Explanation: Medical examinations of all food handlers should be conducted once a year to ensure they are free from any infectious, contagious, and communicable diseases. This regular check helps in maintaining a healthy workforce and preventing the spread of illnesses.

99. What does GMP stand for in the context of food safety and quality assurance?

- a) General Maintenance Protocol

- b) Good Manufacturing Practice
- c) Global Marketing Procedure
- d) General Management Policy

Answer: b) Good Manufacturing Practice

Explanation: GMP stands for Good Manufacturing Practice. It is a system that ensures products are consistently produced and controlled according to quality standards. It is designed to minimize the risks involved in any production that cannot be eliminated through testing the final product.

» Abbreviations

- **CCP**
Critical Control Point
- **COA**
Certificate of Analysis
- **FEFO**
First Expiry First Out
- **FSMS**
Food Safety Management System
- **GHP**
Good Hygiene Practice
- **GMP**
Good Manufacturing Practice
- **GHK**
Good Housekeeping Keeping
- **HACCP**
Hazard Analysis Critical Control Point
- **ISO**
International Organization for Standardization
- **QA**
Quality Assurance

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100. **What is the primary purpose of implementing Good Manufacturing Practice (GMP) in a food production facility?**

- a) To increase sales
- b) To reduce production costs
- c) To ensure products are consistently produced and controlled according to quality standards

d) To enhance marketing strategies

Answer: c) To ensure products are consistently produced and controlled according to quality standards

Explanation: The primary purpose of implementing GMP is to ensure that products are consistently produced and controlled according to quality standards, minimizing risks such as contamination, mix-ups, and errors.



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