

RSMSSB Culinary Science Questions And Answers



1. Americans spend only about ____ percent of their personal consumption expenditures for food to be eaten at home.

- a. 10 c. 5
- b. 8 d. 3

____ 2. Away-from-home meals and snacks now capture ____ percent of the U.S. food dollar.

- a. 45 c. 60
- b. 30 d. 50

____ 3. Food is a ____ commodity.

- a. global c. local
- b. national d. State

____ 4. The United States is the largest exporter of which two items?

- a. milk and sugar c. potatoes and carrots
- b. oranges and apples d. cereal grains and soybeans

____ 5. Over ____ new food products are introduced each year.

- a. 10,000 c. 20,000
- b. 5,000 d. 30,000

____ 6. The periodic table arranges elements by the number of ____ in their outermost energy levels.

- a. neutrons c. protons
- b. atoms d. electrons

____ 7. Covalent bonds are formed by the sharing of a pair of ____.

- a. atoms c. electrons
- b. neurons d. Protons

____ 8. What is the symbol for salt?

- a. NaCl c. H₂O
- b. C₆H₁₂O₆ d. CO₂

____ 9. Hydrogen bonds are formed when a hydrogen atom is shared between two ____.

- a. molecules c. elements
- b. atoms d. Neutrons

____ 10. Which types of chemical bonds are the weakest?

- a. covalent c. ionic
- b. Van der Waals d. none of the above

RSMSSB Culinary Science Questions And Answers



____ 11. Organic chemistry involves molecules that contain which element?

- a. carbon c. oxygen
- b. nitrogen d. Calcium

____ 12. Carbohydrates are composed of ____ and ____.

- a. carbon, water c. zinc, aluminum
- b. hydrogen, oxygen d. gold, calcium

____ 13. Which of the following is the source of carbohydrates?

- a. plant c. animal
- b. human d. Insect

____ 14. Vitamin ____ functions in normal blood clotting.

- a. C c. D
- b. A d. K

____ 15. Sucrose is commonly referred to as ____.

- a. salt c. sugar
- b. carbohydrate d. Glucose

____ 16. ____ is the most common polysaccharide added to food products.

- a. Water c. Glucose
- b. Salt d. Starch

____ 17. Identify the complex carbohydrate that cannot be digested.

- a. fiber c. sugar
- b. cellulose d. Fat

____ 18. ____ makes up 14 to 17 percent of the skeleton.

- a. Magnesium c. Phosphorus
- b. Iron d. Sodium

____ 19. ____ functions in carbohydrate metabolism.

- a. Zinc c. Riboflavin
- b. Thiamin d. Vitamin B

____ 20. How many cups of water do humans require per day?

- a. 1 to 3 c. 5 to 9
- b. 10 to 12 d. 7 to 11

RSMSSB Culinary Science Questions And Answers



____ 21. Which micromineral is essential for the production of the thyroid hormones?

- a. calcium c. fluorine
- b. iodine d. Magnesium

____ 22. RDA stands for Recommended ____ Allowances.

- a. Dose c. Dairy
- b. Dietary d. D-vitamin

____ 23. The RDA was initially established during ____.

- a. World War II c. the Korean Conflict
- b. World War I d. the Depression

____ 24. The first RDA were published by a group known as the ____.

- a. Food and Drug Administration c. National Nutrition Program
- b. National Institutes of Health d. Environmental Protection Agency

____ 25. The RDA is revised approximately every ____ years.

- a. five c. two
- b. ten d. Three

____ 26. ____ percent of the adult body is made up of water.

- a. Fifty-five c. Seventy-five
- b. Sixty-five d. Eighty-five

____ 27. An adult should drink ____ glasses of water per day.

- a. 6 to 8 c. 5 to 7
- b. 7 to 9 d. 8 to 10

____ 28. Carbohydrates and proteins provide about ____ calories per gram.

- a. 5 c. 4
- b. 2 d. 6

____ 29. Fat contributes about ____ calories per gram.

- a. 9 c. 8
- b. 10 d. 7

____ 30. Alcohol supplies about ____ calories per gram.

- a. 6 c. 5
- b. 7 d. 4

____ 31. Fiber is important in ____ function.

RSMSSB Culinary Science Questions And Answers



- a. bowel c. muscle
- b. stomach d. Skeletal

____ 32. Most vitamins are measured in ____.

- a. milligrams c. liters
- b. grams d. kilograms

To answer this question, you will need Table A-8 which will be provided by your instructor.

____ 33. One ounce of blue cheese has ____ grams of fat.

- a. five c. seven
- b. six d. Eight

____ 34. A twelve-ounce glass of root beer has ____ calories.

- a. 150 c. 165
- b. 200 d. 172

____ 35. Lowfat (1%) chocolate milk has ____ grams of carbohydrates.

- a. 15 c. 32
- b. 26 d. 21

____ 36. One slice of whole wheat bread is ____ percent water.

- a. 28 c. 32
- b. 25 d. 38

____ 37. One spear of raw broccoli contains ____ milligrams of phosphorus.

- a. 93 c. 100
- b. 85 d. 79

____ 38. The most important food appearance factor is ____.

- a. color c. shape
- b. size d. Packaging

____ 39. Naturally occurring ____ play a role in food coloring.

- a. enzymes c. pigments
- b. sugars d. Carbohydrates

____ 40. ____ or spectrophotometers can be used for measuring transparent foods.

- a. Thermometers c. Liquid
- b. Meters d. Colorimeters

____ 41. Fruits and vegetables are graded based on their ____ and ____.

RSMSSB Culinary Science Questions And Answers



- a. size, shape c. smell, shape
- b. color, size d. smell, color

____ 42. ____ standards help ensure food quality.

- a. National c. Packing
- b. Quality d. Legal

____ 43. ____ can be achieved on the basis of density or size and shape.

- a. Separation c. Clarification
- b. Quality d. Flavor

____ 44. Sediment and microorganisms can be removed centrifugally in a ____.

- a. tube c. pan
- b. clarifier d. Box

____ 45. A ____ pump consists of a reciprocating or rotating cavity between two lobes or gears and a rotor.

- a. positive c. negative
- b. centrifugal d. Hand

____ 46. ____ and ____ are already solid and lend themselves to sun or tray drying.

- a. Cheese, meats c. Cheese, vegetables
- b. Fruits, vegetables d. Fruits, meats

____ 47. The most common drying method is ____ drying.

- a. freeze- c. spray
- b. sun or tray drying d. Oven

____ 48. ____ are the largest of the microorganisms but are still single cells, and some produce spores.

- a. Yeast c. Molds
- b. Bacteria d. Ameba

____ 49. Microbes that prefer cold temperatures are ____.

- a. mesophilic c. psychophilic
- b. thermophilic d. Obligative

____ 50. Bacteria or molds that require atmospheric oxygen are ____.

- a. anaerobic c. mesophilic
- b. aerobic d. Thermophilic

RSMSSB Culinary Science Questions And Answers



____ 51. Most bacteria are killed at ____° to ____°F, but spores are not.

- a. 150, 175 c. 160, 200
- b. 180, 200 d. 175, 200

____ 52. Microbial growth slows at temperatures under ____°F.

- a. 80 c. 60
- b. 70 d. 50

____ 53. ____ can destroy the microorganisms and inactivate enzymes.

- a. Radiation c. Drying
- b. Cooling d. Freezing

____ 54. ____ is the transfer of heat from one particle to another by contact.

- a. Conduction c. Radiation
- b. Convection d. Combustion

____ 55. ____ heating means that the circulation of currents in one region inside a can distributes the heat to another.

- a. Conduction c. Convection
- b. Radiation d. Slow

____ 56. ____ is the transfer of energy in the form of electromagnetic waves.

- a. Compulsion c. Convection
- b. Radiation d. Conduction

____ 57. To achieve continuous pasteurization in milk, the milk needs to be heated to 161°F for ____ seconds.

- a. 15 c. 10
- b. 20 d. 5

____ 58. Low-acid foods have pH values of ____ or less.

- a. 5.2 c. 3.9
- b. 4.6 d. 4.2

____ 59. Cool storage is considered any temperature from ____° to ____°F.

- a. 28, 68 c. 28, 78
- b. 18, 48 d. 32, 58

____ 60. Household refrigerators usually run at ____° to ____°F.

- a. 45.5, 50.2 c. 32.3, 35.7
- b. 40.5, 44.6 d. 21.4, 26.5

RSMSSB Culinary Science Questions And Answers



1. ANS: B PTS: 1
2. ANS: A PTS: 1
3. ANS: A PTS: 1
4. ANS: D PTS: 1
5. ANS: A PTS: 1
6. ANS: D PTS: 1
7. ANS: C PTS: 1
8. ANS: A PTS: 1
9. ANS: A PTS: 1
10. ANS: B PTS: 1
11. ANS: A PTS: 1
12. ANS: A PTS: 1
13. ANS: A PTS: 1
14. ANS: D PTS: 1
15. ANS: C PTS: 1
16. ANS: D PTS: 1
17. ANS: A PTS: 1
18. ANS: C PTS: 1
19. ANS: B PTS: 1
20. ANS: D PTS: 1
21. ANS: B PTS: 1
22. ANS: B PTS: 1
23. ANS: A PTS: 1
24. ANS: C PTS: 1
25. ANS: A PTS: 1
26. ANS: B PTS: 1
27. ANS: A PTS: 1
28. ANS: C PTS: 1
29. ANS: A PTS: 1
30. ANS: B PTS: 1
31. ANS: A PTS: 1
32. ANS: A PTS: 1
33. ANS: D PTS: 1
34. ANS: C PTS: 1
35. ANS: B PTS: 1
36. ANS: D PTS: 1
37. ANS: C PTS: 1
38. ANS: A PTS: 1
39. ANS: C PTS: 1
40. ANS: D PTS: 1

RSMSSB Culinary Science Questions And Answers



- 41. ANS: A PTS: 1
- 42. ANS: B PTS: 1
- 43. ANS: A PTS: 1
- 44. ANS: B PTS: 1
- 45. ANS: A PTS: 1
- 46. ANS: B PTS: 1
- 47. ANS: C PTS: 1
- 48. ANS: A PTS: 1
- 49. ANS: C PTS: 1
- 50. ANS: B PTS: 1
- 51. ANS: B PTS: 1
- 52. ANS: D PTS: 1
- 53. ANS: A PTS: 1
- 54. ANS: A PTS: 1
- 55. ANS: C PTS: 1
- 56. ANS: B PTS: 1
- 57. ANS: A PTS: 1
- 58. ANS: B PTS: 1
- 59. ANS: A PTS: 1
- 60. ANS: B PTS: 1