

## Cooking tutorial 3 - questions

1. When preparing an onion what do you leave intact?
  - a. root end
  - b. middle
  - c. skin
  - d. non-root end
2. You should keep your fingers away from your eyes when you have been touching what?
  - a. banana
  - b. chilli seeds
  - c. raw meat
  - d. bread
3. The safest technique for dicing an onion, meat and other foods is:
  - a. the ridge and claw method
  - b. the bridge and claw method
  - c. the bridge and crawl method
  - d. the bridge and crawl method
4. What safety point would you follow when using a mixer?
  - a. don't insert or remove beaters whilst it is plugged in
  - b. make sure your hands are dry before use
  - c. don't leave any cables trailing
  - d. all of the above
5. Why would you start on a slow speed when using a mixer?
  - a. to use less electricity
  - b. so it doesn't mix too quickly
  - c. for a better flavour
  - d. so that the mixture does not fly out of the bowl
6. Which of the following is made by the creaming method?
  - a. gingerbread
  - b. pastry
  - c. bread
  - d. pineapple up-side down cake
7. Which of the following would you use a hand held blender for?
  - a. a mushroom soup
  - b. making biscuits
  - c. crushing garlic
  - d. frying an egg
8. Which of the following is the least healthy method of cooking?
  - a. grilling
  - b. deep frying
  - c. steaming
  - d. poaching
9. Why should a separate chopping board be used for raw meat?
  - a. to keep the kitchen tidy
  - b. so other foods don't taste of meat
  - c. so that meat doesn't taste of onion
  - d. to prevent bacteria spreading from meat to other foods
10. What is the best thing to do with any fat and skin on meat or chicken portions?
  - a. save it to make stock
  - b. remove it before cooking
  - c. remove it after cooking
  - d. deep fry it