

31 Multiple choice questions

1. a shape similar to a spiral
 - a. gel
 - b. roux
 - c. pectin
 - d. 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. antioxidant

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

4. a bond that holds amino acids together in a polypeptide chain
 - a. 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. amino acids

6. the process of forming a gel
 - a. pectin
 - b. coagulation
 - c. 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. homogenisation
 - c. gelation
 - d. coagulation

8. a chemical substance that acts as a catalyst
 - a. 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. 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. rancid

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

12. the process in which starch breaks down into dextrins
 - a. 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
- rancid
 - foam
 - helix
 - lipids
14. formed when air is beaten into a liquid
- foam
 - roux
 - gel
 - starch
15. a polysaccharide found in fruit and some vegetables; used to make jams set
- pectin
 - dextrin
 - protein
 - 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
 - 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
 - gelatinisation
18. when a protein separates from other nutrients and turns from a liquid to a solid
- aeration
 - coagulation
 - denaturation
 - gelation

19. a combination of butter and flour, cooked until it bubbles
- gel
 - foam
 - 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
- protein
 - pectin
 - gluten
 - dextrin
21. a substance that helps a chemical reaction to occur
- lipids
 - catalyst
 - foam
 - starch
22. a substance that has an attraction for both lipids and water; these substances cause stable mixtures to form
- emulsifier
 - enzyme
 - lipids
 - emulsion
23. a polysaccharide of glucose that forms the energy stored in plants
- rancid
 - foam
 - roux
 - starch
24. the process of adding air to a substance
- dextrin
 - aeration
 - gelation
 - pectin

25. an elastic solid that can be formed when protein, starch or pectin surrounds small droplets of water
- roux
 - helix
 - gluten
 - gel
26. one of the main nutrients needed by the body, providing energy and fibre
- carbohydrate
 - catalyst
 - antioxidant
 - coagulation
27. occurs when the helix structure of the protein breaks apart
- dextrination
 - aeration
 - denaturation
 - coagulation
28. a type of protein found in grains that will stretch and form the structure of a flour product
- gelation
 - gluten
 - protein
 - gel
29. the half-way stage in the breakdown of starch to glucose
- protein
 - helix
 - pectin
 - dextrin
30. in cheese making this term refers to the lactic acid bacteria that change the milk sugar to lactic acid
- catalyst
 - bacterial culture
 - aeration
 - carbohydrate

31. a stable lipid and water combination
- a. gelation
 - b. aeration
 - c. emulsion
 - d. emulsifier