1. Salads are a preparation consisting of ___________ ingredients.
2. The four basic parts of a salad are base, ___________, dressing, and garnish.
3. The main purpose of a garnish is to add ___________ to the finished product.
4. Bibb lettuce is also known as ________ lettuce.
5. Salads may be served as a(n) __________ or an accompaniment to other foods.
6. __________ lettuce is very tender and has a mild, sweet flavor.
7. Crispness can be improved by letting greens soak in cold water with __________ added for a short period of time.
8. A small firm compact head of ruby red leaves is ____________________.
9. All lettuce should be kept __________ in the refrigerator until ready to use.
10. Salad preparations should be neat, ____________, and appetizing.
11. __________ is too bitter to be used alone in a salad.
12. The salad garnish should be kept _____________ at all times.
13. Vegetable salads contain foods that have a variety of ____________ and natural colors.
14. The two types of vegetable salads are cooked and ________________.
15. Most fruit salads depend on ______ the fruit in an attractive way.
16. The deeper the ___________ of salmon is, the better the quality is.
17. The most desirable tuna to use in salad preparation is light meat packed in ________.
18. Dissolve gelatin thoroughly in hot liquid before adding the _________________.
19. To ensure even distribution of the ingredients, the gelatin must be slightly __________ before adding mayonnaise, sour cream, fruit, or vegetables.
20. French dressing may be prepared by forming either a temporary or permanent _____________.
21. Boston lettuce is also known as ________________ lettuce.
22. ________________ lettuce is the most popular salad green.
23. Seafood salads require meat with a(n) ________________ flavor.
24. Fruit salads are fragile and _____________ rapidly when cut and exposed to air.
25. Pasta used in pasta salads should be cooked ________________ for best results.
26. Using proper techniques to remove cores and cut lettuce will avoid _________________ and extend keeping times.

Multiple Choice

1. The most popular type of salad served is the ___________ salad.
   A. Gelatin  B. Fruit  C. Meat  D. Leafy green
2. A salad can be best defined as a blend of ___________ ingredients.
   A. Fresh  B. Cold  C. Crisp  D. Tender
3. A fish commonly used in seafood salads is ________________.
   A. Tuna  B. Crab  C. Shrimp  D. all of the above.
4. ________________ oil is not recommended when preparing mayonnaise because of its strong flavor.
   A. Olive  B. Peanut  C. Cottonseed  D. Soybean
5. _______________ is an example of a cooked vegetable salad.
   A. Carrot and raisin salad   B. Cole slaw   C. Potato salad   D. all of the above
6. Salad greens should be stored in the refrigerator at a temperature of ______°F.
   A. 34 to 36   B. 36 to 38   C. 38 to 40   D. 40 to 42
7. The most popular shellfish used in salad preparation is ________________.
   A. Tuna   B. Lobster   C. Salmon   D. Shrimp
8. To produce a successful gelatin preparation, add one cup of fruit-flavored gelatin to each ________________ of liquid.
   A. Pint   B. Quart   C. ½ gallon   D. gallon
9. The formula for using unflavored or plain pure gelatin is ________________ oz to each gallon of water.
   A. 3 ¼   B. 3 ½   C. 3 ¾   D. 4
10. It takes approximately 1 ½ hours for each ________________ of liquid gelatin to set when placed in the refrigerator.
    A. Cup   B. Pint   C. Quart   D. Gallon
11. ________________ is an extremely important salad dressing because it is the basis for many of the other popular dressings.
    A. French dressing   B. Temporary French dressing   C. Sour cream stretcher   D. Mayonnaise
12. Boiled or cooked dressing is used in the preparation of ________________.
    A. Fruit dressing   B. Potato salad   C. Cole slaw   D. all of the above
13. The flavor of the ________________ is usually the first part of a salad that is tasted.
    A. Base   B. Body   C. Garnish   D. Dressing
14. ________________ varies in color from pale to dark green and can be used as a garnish when setting up salad bowls for buffets.
    A. Escarole   B. Chicory   C. Romaine   D. Bibb
15. ________________ salads can be presented in many different forms, offer a variety of color, are easy to prepare, and are inexpensive.
    A. Gelatin   B. Meat   C. Seafood   D. Vegetable
16. All greens must be ________________ and usually stored before they are used in salad preparations.
    A. Washed   B. Drained   C. Trimmed   D. All of the above

True – False

T F  1. Salads can be prepared from a wide range of foods.
T F  2. Salads are served only as side dishes to accompany other foods.
T F  3. A stretcher is added to mayonnaise to improve the flavor and eating qualities.
T F  4. The most common method of classifying salads is by the ingredients used.
T F  5. Pasta salads are inexpensive to prepare.
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<th>6. The main purpose of salad base is to keep the plate or bowl from looking bare.</th>
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<tr>
<td>T</td>
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<td>7. Olive oil is commonly used to prepare mayonnaise.</td>
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<td>8. Spinach is classified as a vegetable, but it can also be used as a salad green.</td>
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<td>9. Beef is the most common choice for a meat salad.</td>
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<td>10. The two types of fish used most often in salad preparation are salmon and tuna.</td>
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<td>11. When preparing gelatin, one-fourth of the liquid should be boiling hot and three-fourths should be ice cold for best results.</td>
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<td>12. A gelatin mixture should be placed in the freezer if speed is required in forming a gel.</td>
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<td>13. Plain unflavored gelatin should be soaked in a small amount of warm water prior to use.</td>
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<td>14. Coat the inside of a gelatin mold very lightly with salad oil before filling the mold.</td>
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<td>T</td>
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<td>15. Oil and vinegar are the base used in preparing French dressing.</td>
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<td>T</td>
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<td>16. There are four basic types of salad dressings.</td>
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<td>17. The amount of eggs used is reduce slightly when preparing French dressing with a temporary emulsion.</td>
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<td>18. French dressing prepared with a temporary emulsion must be stirred or shaken before it is served.</td>
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<td>T</td>
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<td>19. The quality of mayonnaise depends on the quality of the eggs used.</td>
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<td>T</td>
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<td>20. Bananas ripen faster when they are refrigerated.</td>
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<td>21. When preparing Romaine lettuce, cut leaves and core as desired.</td>
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<td>22. Using a lower fat mayonnaise when making a dressing will have a significant impact on calories and fat.</td>
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Matching I

1. Head lettuce  
   A. Sometimes called buttercup lettuce

2. Romaine lettuce  
   B. Called limestone lettuce in the western U.S.

3. Escarole lettuce  
   C. Dark green, tender, pleasant tasting leaves

4. Boston lettuce  
   D. Also known as endive

5. Leaf lettuce  
   E. Broad, thick, dark green leaves with irregular shape and bitter taste

6. Watercress  
   F. Also known as iceberg lettuce

7. Spinach  
   G. Long, dark, green leaves that grow into a loose, elongated head

8. Belgian endive  
   H. Has a slightly peppery taste

9. Chicory  
   I. Tightly packed, elongated head that forms into a point

10. Bibb lettuce  
    J. Used as a salad base and on sandwiches

Matching II

1. Jellied cole slaw  
   A. Anchovies

2. Italian salad  
   B. Lemon gelatin

3. French dressing (thick)  
   C. Cottage cheese

4. Caesar salad  
   D. Whole eggs

5. Pear St. Charles  
   E. Cabbage

6. French dressing (thin)  
   F. Diced apples

7. Cole slaw  
   G. Salad Oil

8. Tex-mex salad  
   H. Julienne ham

9. Chef salad  
   I. Spinach

10. Waldorf salad  
    J. Kidney beans
Math

Solve the problems using the gelatin formulas given.

One cup of fruit-flavored gelatin powder to each quart of liquid.

¾ oz of unflavored or plain pure gelatin to each gallon liquid.

Approximately 1 ½ hours for each pint of liquid gelatin to set.

__________ 1. How many cups of gelatin are required to make 1 ½ gal. of gelatin?

__________ 2. How many cups of gelatin are required to prepare 2 gal. of gelatin?

__________ 3. How much unflavored gelatin is required when preparing 2 gal. of aspic?

__________ 4. How much unflavored gelatin is required to prepare ½ gal. of aspic?

__________ 5. Give the approximate time it will take for 1 ½ qt. of gelatin to set.
Math – Subtraction  Reduce to lowest terms

1. ¾ - ¼
2. 1½ - ¼
3. 15/16 – 3/8
4. 4 7/8 – 1 ¼
5. 5/8 – 1/2
6. 20 – 10 3/8
7. 16 ¼ - 6 1/2
8. 1 ¾ - 3/4
9. 3 5/8 – 1 1/8
10. 14 ¾ - 3 1/4
11. 1 3/8 – 7/8
12. 12 ¼ - 3 1/4
13. 5 5/16 – 1/4
14. 3 ¾ - 1 1/2
15. 2 ½ - 1 ¼