



CHEESE

As you read through this month's Ingredient of the Month, simply print out a copy of this quiz and answer the questions appropriately to test your knowledge. In order to earn continuing education hours (CEHs) from the American Culinary Federation (ACF), the test must be completed online through the ACF Foundation eCulinary Professional Development Institute (<http://www.acfchefs.org/eculinary>). The cost for taking the quiz online is \$15, plus tax (based on your state of residence). Seventy-five-percent accuracy is required to earn one hour of continuing-education credits toward professional certification.

1. Cheese is a food product that is created from _____.
 - a. Milk
 - b. Cream
 - c. Water
 - d. Butter
2. During production, milk is acidified and an enzyme called _____.
 - a. Tennet
 - b. Rennet
 - c. Stennet
 - d. Lennet
3. The style, texture and flavor depends on the _____.
 - a. Type of cow the milk came from
 - b. Origin of the milk
 - c. The type of grass a cow eats
 - d. Temperature the cow was raised in
4. Herbs, spices and wood smoke are also used to _____ various cheeses.
 - a. Color
 - b. Fragrant
 - c. Flavor
 - d. Season
5. The color of cheeses, particularly the yellow or reddish color of many cheeses is produced by adding _____.
 - a. Saffron
 - b. Turmeric
 - c. Pepper
 - d. Annatto
6. Cheese is a rich source of _____.
 - a. Calcium
 - b. Protein
 - c. Phosphorus
 - d. All of the above
7. The International Dairy Federation recognized approximately _____ varieties of cheese.
 - a. 600
 - b. 500
 - c. 700
 - d. 400
8. The varieties of cheese are classified into types such as _____.
 - a. Soft
 - b. Semi-soft
 - c. Semi-hard
 - d. Hard
 - e. All of the above
9. Cheese has a much longer shelf life than milk or other dairy products.
 - a. True
 - b. False
10. _____ is, by far, the biggest world producer of cheese.
 - a. France
 - b. Germany
 - c. Finland
 - d. United States