

Introduction to Gastronomy

Gastronomy · Answer Key · 24 Questions

1. What is the scientific study of food and culture called?

- A) Oenology
- B) Gastronomy**
- C) Horticulture
- D) Zoology

2. Which of the following is a primary taste sensation detected by the human tongue?

- A) Spicy
- B) Umami**
- C) Astringent
- D) Pungent

3. What essential process transforms raw ingredients into cooked food, often involving heat?

- A) Fermentation
- B) Preservation
- C) Cooking**
- D) Dehydration

4. Which common cooking method involves submerging food in hot liquid?

- A) Grilling
- B) Roasting
- C) Boiling**
- D) Sautéing

5. What is the term for the process of preserving food by drying it out?

- A) Canning
- B) Salting
- C) Dehydration**
- D) Pickling

6. Which major food group provides the body with energy and is essential for brain function?

- A) Proteins
- B) Fats**
- C) Vitamins
- D) Minerals

7. What is the name for the rich, savoury taste often described as 'meaty' or 'brothy'?

- A) Sweet
- B) Sour
- C) Salty

D) Umami

8. Which cooking technique involves cooking food rapidly in a small amount of hot oil over high heat, usually in a wok?

- A) Braising
- B) Stewing

C) Stir-frying

D) Baking

9. What is the process where microorganisms convert sugars into alcohol or acids?

- A) Pasteurisation
- B) Sterilisation

C) Fermentation

D) Homogenisation

10. Which of the following is a primary source of protein crucial for building and repairing tissues?

- A) Rice
- B) Broccoli

C) Chicken

D) Olive oil

11. What is the term for the art and science of making and enjoying good food and drink?

A) Culinology

B) Gastronomy

C) Sommelier

D) Epicureanism

12. Which staple grain forms a significant part of the diet for over half the world's population?

- A) Barley
- B) Wheat

C) Rice

D) Corn

13. What essential nutrient helps regulate body temperature, lubricate joints, and transport nutrients?

A) Carbohydrates

B) Water

C) Fats

D) Fibre

14. Which cooking method involves dry heat, typically in an oven or over a fire?

A) Steaming

B) Boiling

C) Baking

D) Poaching

15. What is the name for food that has been prepared and cooked using specialised techniques and often presented artistically?

A) Junk food

B) Fast food

C) Haute cuisine

D) Processed food

16. What is the practice of preventing food spoilage and illness caused by microorganisms?

A) Gourmet

B) Food safety

C) Flavour pairing

D) Molecular gastronomy

17. Which type of fat is generally considered healthier, found in foods like avocados, nuts, and olive oil?

A) Saturated fat

B) Trans fat

C) Unsaturated fat

D) Cholesterol

18. What is the process of adding salt to food, often used for preservation and flavour?

A) Marinating

B) Curing

C) Emulsifying

D) Glazing

19. Which culinary term refers to the process of making a sauce or gravy thicker by cooking it down or adding a thickening agent?

- A) Deglazing
- B) Reducing**
- C) Emulsifying
- D) Caramelising

20. What is the primary function of fibre in the human diet?

- A) Provides energy
- B) Aids digestion**
- C) Builds muscle
- D) Boosts immunity

21. Which country is widely credited with the origin of the concept of 'nouvelle cuisine' in the mid-20th century?

- A) Italy
- B) Spain
- C) France**
- D) Japan

22. What is the term for a food substance that alters the flavour of other foods, such as herbs and spices?

- A) Ingredient
- B) Garnish
- C) Seasoning**
- D) Condiment

23. Which cooking technique involves cooking food in steam generated from boiling liquid?

- A) Frying
- B) Baking
- C) Steaming**
- D) Roasting

24. What is the name for a food that is commonly eaten by people in a particular region or country?

- A) Exotic food
- B) Staple food**
- C) Gourmet food
- D) Processed food