

Introduction to Gastronomy

Gastronomy · Practice Test · 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