

Freezing Fruits & Veggies, Making Jams and Jellies Quiz Time!

1. What is the proper temperature for your home freezer?
 - a. 32°F
 - b. 10°F
 - c. 0°F
 - d. -10°F
2. Which statement is true?
 - a. Freezing kills all bacteria that a food may contain
 - b. It's unsafe to refreeze food that you have thawed
 - c. It doesn't matter how much food you freeze at any one time
 - d. It's safe to eat meat with freezer burn
3. Which frozen fruit item is most popular?
 - a. Blueberries
 - b. Cherries
 - c. Strawberries
 - d. Peaches
4. Which of the following frozen vegetables is most popular with U.S. consumers?
 - a. Broccoli
 - b. Green beans
 - c. Potatoes
 - d. Sweet corn
5. Peas are blanched for 1 minute in boiling water; how long should you cool them in ice water afterwards?
 - a. 30 seconds
 - b. 1 minute
 - c. 5 minutes
 - d. 10 minutes
6. What is a recommended step in the manufacture of jams and jellies?
 - a. Fill cold jars with warm jam, seal, and process 5 minutes in a boiling water canner
 - b. Sterilize jars, fill with hot jam, seal and invert for 5 minutes
 - c. Fill hot, pre-sterilized jars with hot jam, seal and process 5 minutes in a boiling water canner
 - d. Sterilize jars, cool, fill with warm jam and seal with a thick layer of paraffin wax
7. Which of the following fruits must have pectin added to form a gel?
 - a. Crabapples
 - b. Rhubarb
 - c. Strawberries
 - d. Grapes

8. When canning in a boiling water canner, how high should the water be in the canner at the start of the processing time?
 - a. 3 inches of boiling water in the canner
 - b. 1 to 2 inches of boiling water above the jar lids
 - c. Boiling water to reach half-way up the sides of the jars
9. If you live at an elevation of 1,100 feet, what change do you need to make when processing jams and jellies?
 - a. Boil the jam or jelly for 5 additional minutes before ladleing into hot jars
 - b. Process the jam or jelly for 1 additional minute (6 minutes) in a boiling water canner
 - c. Invert the jars for 5 minutes after removal from the canner
 - d. Add twice the amount of pectin to the recipe to ensure that a gel forms
10. Which one of the following terms does not correctly describe pectin?
 - a. Carbohydrate
 - b. Sugar
 - c. Fiber

Answers: C, D, C, C,B,C,C,B,B,C