

1. The fat content of reduced fat milk is _____.
 - a. 0.5%
 - b. 1.0%
 - c. 2.0%
 - d. 3.25%
2. Designed to increase milk production in dairy cows, recombinant bovine somatotropin (rBST) was approved for commercial use, in the United States, in _____.
 - a. 1980
 - b. 1987
 - c. 1994
 - d. 2000
3. Which of the protein fractions forms the major structure of cheeses?
 - a. neither, cheese is predominantly fat.
 - b. whey proteins
 - c. lactose proteins
 - d. casein
4. In cheese production, curd formation results from introducing a coagulating agent such as rennet. The enzyme coagulates milk by precipitating _____.
 - a. casein
 - b. lactose
 - c. lactase
 - d. lipids
5. _____ results in a shelf stable product that does not require refrigeration until opened.
 - a. UHT: Ultra High Temperature pasteurization
 - b. HTST: High Temperature Short Time pasteurization
 - c. UP: Ultra Pasteurization
 - d. Pasteurization at 145 degrees F for not less than 30 minutes
6. Which of the following products would typically contain the highest level of calcium by volume?
 - a. Whole milk
 - b. Lowfat 1% milk
 - c. Reduced Fat 2% milk
 - d. Evaporated Canned milk
7. Milkfat carries the following fat soluble vitamins:
 - a. A, D, E, and K
 - b. B, B12, D and K
 - c. C, A, E and K
 - d. D, riboflavin, niacin and C
8. _____ the disruption of fat globules in milk to reduce the separation of cream.
 - a. Pasteurization is
 - b. HACCP is
 - c. Homogenization is
 - d. Production of lowfat dairy products is accomplished through
9. Pasteurization
 - a. kills organisms in milk.
 - b. kills only somatic cells.
 - c. kills all illness causing bacteria.
 - d. neutralizes the milk.
10. Bovine spongiform encephalopathy has resulted in
 - a. increased restrictions against using animal protein sources to manufacture animal feeds.
 - b. an increased number of cases of Mad-cow disease in the United States.
 - c. decreased regulation of animal and animal product imports into the United States.
 - d. a ban on all exports from the United States to the European Union.

11. Whole milk contains
 - a. 3.25% fat, 150 calories and 8 grams (g) of fat per serving (8 fluid oz)
 - b. 2% fat, 120 calories and 5 grams (g) of fat per serving (8 fluid oz)
 - c. 6.5% fat, 220 calories and 8 grams (g) of fat per serving (8 fluid oz)
 - d. 2% fat, 120 calories and 5 grams (g) of fat per serving (12 fluid oz)
12. Milk with a "feed" off-flavor, may have been caused by
 - a. Poor ventilation in the building.
 - b. Exposure to "white metal"* or rusty surfaces on milk handling equipment.
 - c. Excessive use of chlorine sanitizers.
 - d. Excess agitation or foaming of raw milk (air leaks).
13. In preventing off-flavors in milk and maintaining animal health, the most important prevention is
 - a. maintaining a clean, well ventilated environment for the cows.
 - b. feeding antibiotics to maintain a low Somatic Cell Count.
 - c. properly cooling milk.
 - d. using strong smelling sanitizers in cleaning milking equipment.
14. _____, results in a shelf stable product that does not require refrigeration until opened.
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15. Currently, _____ of U.S. adults are overweight or obese, which significantly increases the risk of heart disease, type 2 diabetes, cancer and other diseases. Halting this epidemic is a public health priority.
 - a. 30%
 - b. 35%
 - c. 51%
 - d. 65%
16. Currently, about _____ of adults in this country fail to get the calcium they need, primarily due to the decline in dairy consumption.
 - a. one third
 - b. one half
 - c. two-thirds
 - d. three-fourths
17. _____ represents one of the most common types of food allergies.
 - a. Milk
 - b. Strawberry preserves
 - c. Pork
 - d. Corn
18. Food allergies ...
 - a. are generally nothing to worry about.
 - b. make the person sneeze.
 - c. can be cured by consuming large quantities of milk.
 - d. can have cause a rapid onset of symptoms, and may be deadly.
19. Probiotic generally refers to live bacteria that _____ affect the host's intestinal microbial balance.
 - a. negatively
 - b. digest
 - c. beneficially
 - d. infect
20. Mountain Dew contains: 0% fat, and 110 calories per serving (8 fluid oz). Whole Milk contains: 3.25% fat, contains 150 calories and 8 grams (g) of fat per serving (8 fluid oz). Which of the following statements is most accurate?
 - a. Because of the fat content in milk, all milks are potentially more fattening than soda pop.
 - b. Soda pop contains sugar (fructose), but flavored milks do not contain sugar.
 - c. Skim Milk is much more fattening than Soda Pop.
 - d. Flavored milks are as nutritious as unflavored milks.
21. _____, can be left un-refrigerated without spoiling.
 - a. Coffee-Mate non-dairy creamer
 - b. Pasteurized half and half
 - c. Brie cheese
 - d. Velveeta

22. This product is made with whey, a by-product of cheese-making that contains a high amount of nutrients.
- Coffee-Mate non-dairy creamer
 - pasteurized half and half
 - Gouda cheese
 - Velveeta
23. A 64 ounce Big-Gulp cup, filled with whole milk would provide ...
- 240% the required daily allowance of calcium
 - 99 % of the required daily allowance of protein.
 - 70 % of the required daily allowance of Vitamin A.
 - 210 % the required daily allowance of Vitamin D.
24. A 64 ounce (Big-Gulp) cup, filled with _____ would contain _____.
- Mountain Dew; 800 calories
 - 2% Milk; 800 calories
 - Skim Milk; 640 calories
 - Whole Milk; 880 calories
25. Live microorganisms, which when administered in adequate amounts confer a health benefit on the host are called _____.
- microbes
 - probiotics
 - prebiotics
 - conjugated linoleic acids (cla)
26. Environmentally induced when weaning a child in non-dairy consuming societies; lactose Intolerance is found in many _____ cultures, where industrialized and commercial dairy products are uncommon.
- Asian
 - American
 - German
 - European
27. Widespread calcium deficiency among America's youth is placing them at future risk of major health problems, including _____.
- Alzheimers
 - lactose intolerance
 - osteoporosis
 - probiotic influenza
28. In the United States, many minority populations avoid milk and other dairy foods due to lactose intolerance. As a result, they may be depriving themselves of milk's nutrients, particularly calcium, and increasing their risk of calcium deficiency-related diseases such as _____.
- hypertension and stroke
 - colon cancer
 - osteoporosis
 - all of the above
29. Milk contains nine essential nutrients:
- Calcium, Vitamin D, Protein, Potassium, Vitamin A, Vitamin B12, Riboflavin, Niacin, and Phosphorus
 - Magnesium, Vitamin D, Protein, Potassium, Vitamin A, Vitamin B12, Riboflavin, Niacin, and Phosphorus
 - Calcium, Vitamin D, Protein, Potassium, Vitamin C, Vitamin B12, Riboflavin, Niacin, and Phosphorus
 - Calcium, Vitamin D, Iron, Potassium, Vitamin A, Vitamin B12, Riboflavin, Niacin, and Phosphorus
30. Cow's milk is not an ideal food for infants, because it is low in _____.
- Iron
 - Protein
 - Fat
 - Phosphorus
31. Due to its high reactivity, _____ is never found (on Earth) as a free element in nature. Per serving, milk provides 23% of the required daily allowance of this element.
- niacin
 - calcium
 - protein
 - phosphorus

32. Today, _____ of food-borne illness outbreaks in the U.S. involve dairy products.
- slightly more than 8 percent
 - slightly less than 8 percent
 - more than 1 percent
 - less than 1 percent
33. Pasteurized Process Cheese Food
- is made by grinding and blending, with the aid of heat (not less than 150°F for at least 30 minutes) and an emulsifying agent.
 - is always packaged as pre-sliced.
 - must contain at least 51% of the weight from the cheese ingredient.
 - is how the USDA classifies products such as Velveeta.
34. Assume that citizens in the United States consumed a total of 200,000,000 pounds of protein. Using that number, how much of that protein was contributed by dairy products (excluding butter)?
- 20,000,000 pounds
 - 38,600,000 pounds
 - 390,000,000 pounds
 - 41,000,000,000 pounds
35. Which of the following groups would require the highest daily allowance of iron?
- Males 50-71 years of age
 - Females 19-30 years of age
 - Children 4-8 years of age
 - Pregnant Females less than 18 years of age
36. Which of the following life-stage groups would require the highest daily allowance of protein?
- Infants between 0.5-1.0 years of age
 - Males 25-50 between years of age
 - Lactating Females during the first 6 months
 - Pregnant Females
37. Which of the following life-stage groups would require the most daily servings from the "milk group"?
- Children 1-3 years of age
 - Children 9-18 years of age
 - Children 6-8 years of age
 - Adults 19 years of age and over
38. Three 8-ounce servings of low fat milk would contain
- 9 grams of fat, or less.
 - 38 grams of fat, or less.
 - 100% Evaporated Milk
 - 100% Fat-Free Milk
39. Lactose comprises _____ of the non-fat milk solids.
- 4.8%
 - 3.4%
 - 12.6%
 - 2.8%
40. Light (Lite) dairy foods...
- contain less than 13 grams of Fat
 - fat content should be reduced by 50%, if less than 50% of the calories are from fat
 - fat content should be reduced by 1/3, if more than 50% of the calories are from fat
 - may not be designated as Light (Lite) because of color.

KEY Dairy Foods 2008

1. c
2. c
3. d
4. a
5. a
6. d
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8. c
9. c
10. a
11. a
12. a
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21. a
22. d
23. a
24. c
25. b
26. a
27. c
28. d
29. a
30. a
31. d
32. d
33. c
34. b
35. d
36. c
37. b
38. a
39. a
40. b