Yield Factor Method Training Quiz

1. True or False: The USDA Food Buying Guide contains ingredient yield information for commonly used foods in school meals.

2. Match the following:

_____ As Purchased (AP)	a. quantity of food product ready to eat after it's been cooked
_____ Edible portion (EP)	b. starts as a dry ingredient but is reconstituted with water or liquid for the recipe
_____ Reconstituted ingredient	c. quantity of food before processed

3. True or False: Pasta and rice will _____in volume during preparation.
   - ☐ increase
   - ☐ decrease

4. Recipe yield should include the total quantity (by weight and/or volume) and _____.
   - ☐ number of servings by scoop size
   - ☐ number of servings by portion size

5. True or False: The size of a serving is never expressed in volume and/or weight.

6. Weight should always be used as a unit of measure if it is provided. When would you use volume measurements?
   - ☐ If you are using dry ingredients
   - ☐ If you are using liquid measurements

7. True or False: Nutrient analysis should reflect the "as consumed" or edible portion.

8. True or False: When a recipe calls for a raw product that will be cooked, the Yield Factor Method requires that each raw ingredient be entered in cooked form or ready-to-serve form.

9. Raw ground beef will _____ in volume after it's been cooked.
   - ☐ increase
   - ☐ decrease

10. True or False: Entering an incorrect yield for foods could significantly increase or decrease the number of calories and nutrients.

Put your name and school on the top of the quiz.

Fax completed quiz to 801-538-7883
Subject: Yield Factor Method Training
Attn: Child Nutrition Programs