

Name _____

Cooking Adventures: Exploring the Art of Meal Planning and Culinary Skills

Multiple Choice Questions

1. What is cooking?
 - a) An art form involving preparing and combining ingredients to create meals
 - b) A scientific experiment
 - c) A form of exercise
 - d) A cleaning activity

2. Why is proper knife technique essential in cooking?
 - a) To make meal preparation slower
 - b) To ensure meals are bland
 - c) To improve efficiency and safety
 - d) To create new flavors

3. What is meal planning?
 - a) Deciding to skip meals
 - b) Organizing meals for the week
 - c) Buying fast food daily
 - d) Eating whatever is available

4. How can meal planning save time?
 - a) By making meal preparation more complicated
 - b) By reducing last-minute food decisions
 - c) By avoiding planning altogether
 - d) By making every meal from scratch

5. Why are homemade meals generally healthier than processed or restaurant foods?
 - a) Because they have more preservatives
 - b) Because they are more expensive
 - c) Because you control the ingredients and cooking methods
 - d) Because they taste better

