



# Junior Chef Challenge Trivia

## Ingredients & Baking

1. What ingredient makes bread rise?  
**Answer:** Yeast
2. Why do we sift flour?  
**Answer:** To remove lumps and add air.
3. Which ingredient helps cookies spread less: cold butter or melted butter?  
**Answer:** Cold butter
4. What happens if you add too much flour to cookie dough?  
**Answer:** The cookies become dry and crumbly.
5. Which ingredient makes whipped cream fluffy?  
**Answer:** Air (by whipping cream)
6. What is the main ingredient in meringue?  
**Answer:** Egg whites
7. What ingredient makes pancakes fluffy?  
**Answer:** Baking powder
8. What does butter add to baked goods besides flavor?  
**Answer:** Moisture and tenderness
9. Why shouldn't you over mix muffin batter?  
**Answer:** It makes muffins tough.
10. What ingredient gives brownies their chewy texture?  
**Answer:** Eggs

## Kitchen Science

11. What gas makes bread dough rise?  
**Answer:** Carbon dioxide
12. Why does popcorn pop?  
**Answer:** Water inside the kernel turns to steam.
13. Why do apples turn brown after they're cut?  
**Answer:** They react with oxygen (oxidation).
14. What happens to chocolate if it gets too hot?  
**Answer:** It burns or becomes grainy.
15. Why do cookies harden after cooling?  
**Answer:** The butter and sugar set as they cool.
16. What happens to water when it boils?  
**Answer:** It turns into steam.
17. Which melts first: butter or chocolate?  
**Answer:** Butter

18. Why do we chill cookie dough?  
**Answer:** To keep cookies from spreading too much and improve flavor.
19. What happens to marshmallows over a fire?  
**Answer:** The sugar caramelizes and browns.
20. Why is salt added to desserts?  
**Answer:** It enhances flavor.

## Cooking Skills

21. What does “dice” mean?  
**Answer:** Cut into small cubes.
22. What does “whisk” mean?  
**Answer:** Beat ingredients to add air.
23. Which knife is usually best for cutting bread?  
**Answer:** A serrated knife.
24. What kitchen tool measures liquid ingredients?  
**Answer:** A liquid measuring cup.
25. Which measuring spoon is the smallest?  
**Answer:** ¼ teaspoon
26. Why should you let meat rest after cooking?  
**Answer:** So the juices stay inside.
27. What does “preheat the oven” mean?  
**Answer:** Heat it before baking.
28. What temperature does water freeze?  
**Answer:** 32°F (0°C)
29. What kitchen tool strains pasta?  
**Answer:** A colander
30. Which side of a box grater makes the finest cheese?  
**Answer:** The smallest holes.

## Food Around the World

31. Guacamole is made mainly from what fruit?  
**Answer:** Avocados
32. Sushi originally comes from which country?  
**Answer:** Japan
33. Tacos are traditional food from which country?  
**Answer:** Mexico
34. Croissants were perfected in which country?  
**Answer:** France
35. Pasta is most closely associated with which country?  
**Answer:** Italy
36. Maple syrup mostly comes from which two countries?



**Answer:** Canada and the United States

## **Fun Food Facts**

37. Which fruit floats in water: an apple or a grape?

**Answer:** Apple

38. Which spice is made from tree bark?

**Answer:** Cinnamon

39. What is the only food that never spoils?

**Answer:** Honey

40. Which fruit has more potassium: a banana or an avocado?

**Answer:** Avocado

