

# Texas A&M University (TAMU) NFSC300 Religious & Ethnic Foods Exam 2 Practice (Sample)

Study Guide



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## Questions

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1. True or False: Food is kosher based solely on its ingredients.
  - A. True
  - B. False
  - C. Often true
  - D. Sometimes true
2. Can the lungs of an animal be punctured during kosher slaughter?
  - A. Yes, it is allowed
  - B. No, it is forbidden
  - C. Only with a special permit
  - D. It depends on the species
3. What is a significant aspect of Catholic fasting practices?
  - A. Fast for 40 days continuously
  - B. Only eat vegetarian meals
  - C. Consume no food on all Fridays
  - D. 1 meal and 2 smaller snacks
4. Which type of chocolate is usually kosher?
  - A. Milk chocolate
  - B. Dark chocolate
  - C. Pure chocolate
  - D. White chocolate
5. Which of the following practices is discouraged by 7th Day Adventists?
  - A. Regular medical check-ups
  - B. Alcohol consumption
  - C. Engaging in family activities
  - D. Utilizing herbal supplements

6. What are typical ingredients in a traditional Italian pasta dish?
- A. Rice, beans, and spices
  - B. Durum wheat pasta, olive oil, and tomatoes
  - C. Quinoa, lentils, and vegetables
  - D. White bread, butter, and ham
7. How much revenue has the kosher market generated?
- A. More than \$50 billion
  - B. Less than \$100 billion
  - C. Exactly \$100 billion
  - D. More than \$100 billion
8. Which traditional dish is commonly found in Lebanese cuisine?
- A. Tabbouleh
  - B. Samosa
  - C. Hummus
  - D. Paella
9. What are the primary dietary laws observed in Judaism?
- A. Kosher dietary laws
  - B. Vegan dietary laws
  - C. Paleo dietary laws
  - D. Mediterranean dietary laws
10. Which dietary practice is associated with Sikh beliefs?
- A. Consuming only seafood
  - B. Avoiding ritually slaughtered meat
  - C. Eating only organic produce
  - D. Strict carnivorous diet

## Answers

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1. B
2. B
3. D
4. C
5. B
6. B
7. D
8. C
9. A
10. B

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## Explanations

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1. True or False: Food is kosher based solely on its ingredients.

- A. True
- B. False
- C. Often true
- D. Sometimes true

The statement is false because kosher status is not solely determined by the ingredients in a food item. While the ingredients are a critical factor in determining whether a food is considered kosher, there are additional considerations that must be taken into account. These include the equipment and utensils used in the food preparation, the process of production, and the adherence to specific dietary laws outlined in Jewish tradition. For example, even if a food product contains entirely kosher ingredients, if it is prepared using equipment that has been used for non-kosher foods, the final product may not be deemed kosher. Additionally, certain combinations of ingredients, such as mixing meat and dairy, are strictly prohibited in kosher laws, further complicating the determination of kosher status. Therefore, a comprehensive understanding of kosher food involves evaluating both the ingredients and the overall preparation and processing practices.

2. Can the lungs of an animal be punctured during kosher slaughter?

- A. Yes, it is allowed
- B. No, it is forbidden
- C. Only with a special permit
- D. It depends on the species

In kosher slaughter, puncturing the lungs of an animal is considered forbidden because it compromises the kosher status of the meat. Kosher laws demand that animals be slaughtered in a manner that minimizes suffering, and the lungs' integrity is crucial for the animal to be considered healthy and unblemished. If the lungs are punctured during slaughter, it suggests that the animal may have been injured or diseased, which would render it non-kosher. This principle highlights the emphasis within kosher dietary laws on both humane treatment and the health of the animal at the time of slaughter. Proper technique is vital to ensure compliance with these regulations, thereby supporting the broader ethical and spiritual teachings of kashrut.

3. What is a significant aspect of Catholic fasting practices?

- A. Fast for 40 days continuously
- B. Only eat vegetarian meals
- C. Consume no food on all Fridays
- D. 1 meal and 2 smaller snacks

In Catholic fasting practices, one significant aspect is the guideline that permits individuals to consume one full meal along with two smaller snacks that together do not constitute another full meal. This approach is rooted in the spirit of moderation and self-discipline, particularly during Lent and on certain feast days, where the goal is to deepen one's spiritual life rather than simply abstaining from food entirely. The allowance of one meal and additional smaller snacks creates a balance that acknowledges both the need for nourishment and the call to practice self-control and reflection. This method is practical and accessible for many adherents, allowing them to maintain their physical well-being while participating meaningfully in the spiritual discipline of fasting. Understanding this framework is essential, as it reflects the Catholic Church's emphasis on the intent behind fasting — to foster a greater relationship with God, rather than just the physical act of abstaining from food.

#### 4. Which type of chocolate is usually kosher?

- A. Milk chocolate
- B. Dark chocolate
- C. Pure chocolate
- D. White chocolate

Pure chocolate is usually kosher because it is made from cocoa solids, cocoa butter, and sometimes sugar, without the addition of milk or other non-kosher ingredients. The kosher status of chocolate often depends on the processing, which can introduce non-kosher equipment or additives. Pure chocolate is less likely to contain ingredients that would compromise its kosher designation, especially as many varieties focus on the primary cocoa ingredients, maintaining adherence to kosher standards. In contrast, milk chocolate typically contains dairy products, which can complicate its kosher status unless certified as kosher dairy. Dark chocolate can be kosher as well, but the presence of added ingredients not strictly from cocoa may affect its kosher certification. White chocolate, while containing cocoa butter, often includes milk solids, meaning that it also requires specific kosher certification to ensure it meets the necessary dietary laws. Thus, pure chocolate stands out as the option most likely to be inherently kosher, aligning closely with traditional kosher guidelines.

#### 5. Which of the following practices is discouraged by 7th Day Adventists?

- A. Regular medical check-ups
- B. Alcohol consumption
- C. Engaging in family activities
- D. Utilizing herbal supplements

Seventh-day Adventists hold a health philosophy that promotes a holistic approach to well-being, which significantly discourages alcohol consumption. This is rooted in their belief that alcohol is detrimental to health and that it can lead to various social and personal issues. The religious and cultural practices of the community emphasize the importance of living a clean and healthy lifestyle as part of their faith, and abstaining from alcohol is seen as a key element of this commitment. In contrast, regular medical check-ups, family activities, and the use of herbal supplements are encouraged among Seventh-day Adventists. They advocate for preventative health measures, strong family values, and natural remedies, which are often integrated into their everyday practices. This holistic living promotes both physical health and spiritual wellness, aligning with their overall belief system.

#### 6. What are typical ingredients in a traditional Italian pasta dish?

- A. Rice, beans, and spices
- B. Durum wheat pasta, olive oil, and tomatoes
- C. Quinoa, lentils, and vegetables
- D. White bread, butter, and ham

In traditional Italian pasta dishes, the typical ingredients often include durum wheat pasta, olive oil, and tomatoes. Durum wheat is specifically used to make pasta due to its high gluten content, which provides the desired texture and structure. Olive oil is a staple in Italian cuisine, lending richness and flavor to the dish, while tomatoes are commonly used in sauces, providing acidity and sweetness that balance the other ingredients. This combination exemplifies the essence of Italian cooking, which emphasizes fresh, high-quality ingredients and straightforward preparation methods. Traditional pasta dishes are known for their simplicity and focus on the flavors of the key components, allowing each ingredient to shine through.

7. How much revenue has the kosher market generated?

- A. More than \$50 billion
- B. Less than \$100 billion
- C. Exactly \$100 billion
- D. More than \$100 billion

The kosher market has indeed generated more than \$100 billion in revenue, reflecting its significant growth and influence within both Jewish communities and the broader food market. This substantial figure highlights the demand for kosher-certified products, which are not only consumed by observant Jews but have also gained popularity among consumers seeking specific dietary standards, perceived quality, and heightened food safety. The appeal of kosher food extends beyond religious requirements, as more people appreciate the values associated with kosher practices, including ethical treatment of animals and stringent guidelines on ingredients and processes. This widespread acceptance has allowed the kosher market to thrive, contributing to its revenues exceeding the \$100 billion mark. The other options reflect figures that do not capture the full scale of the kosher market's economic impact. The current understanding of market trends and consumer behavior supports the notion that the kosher sector has achieved remarkable success, well above \$100 billion. Therefore, the correct choice underscores the significant shifting dynamics of dietary preferences and market opportunities.

8. Which traditional dish is commonly found in Lebanese cuisine?

- A. Tabbouleh
- B. Samosa
- C. Hummus
- D. Paella

In Lebanese cuisine, hummus is a staple dish that has gained global popularity and is a hallmark of the region's culinary tradition. Hummus is a creamy blend primarily made from chickpeas, tahini (sesame paste), lemon juice, garlic, and olive oil, resulting in a flavorful and nutritious dip or spread. The cultural significance of hummus in Lebanon and surrounding regions is profound, as it is often served as part of mezze, a selection of small dishes traditionally shared among diners. Hummus not only showcases the flavors characteristic of Lebanese cooking, including the use of fresh ingredients and bold flavors, but it also embodies the communal aspect of dining, encouraging sharing and conversation. While tabbouleh is another popular dish in Lebanese cuisine, it is primarily a salad made of parsley, bulgur, tomatoes, and mint, and may not be as universally recognized as hummus. Samosa, while enjoyed in Middle Eastern cuisine, is actually more closely associated with South Asian foods, and paella is a traditional Spanish dish, highlighting the distinct regional cuisines.

9. What are the primary dietary laws observed in Judaism?

- A. Kosher dietary laws
- B. Vegan dietary laws
- C. Paleo dietary laws
- D. Mediterranean dietary laws

The primary dietary laws observed in Judaism are known as kosher dietary laws. These laws dictate what foods are permissible for consumption based on scriptural mandates found in the Torah and Talmud. The principles of kashrut, which govern these dietary practices, include guidelines about what animals are considered clean or unclean, the correct method of slaughter, the prohibition of mixing meat and dairy, and rules about the processing and preparation of foods. Following kosher laws is an essential aspect of religious observance for many Jews, as it represents an adherence to their faith and a means of cultivating spiritual awareness during meals.

Understanding these laws is important in recognizing the cultural and religious significance of food practices in Judaism and emphasizing the importance of dietary restrictions in fostering a sense of community and identity among Jewish people.

10. Which dietary practice is associated with Sikh beliefs?

- A. Consuming only seafood
- B. Avoiding ritually slaughtered meat
- C. Eating only organic produce
- D. Strict carnivorous diet

Sikh dietary practices are deeply rooted in their religious beliefs and philosophy, particularly the concept of equality and respect for all living beings. One of the key tenets in Sikhism is the avoidance of ritually slaughtered meat, known as "kutha." This practice stems from the belief that all creatures are part of the divine creation, and as such, Sikhs are encouraged to lead a life of compassion and non-violence toward animals. In a Sikh community, a vegetarian diet is often upheld, especially during communal meals known as "langar," which are served to everyone regardless of background. This tradition not only reflects the values of inclusivity and equality but also emphasizes the importance of healthy and ethical food choices that align with their spiritual beliefs. The other options present dietary practices that do not align with Sikh teachings. For instance, a strict carnivorous diet or the consumption of only seafood would not be consistent with the Sikh principle of compassion. Similarly, focusing on organic produce does not hold specific significance in Sikhism compared to the ethical considerations surrounding how animals are treated in the food production process.